



Eugowra NEWS

September 2013

A Lions Club project for the community we serve

VOL.17

Two in a Row?

Eugowra's Golden Eagles are hoping to make it two in a row in the Woodbridge Cup . The team is undefeated so far this season and with the Grand Final being held at Eugowra they have a great opportunity to stamp their authority on the 2013 Woodbridge Cup.

2013 has been an excellent season for Eugowra Rugby League with the club fielding three teams. At the time of going to press the Geagles also look set to make it into the Finals after defeating Molong on the 24th August. More Rugby League News and player profiles on page four.



from the editor

What a weekend it will be for Eugowra on the 14th and 15th of September. The Centenary Show will take place on the Saturday, complete with all the usual show attractions plus a re-enactment of the Escort Rock Gold Robbery.

On the Sunday Eugowra will host the Rugby League Grand Finals and have a great chance of winning the first grade as well. I hope that everyone will come out and support these events.

This month we welcome Barbara Roach as our Eugowra News Town correspondent. I have been looking for someone to do this for ages so thank you very much Barbara for stepping up. I look forward to your future contributions.

Thanks to Judy Smith for her encouraging article about Eugowra. I like to think I am a glass half full person and think it is a useful practice to concentrate on what there is and try and grow it instead of moaning about what isn't. I thought that Judy's article summed that attitude up nicely. Its great to see that there is a new committee in place at the Bowling Club. I am sure they will take the Club from strength to strength.

Its farewell to our local police officer Miles, I hope he has enjoyed his time in Eugowra and continues to thrive in the NSW Police force.

I hope you have all had a look at our facebook page, I think it helps the News reach a whole new audience and we are now up over 200 likes.

Happy fathers day to all the dads, hope you have a wonderful day.

Enjoy the News,

Anne



Deadline	Publication
20th September	27th September
25th October	1st November
22nd November	29th November

The Eugowra News Committee

Anne Heath, Chairperson and Editor

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Next Issue Deadline:

Friday 20th September 2013

**The News will be available on
27th September**

Advertising and Editorial Material To

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420 copies printed and distributed throughout the community.

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

Online at www.eugowranews.com.au



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

September 2013

Mon Tue Wed Thu Fri Sat Sun

						1
2 Drs Closed	3 Drs Manildra 9am-1pm	4 Drs 9am-11am	5 Drs 9am-4pm	6 Drs Manildra 9am-1pm	7	8 Lions BBO
9 Drs 9am-5pm	10 Drs Manildra 9am-1pm	11 Drs Closed	12 Drs 9am-4pm	13 Drs Manildra 9am-1pm	14 Eugowra Show	15 Football Grand Final
16 Drs 9am-5pm	17 Drs Manildra 9am-1pm	18 Drs 9am-11am	19 Drs 9am-4pm	20 Drs Manildra 9am-1pm News Deadline	21	22
23 Drs 9am-5pm	24 Drs Manildra 9am-1pm	25 Drs Closed	26 Drs 9am-4pm Fold up News	27 Drs Manildra 9am- 1pm Community Bus	28	29
30 Drs Closed						

First Grade Player Profiles

1. Brendan Plunkett – Never leaves any petrol in the tank, a stand out every week
2. Marty Herbet – Tough young junior with a bright future
3. Paul Kronenburg – Best one on one defender in the team, never misses his mark and always puts his body on the line
4. Luke Clarke – Brings enthusiasm and flare, strikes them well off the boot and is a great character
5. Brad Holmes – Carries the ball forward well and is a surprise package plays like another forward
6. Jarrad Wykamp – Outstanding kicking game, safe as a bank helps control the game
7. Bobby Wykamp – The General, great communication and leadership and a wealth of knowledge from experience
8. Anthony Redfern – Huge work rate inspires his team mates
9. Nathan Skeers – All heart and tough as nails
10. Pete Newell – Huge work rate and never stops and brings a tonne of experience
11. Jake Stenhouse – Fearless player who never takes a backward step
12. Matt Park – Great attacking flare for a big man with great hands hard to stop close to the line
13. Brent Timmins – Always takes the line-up and brings aggression in defence and plenty of heart
14. Patty Treweek – Great versatility and dangerous with the ball in hand
15. Steven Jones– Plays way above his weight and all heart and can hit
16. Matt McNaulty – Wears his heart on his sleeve and will never let you down, as tough as they come
17. Greg Pearce – A big unit that always goes forward



18. Zac Bohan– Nearly unstoppable with the ball always bends the defensive line
19. Nathan Corless – Dangerous from anywhere on the field with the ball
20. Sam Molloy– Can turn a game on its head with his blistering pace
21. Todd Jayett– Massive talent that adds an additional attacking option very dangerous
22. Bryce Park – Has a huge future and is a great young talent
23. Matt Brown – Fearless defender awesome defence
24. Tristan Jones – uick with the ball, tackles anything that moves

Presidents Report

The Eugowra Golden Eagles have had a fantastic season, the club was able to field three teams which is a great effort for a town this size. First Grade have had a amazing season so far finishing undefeated minor premiers. The Geagles have finished the season strongly and progress to the finals. This team is partly girls that are experienced at playing League Tag and those that have never played before but the team has combined and each week have improved and enjoyed their games. Juniors have struggled with numbers due to losing players early in the season to injuries however when together as a team, have provided entertaining games. The Juniors team is made up of half the team being students from Red Bend Catholic College Under 16s these boys are boarders at the college and Coach Tod Healey was able to bring them each week to make up the numbers. There are some very talented young players in this team. Sunday September the 15th the Eagles will be hosting the Woodbridge Cup Grand Final. There will be limited parking at the field for those that need to drive in, but we do encourage locals to walk if possible. The committee would like to thank all sponsors and supporters.



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Greg Howell 0427 592 771

Notes from the Happy Gardener



As I write this we are experiencing a very cold snap. The weather is letting us know in no uncertain terms that winter is very much still with us.

We are still experiencing a few frosts but we have been having some really lovely days from which we can feel a definite hint of Spring in the air and as the days warm, a growth spurt will be evident on most plant life.

This is very surely to encourage us to want to get outside and start gardening with much enthusiasm.

Lots of native trees and shrubs put on their best show at this time of late Winter to early Spring and of these Acacias (wattles) are very noticeable.

There are many species of wattles of which, many are very worthy of a place in our gardens and around farm sheds etc.

Wattles have a huge variation in the hues of their foliage, from greys, grey blue to greens etc, with leaf shapes of spikes, fat and flat, thin, needle like etc and a growth habit of tall and up right or weeping, or more shrub like. So too, their blooms which very generally are fluffy balls, but they can have a variety of shape and their shade of yellow. They also produce nitrogen into the soil !

Acacia Fimbriata (known as the Fringed wattle) and Acacia Spectabilis (Mudgee wattle) are only two of the many which do well in inland areas.

So too does the common Cootamundra wattle and the Qld Silver wattle. Both look good when they are young and in good condition, but because of their weed potential in some areas, some nurseries are no longer stocking these varieties. In general wattles do not have a long life, often maximum of about 15 years.

In the home garden this life span can often be increased by regular tip pruning to promote foliage growth and density, adequate water and soil conditions.

There are some species of fungi which will attack wattles and it produces a woody gall on stems and branches. If left untreated, the tree will become unsightly, the infected branch may break and tree will soon die.

These galls should be removed as soon as detected by cutting off the branch to prevent spores from the gall spreading and also save the tree. I do not know of any chemical treatments for this problem.

This is also the time that some Grevilleas will display their best attributes which attracts the birds and bees, therefore creating beauty in profusion.

If you would like to add a new shrub to your patch then now is the time while good variety and fresh stock is at the ready at most nurseries.

It is a good time for late pruning of deciduous plants to be done now. Roses should be pruned very soon if they have not already been pruned.

Any plants which are liable to suffer from late frost burn are best left until likelihood of frost potential has passed.

Reward will be seen by addition of a good fertiliser to gardens and lawns as the weather warms and plant growth responds. Remember if you are purchasing fertiliser off the shelf for natives, then it is strongly recommended that you purchase one specifically for natives.

It is also time for preparation for summer vegetables. Seed potatoes, Jerusalem artichokes tubers can be planted anytime soon also rhubarb crowns can be divided and regrown. A few seeds which will generally germinate quite well while the soil temperature is fairly low are broccoli, cabbage, leeks, peas and spinach.

Fruit trees will be leafing up during the next weeks and will benefit from a feed of a fertiliser high in potash or one with a good mix of blood and bone. Spread around the drip line of the tree and water in well. Top with a layer of aged manure or compost.

These trees will be blossoming soon, watch for aphid infestation on new foliage and treat as necessary with a non toxic insecticide. It is best to spray early morning or late afternoon so as not to harm the bees.

Until next time "Happy gardening" Jenny.



Caring for the Land

With Nina Hooper



Hello Eugowra.

Well the wattle is out, canola starting too and the show season is upon us.

Isn't this year going quickly?

Here at Landcare we have some real empathy for the show societies that work so hard putting these events on.

People would do well to take a moment to think about how amazing these events are – to happen year after year – being run pretty much entirely by volunteers.

In great towns like Eugowra, I'm sure pretty much everyone has a hand in volunteering, but I do think that in bigger towns we sometimes need to issue a reminder of the great satisfaction that can be gained by helping out your community.

And we need to make sure that we foster new generations of volunteers, as many of our volunteers are at the point where they might need to slow up a bit.

My kids have always volunteered – the poor things have been dragged along to all sorts of Landcare events by their mother! – but I really do think that helping out has been made a normal thing in their lives.

This time two years ago we committee members at Central West Lachlan Landcare were at full stretch as volunteers organising the NSW Landcare and Catchment Management Forum (what we were thinking?) with our wonderful co-ordinator Sarah Gillogly.

As well as the Landcare Muster, conference and Landcare Awards, our conference featured the Transgrid Kids Landcare Carnival – 300 kids mind you.

We also had involvement in the inaugural Kalare River Arts Festival which was also a huge success. What fun we had and how tired we were when it was all over!

Now it's back again – but this time will be hosted by the Hunter- Central Rivers CMA and their partner Landcare groups, and will be held in Newcastle.

The forum will be held over three days from 3rd - 5th September 2013 and as with our conference includes the annual Landcare Muster and the NSW State Landcare Awards and Dinner.

The forum will be held at Newcastle City Hall with a number of field trips conducted around the region to showcase the environmental values and the amazing work being done by community groups, individuals and agencies to protect and enhance it.

This forum will attract over 300 delegates from across NSW and Australia and is the premier event to showcase sustainability, Landcare and volunteering.

Keynote Speaker this conference is the one and only Costa Georgiadis – now of Gardening Australia!

Another highlight of the conference will be something we introduced at the 2011 forum in response to Landcarer demand.

This is the presentation sessions for award nominees.

At earlier conferences delegates didn't really get the opportunity to see just why Landcarers were winning these awards – and if they were not from your area you didn't really get an insight on their achievements.

Now this is a real feature of the conference.

Excitingly we have a few nominees in the state awards – as we have had for several conferences – and we want to wish them all the very best!!

This includes Kane Davidson from Parkes Shire Council, Parkes Shire Council and Corinella Public School.

Would be great if they could come home with a trophy, but we are so very proud of them as it is!

Our chair Margot Jolly will be attending the conference and will report back on all that she learns.

As a member of Landcare NSW Margot will have the opportunity to hear more from the membership across the state at the conference, which is great for all Landcarers, as networking is a great tool for natural resource management!

Until next month – enjoy the shows!

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News from the Bowlie

We are pleased to announce a new committee was formed at our extra ordinary meeting, a big thank you to all those that attended.

Mr Tim Cheney has taken on the exciting role of our president along side our former treasurer Karen Clarke and former secretary and licensee Geoff Flannery, who will now be helped by his new assistant secretary Claire Bray. Our newest members and original members are Colin Smalley, Geoff Flannery, Alan Anderson, John Dukes, David Welsh, Peter Townsend, Bob Heinzl, Claire Bray, Karen Clarke, David Welsh, Tim Cheney and Michelle Cheney.

There are lots of new ideas being bounced back and forth at the moment. A request from a major coastal bowling to club to enter into a sister club arrangement is being considered at this present stage. The club is also looking into becoming more family friendly with a designated children's area to keep the little ones entertained!

We can't forget about our friday night meat raffles and our members draw will now be drawn once a month.

Donna Turner a local resident has become our new lady bartender, she is a fresh face, with a hard working attitude, come up and make her feel welcome!





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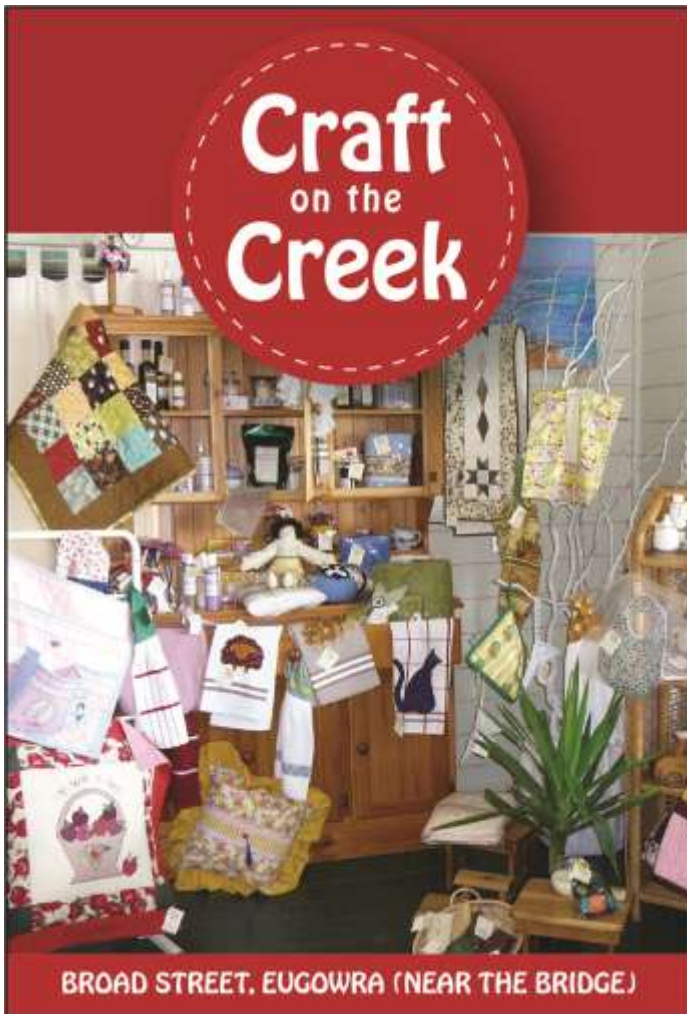
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Hello from “Craft on the Creek”

Hello and thank you to everyone who has supported, contributed and assisted us in becoming a reality.

Our AGM was held recently and a new committee was appointed. Treasurer, Noela Lane, the Secretary, Jenny Anderson and the President, Gwenda Rue. Please feel free to contact us if you have any enquiries.

We are doing very well and are still enthusiastic about our little shop. Our Members are constantly coming up with new ideas and products as well as maintaining your favourites.

“Craft on the Creek” is going to the Eugowra Show in September, so please call in, say hello and wander around our stall.

The shop, which is tucked in close to the western side of The Mandagery Creek, will not be open on show day but, otherwise we are open 7 days a week from 9.30am until 4.00pm.

To our members and would be members, a fee of \$20.00 is now due. Again, a big thankyou to everyone and SMILE, spring is coming.



This month we have overseen the planting of the school gardens, which was a lot of fun. Looking forward to a ‘cook up’ further down the track! A big thank you to Arnie Howell for filling the raised garden beds, which allowed us to proceed. We have had great support from the community and could not have reached this point without the involvement of Max Jones, Moxey’s Dairy, Arnie Howell and our own Gardening Volunteers and it is a privilege to work within such a strong community.

Once again we will gather at Pioneer Park on the first Sunday of September, 1st, from 9:00 – 12:00, as the gardens are requiring some weeding on the back of consistent rain over past months. We encourage everyone to come along in the spirit of contributing to your own local community, while gaining the benefit of fresh air, exercise and the companionship of like minded people – age being no barrier. You will need to provide your own hat, gloves, and protective footwear, and bring along your own equipment for weeding if possible. We often have a coffee mid morning, followed by a BYO sausage sizzle, or picnic lunch at the end; to share ideas and enjoy one another’s company. Look forward to seeing you all their.

Ali B.





News from Eugowra Community Children's Centre

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

Awesome August!



Isla was star of the day and she picked rainbows. The children had lots of fun with this theme



Miss Maree gets us all in the groove



Cooper making his Dinosaur scene

Welcome to
our newest
member:

Archie Jones



Chill out time

head on in

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Eugowra Evening View Club

voice, interests and education of women

Guest speaker for the Eugowra Evening VIEW Club dinner meeting for August was Heidi Welsh, who gave a very interesting talk on her travels to India.

Heidi travelled to India with the Australian Catholic University for three weeks in January 2012. The group comprised of nursing students and lecturers, education staff and lecturers and social work students. The aim of the trip was to participate in 'Community Engagement' to involve themselves and contribute positively to a community other than their own.

India was about as far opposite to Australian life as could be possible, however the Marist Brothers community was the same as the community in Forbes- positive, supportive and helpful people.

The first stop for Heidi's group was Chennai where they became involved in the Harvest Festival called 'Pongal'. This is where they saw many and varied beautiful Mandalas drawn in the dirt in coloured grains of sand.

From Chennai they caught an overnight train to Tiruchirappalli (Trichy for short) where they were to live for the majority of their trip.

Their accommodation was the nurse's quarters in the Holy Family Hansensorium- a community for people with 'Hansen's Disease' (Leprosy) HIV/AIDS and Polio. While at the Hansensorium, they observed a Caesarean Section birth of a baby who needed to be delivered this way to avoid the spread of HIV/AIDS from mother to child. Two weeks in the community taught Heidi that even the poorest of people can be among the happiest on earth.

They then travelled to Kolkata where they saw one of the largest slums in India and observed an immunisation Van giving polio immunisation to long lines of children with a shared needle. They saw Mother Theresa's House and the dog basket where babies are abandoned during the night. They saw a baby with hydrocephalous- (fluid on the brain leading to an abnormally large head and development issues) who would have been a normal child if able to access Western medicine, unfortunately this child would see out the duration of their life in a cot.

In New Delhi they visited the Taj Mahal before they headed home.

One of the teachers on their trip, Don, later raised over \$2000-00 for the students of the Marist school in Trichy where the education students and staff spent their time, while the nursing staff and students were at the Hansensorium. Heidi said they hope to continue this relationship with ACU Canberra and the Marist Brothers of Tamil Nadu province.

Elaine Cheney thanked Heidi on behalf of members for such an interesting and informative overview of her time in India.

President Therese Welsh presented membership badges to Irene Sharp and Tracy Woods- also a Certificate of Appreciation to Lyn Ellis for opening her home and her wonderful help for the High Tea held last December.

'Thank you' to the committee members who organised the 'Bridal Parade/ VIEW birthday High Tea- it was a great success. Discussion took place re having another or similar event in coming years.

Show catering was also discussed with members, who have not done so at this stage, to contact Andy to place their name on the roster for the day and to take sandwiches/slices etc.

Members are asked to nominate a venue for the Christmas dinner in December. While it may seem a bit early, a booking will need to be made soon.

Members suggested having a sewing day in the September school holidays to make library bags.

VIEW now has 1000 'Learning for Life' Students. This is the Smith Family charity which all VIEW clubs sponsor.

The proposed resolutions to go to the VIEW Conference were also discussed and also the idea of purchasing banners, to promote VIEW, to be placed in the park and used at VIEW functions.

Guest speaker for the September Dinner meeting will be last year's Eugowra Showgirl Lydia Herbert.

The meeting will be held at the Central Hotel on Monday Sept 2, with members to RSVP to Esther by Friday August 30.



September Recipe



Pulled Pork with Smokey BBQ Sauce



Ingredients

- 2kg pork shoulder off the bone
- 250ml apple juice
- 500ml chicken stock

Spice rub

- 2tbs fennel seeds
- 1 tbs peppercorns
- 2 tsp chilli flakes
- 2 chipotle chillies (available from essential ingredient)
- 2 peeled garlic cloves
- pinch coriander seeds
- pinch cumin seeds
- 1 tsp smoky paprika
- 2 tbs brown sugar

Combine all spice rub ingredients and grind. Rub over pork shoulder.
 Preheat oven to 140 degrees.
 Place pork in baking tray, pour over apple juice and chicken stock. Season with salt.
 Cover and place in oven, cook for approx. 3 hours or until pork is tender.
 Remove from heat and pull out pork, reserving the juices. Place in a bowl to rest.
 Meanwhile prepare bbq sauce.
 400ml tomato passata (from Harris Farm Markets)
 1 tbs Dijon mustard
 3 tbs raw sugar
 60mls cider vinegar
 left over pork juices
 Combine all ingredients, cook till thickened.
 Once pork is cool enough to handle, gently pull it apart into large chunks.
 Pour over BBQ sauce and enjoy.
 Serve with coleslaw and grilled corn.

Enjoy!

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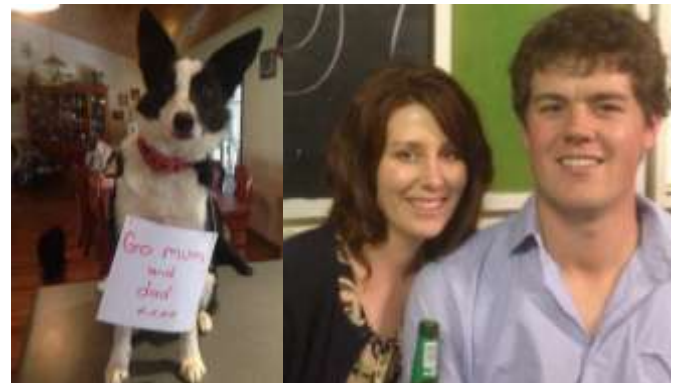
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LIFE'S MILESTONES



Pictured Above: Andrew Duff, Claire Bray, Ada Louise and Father Johnno at Ada's Christening



Pictured Above: "Nelly" the dog cheered on Jess and Ben as they completed the City to Surf

Jess and Ben celebrated their engagement, they catered for it and it was yum. Family and friends from the Blue Mountains, Sydney and Eugowra celebrated with them. Wonderful speeches were conducted by Edward Stanley (Ben's brother) with Jess and Ben responding. Entertainment was the Col Hewitt. They were terrific. Many thanks to the Eugowra Bowling Club for letting us have this function there.



Pictured Above: Herb Beer, Tim Bray and Ron Hay



Eugowra Public School

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

News

Participation Leads To Success

This Term is slipping by, but the students have had a variety of opportunities and learning experiences at EPS to keep them active and inspired.

Students had a fantastic day with Senior Constable Miles Burden and the PCYC staff during the bike safety day. Complete with road signs and traffic lights, students practiced and demonstrated safe road rules and behaviour.

Our Community Garden is coming along nicely with a fantastic planting day held on the 2nd of August. Thank you to our community members for their enthusiasm and effort assisting the students in the planting and mulching of the gardens – they are looking fantastic. Remember this is a community garden and anyone interested in taking part or just coming to have a look are encouraged to do so.

Our Debating Team have travelled to Quandialla to compete in their third and final round of the areas debating competition. This has been a fantastic opportunity for these students and all have represented our school to a high standard. They were a great team, presented great facts and rebuttals.

We would like to thank the Eugowra Anglican Church Community for giving each of our students their own bible during scripture classes this Term. Your gift was very generous and gratefully received.

You may have heard of Australia's Got Talent... well EPS has TALENT!! Our year 6 leaders organised the event and students spent the weeks leading up to the big day rehearsing in their lunch breaks. The competition was fierce and the judges had a tough time choosing the winners. The talent quest was amazing and a huge round

of applause goes to all students who were brave enough to perform for our appreciative audience.

The District Athletics Carnival has been held this term with a number of students from EPS who qualified for a variety of track and field events. Congratulations to Nina and Darcy Merchant, Montana and Savannah Bevan, Lauren Cullenward, Ty Jones, Mitchell McMahon, Peter Valentine and Jake Greenhalgh.

From this event, we have had five students qualify to compete at the Western Region PSSA carnival in Dubbo. Congratulations and good luck to Jake Greenhalgh – 100m and relay, Darcy Merchant – 100m and relay, Peter Valentine – high jump, Montana and Savannah Bevan – relay.

Once again the students have participated in the CWA Country of Study competition with the Eugowra CWA. Students from Kinder to yr. 6 busily prepared work samples based on the Kingdom of Morocco, including flags, posters, craft, projects and brochures. Congratulations to all students for their great efforts with these works.

We travelled to Forbes on Friday 23 August to attend the Forbes Birth to Kinder Reading Day. Students in years K-2 were treated to a performance by Barry Peters and his puppets at the Town Hall and students in years 3-6 participated in Book Trivia at Forbes North Public School. The focus of this event is reading for all ages and aims to encourage everyone to celebrate and participate in reading. The students were dressed up as characters from a book or for this year's theme 'Read across the Universe'.

Pictured Below: Hannah and Nina in the Talent Quest, Reading Day at Forbes and the winners of the CWA Competition.



A LITTLE BIT OF HISTORY



GOIMBLA STATION ATTACK

Squatter David Campbell, his brother William and David's wife Amellia, along with servants and staff, were lucky to survive an attack when confronted by bushrangers Ben Hall, John Gilbert and Johnny O'Meally at 'Goimbla' homestead on the Mandagery creek just west of Murga on the evening of 19th November 1863.

By the light of a fire which the marauders had set, burning stables, a barn, hay and a favourite horse the area a lit well enough to set the scene for the shooting of O'Meally.

A letter written by Mrs Campbell to her mother on 21st November 1863 relates the story.

"You will be anxious till you hear direct of our safety. It is indeed owing to the great mercy of God that the lives of David and William are spared. So many people have been here taking notes, that I doubt not you will read a most truthful account of all in the papers. I need not therefore weary you with another. We had no time for fear. The most dreadful part was the burning of the barn and stable. They are not much farther from the house than your stable; and at one part an outhouse, which is connected with the main building, is only divided by a road. You cannot imagine my agony while the flames were towering above us. Had the wind only blown towards the house all must have gone. The ground between the stable and out-house was strewn with straw from the haymaking ; there was also a large heap of woolpacks and a cart, all of which were set on fire. I was in such deadly fear of its catching at this point, that I rushed out and succeeded in getting the road cleared with the assistance of the cook. By this time the roofs had fallen in, so that the danger was passed. I imagine the ruffians had also retreated. Mr. Campbell had ventured out to the spot where he had aimed at the man. He found his gun and hat, but not the body, for his mates had dragged it some distance away, and his idea at the time was that the man had merely been wounded, and would return for his things. A short while after we heard a rustling as of some one creeping stealthily through the oats, and were afraid to go out again lest the bushrangers should be lying in ambush. The men in the huts had now recovered from their panic, and came up to see what was going on. David stationed them at various posts, and they watched till morning. It was by this time 3 o'clock. I was very tired, went to bed and managed to sleep a little ; but was awoke before dawn by the arrival of the police. They found the body, and I cannot describe to you the state of my feelings when I heard of it — heard that the unhappy man had been shot by the light of the fire which he had helped to raise — for at the moment he

fell the country round was as light as day. It appears the ruffians retreated to one of the huts, where they were cursing and swearing in a most fearful manner that they would yet have revenge ; and I am grieved to add that a female servant heard one of them regretting not having shot the woman — meaning, I suppose, myself — but his comrade called out to him to hold his tongue, and mind what he was about. When the alarm took place, William rushed to the back door, not knowing that Mr. Campbell was in the house, and that the shots had been fired at him. William there received a charge of slugs in his breast, four wounds in all, but fortunately not deep. Startled, he staggered on, got outside of the place, and could not find his way back. He is now all right."

As soon as the excitement into which the colony had been thrown by the Goimbla incident had somewhat subsided, the public begun to discuss how best Mr. and Mrs. Campbell's bravery could be rewarded, and his losses made good. Public meetings were held, laudatory speeches were made and subscriptions were raised. The reward of £1000 offered by the Government was, of course, handed over to Mr. Campbell, but the value of the property destroyed by the fire raised by the bushrangers was estimated at nearly double that amount, a goodly sum was raised, and 'every reputable person in the colony applauded to the echo the conduct of Mr. Campbell and his wife.' A huge Silver Epergne (dining table centrepiece) and Silver Coffee Urn were amongst the gifts which were also presented.

Sadly, the lovely young Mrs Campbell died at 34 in childbirth, but she was certainly celebrated as a 'colonial heroine' for her bravery at the time of the siege.

I believe that Amellia Campbell was Jean Clements' father, Edgar Clements' godmother!

With the Sesquicentenary of the infamous raid on 'Goimbla' station in November this year the descendants of the Campbell family are returning to visit the site of the incident.

A visit from the Lachlan Living History Group is planned for Saturday evening 16th November at the local Showground and everyone is invited to get together for a re-enactment of the scene. No horses will be shot or burnt!

A barbecue tea and indoor informal entertainment is planned 16th November at the Showground.

Elaine Cheney



Hello readers, it has been quite some time since I've been able to put in a submission to Eugowra News for the 'Eugowra Eyewatch' section. Apologies for the absence, however I'm pleased to say, we are back and able to provide you with some policing updates in Eugowra and surrounding areas.

Don't forget, I still provide live updates from the Media unit VIA our Eugowra Police Facebook Page, which now has 1091 followers. www.facebook.com/eugowrapolice

From time to time, I get members of the public contacting me VIA a private message on this site, which I encourage if you cannot get hold of me by any other means.

But I continue to remind people, please do not report Crimes VIA this site as its not monitored 24/7. Please continue to call the Police Assistance Line on 131 444 for non urgent matters, the station on 02 6859 2244 or in urgent situations Triple Zero (000). For any anonymous matters, call Crime Stoppers on 1800 333 000.

In the August edition of the Lions Club Eugowra News, there is mention on page 20, in the article '100 years, Countdown to The Centenary Show', that the New South Wales Police Force would be displaying a POLAIR helicopter at the 2013 Eugowra Show. We wish to formally inform the community that unfortunately due to Operational reasons in the state of New South Wales, members from POLAIR are unable to attend this year's Show.

We understand that this may come as a disappointment to some, police will still be on display at this year's show, just like the previous years. What will be on display is unknown at this stage, I'll make an announcement VIA the facebook page closer to the big day.

On a sad note, before small town rumours begin to start, in September my tenure in Eugowra will be finishing. I have enjoyed every moment working within Eugowra and the wonderful friendships I've made along the way, it is with a sad note that we will be saying our goodbyes in October.

Rachelle and I have accepted an opportunity to work at NSW Police Headquarters in Parramatta, where we will be helping design new policing systems and training police officers across the state. The role is critical to the organisation and my experiences at Eugowra will help other police in the state to bring the community an enhanced service.

My time in Eugowra has been enjoyable and I will take away with me many memorable memories. We were overwhelmed with the support that the Eugowra Community has for the NSW Police. The hospitality shown by many within the town made us feel at home from day one.

I'm proud to have served the Eugowra Community and taken part in many wonderful activities that Eugowra has to offer. Some of my highlights have been putting together the Eugowra Road Trauma Workshop in 2011, working with Eugowra SES and NSW Ambulance Service to educate our young drivers on the trauma on our roads. We displayed for the first time at the Eugowra Shows a police display and have done so since 2011.

I've had the opportunity each year to visit the local Schools to talk with students up to two times a year on general safety matters, most recently, visiting St Joseph's Primary School and Eugowra Public School for a Bicycle Awareness Day.

I've experienced an array of house fires and most notably, the Fat Lamb Fire in 2012. In addition, I have seen a number of floods in the town, with most happening within my first four months posted at Eugowra. I can safely say I've experienced policing duties that I would not normally carryout in city metro stations within a three year period.

One of the main memories that I will take away with me, will be the closeness that small country towns still have these days. I was impressed that in times of need (floods, fires and unfortunately deaths), Eugowra comes together like one big family. Everyone all chips in to help each other out and goes out of their way to ensure everyone is well looked after. Keep doing what you are doing Eugowra, because its people like this that we need. Be proud of the town and what it has to offer.

I have no doubt, that the next officer that takes the reins after me, will also provide a service that is deserving for the community of Eugowra. We all understand that at times, I cover a large area ranging from Canowindra, Woodstock, Wyangala, Cowra and Gooloogong, however I have always been here if anyone needs me and always opened my door when you have knocked (unless I was sleeping from a night shift). Even if at one time, it was at 6:30am during the floods to see if a particular road was open.

With that said, Rachelle and I will still be around until mid October and I will do my best to get around to as many people as I can to shake your hand, and to thank you for the support and memories.

As always, stay safe!

Senior Constable Miles Burden



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Talk Town

Street Tweet

Amazing but true, Eugowra has a new Pharmacy!

And with the new Pharmacy we welcome Basem, Nessi and their young son who is almost 4 years old and already attending Preschool.

On 5th August I interviewed Pharmacist Basem in his new premises, the old Eugowra post office, which has been given a lick of paint, new carpet and new shelving stocked with all the usual pharmacy goods from nit shampoo to nappies.

I asked Basem why he came to Eugowra to set up a Pharmacy.

“This is a town we found a place to open - it was a recommendation from the Pharmacy Organisation.

Three or four years ago a big number of pharmacists came to Australia, and in the big cities it was tough to get a position.”

“I have worked for Pharmacies in Hughenden and Inglewood in Queensland, and Lake Cargelligo, but this is my first owned place”

Asked if the rumour was true that his wife, Nessi was also a Pharmacist, Basem said “yes, but she is not accredited to work in Australia yet, she is studying and doing exams so she can”

Basem and Nessi were married in Egypt, their country of origin. Nessi and Basem each have two brothers, and their families still live in Egypt. Their first language is Arabic, but they try to speak English in front of their son.

We discussed why they have different last names; apparently it is their tradition that each takes their grandfather’s last name. I explained that in Australia, the tradition was for a woman to take her husband’s last name, otherwise she may be suspected of being unmarried.

Basem laughed and quickly assured me that he and Nessi were married, but that he was hoping to have their last names the same to make it easier.

Basem talked about his strong Coptic Orthodox Christian faith saying “This is like a miracle for us, opening a

Pharmacy in Eugowra. It is a gift from God & Mary. St Mary is our saint. We will soon be fasting for two weeks from meat, dairy, and eating only vegetables to show our faith, to pray to Jesus and give respect to Mary.”

I asked about hobbies and interests. Basem enjoys reading, playing chess and table tennis. Nessi enjoys watching TV, reading and walking. Basem’s favourite meal is pasta with vegetables.

Asked what his thoughts were on Eugowra so far, Basem replied “Eugowra is a lovely town, quiet, safe, lovely views, murals, very lovely people, very supportive. They respect you – we are valued by them”

Basem has plans to grow the business by offering medicine counselling – educating people about their medications, blood pressure monitoring, Diabetes checks. “I can visit people for home medicine reviews or they can come here”, he said.

Basem said he has met Dr Vicki Wymer, but has not met Dr Nicholas O’Ryan or other local doctors yet.

Asked about opening hours, Basem indicated that after the first few months, he would open on Saturday mornings, which he is unable to do at the moment because of existing commitments elsewhere.

The St Mary Pharmacy is located in Nanima Street in the old post office building, opposite the Eugowra Butchery and The Lady Bushranger, and is open 9am – 5pm weekdays, with no closure for lunch. Saturdays 9am – 3pm.



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EUGOWRA OUR TOWN OUR COMMUNITY

Eugowra, our town and our community, the place where we live, work and play.

It is where many of us were born and stayed here, where quite a number- for example nurses and teachers who came to Eugowra to work, married locals and raised families here.

It is also the town where a great deal of people has moved to because they like the scenery, the quite life or the community spirit.

Whatever the reason it the place where we live and we need to keep the town and the community alive and thriving.

We can all do our part by supporting all the businesses we have and the community clubs, groups and social outlets we have in our little town.

Just this last week we have seen residents come forward and put up their hand to keep the Community Bowls and Recreation Club going. It is just wonderful to see the younger people step up when needed.

We have recently had the Promotion & Progress Association come forward and take on the Licensed Post office for the community. Residents need to realize that the Rural Transaction Centre building is owned by the community and was purchased some years ago under a Federal Government grant. The building houses the Licensed Post Office also now owned by the community, the Reliance Credit Union, Centrelink with Center care having visiting days.

There is also an office which can be rented out on a daily basis and the flat at the back of the building provides a regular income.

The Post Office provides a great deal of services which most residents are not aware of. Apart from the Commonwealth there are also the services of another four major banks.

By paying accounts for most of our regular utility services over the counter the Post Office receives a good commission and helps the income considerably. Ask at the counter for whatever service you require. Staff at the RTC are trained in all the services available.

The Newsagency/Supermarket has a great range of goods, providing almost everything for day to day living. You would be surprised at just what Danny has for sale in that building.

We have a wonderful little Craft Shop with some great gift lines, plants, knitted goods, home cooking, and all types of beautiful craft made by members.

There is an exceptional hairdressing business in town with two lovely ladies to attend to clients, a recently opened Pharmacy which we all need to support and our local butcher has the best quality meat to be found and is renowned as the 'Snag King'.

The Lady Bushranger is a great place for coffee and meals, along with the Somerset Lane fashion boutique next door, with many gorgeous items on display.

The local Museum is also open five days a week and some weeks maybe seven days.

The Central Hotel is the spot for a coldie with mates, a wine with friends, regular lunch and dinner get togethers and the spot for various celebrations.

With the latest coffee spot to open, The Gentle Cow, Michael is having great success with his well known pies etc.

We also are very fortunate to have Kenny's very popular Chinese restaurant and takeaway at the Bowlie. Not forgetting the fabulous Eat your Greens Function Centre.

There is also Jamace Design, Eugowra Printing and Design, Central Design partners and all the trades' services.

Along with Ag nVet, the fuel depot, the local mechanic at Parallel Motors, the welding business, the granite mill, the feed mill and all the bed and breakfast enterprises there is really quite a number of business outlets in and around the town.

Of course this list doesn't include everything that is available, but is more related to the shops in the actual town centre.

We are extremely fortunate to have the very modern Multi Purpose Service (MPS) and to have a visiting doctor on a regular basis.

There are quite a large number of medical and other related services provided through the MPS and residents should enquire if they wish to find out just what is provided.

We do have a resident police officer, a volunteer ambulance service, SES and town fire brigade as well as the all the rural fire services.

Perhaps there are people in town, either long time residents or newcomers, who would like to volunteer to

the SES, the town or rural fire services in their area or to join the local volunteer ambulance service. Just make enquiries through the appropriate avenues.

We have two wonderful small schools in our town, and we know that they will also welcome new members to their P & F at St Joes or to the P & C at the Public School.

There is also a great Community Children's Centre within the Eugowra Sports ground complex.

Everyone knows that some of the best friendships we form in life are from when our children start pre-school and then go on to school and we all join the associated parent bodies. We then go on through their chosen sports and cultural groups as they grow up and these friendships continue.

If people are looking to groups where they can join or volunteer there is the CWA, the Promotion and Progress Association, the Hospital Auxiliary, Lions Club, Red Cross Club, the roster at the Museum, Craft on the Creek, the exercise and fitness classes at the Willawa Centre, Ron's park group, euchre at the Central on Tuesday mornings, Helen's knitting group on Wednesday afternoons, the Men's Shed group on Mondays, the Eugowra Evening VIEW Club, The Friends of the Sunshine Club who play Bingo at the Bowlie. This group sends funds to the Far West Home at Manly, which cater for country children in need of medical attention.

Meals on Wheels are looking for more volunteers and the Centenary Show is coming up. The Show Society would certainly welcome new members or volunteers at this time of year.

Don't forget to support the Show and make it the success it deserves at this special milestone.

The Australian Working Dogs Field Days is also a yearly event along with bi annual Quick Shear event.

There is also the annual Cancer Council's fundraisers-The Biggest Morning Tea and Pink n Bling night for ladies only.

In the sporting field we have the local rugby league club, the Golden Eagles, who are on top of the ladder and this year have been allocated the grand final of the Woodbridge Cup on September 15.

There is a very successful Pony Club, a swimming club and swimming pool committee who are always looking for new members at the start of every season.

Don't forget the Bowling Club, where social bowls is played every Saturday and you don't have to be a regular bowler to participate. Just enquire at the club.

Then we have the hugely successful Canola Cup and in

the past two years the Murals Group, (new members welcome) and the Mother's Day Luncheon on the Mandagery and we also have a popular Rifle Club

For those who are interested there is also the three churches in town who will welcome with open arms all those who wish to attend.

We just need people to support our businesses and our social groups as we really need to get behind all these to keep our community alive.

Everyone who owns a house knows that it is the greatest asset that the majority of people purchase during their lifetime. There comes a day in our lives when that house has to be placed on the market, when residents need to sell to go into a retirement facility, aged care or it becomes part of a deceased estate. When that day arrives we all hope that our little town is still thriving and it will be a place that someone will wish to purchase a house and move here.

We also need the younger and middle aged residents to step up to volunteer roles, where many of the older people are just finding it more difficult to carry on as they have done in their younger days.

Please become involved and support our town and our community.

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NOTICE

Eugowra Community Children's Centre AGM is to be held on Monday 14th October at ECCC. Starting at 7pm. Come along and support our great little centre.

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COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

CWA EUGOWRA BRANCH INTERNATIONAL DAY

On Saturday 17 August, Eugowra Branch enjoyed a very successful and delicious Moroccan luncheon. Visitors came from Bathurst, Nashdale, Cumnock, Eugowra and Forbes. It was also wonderful to see several men in attendance.

Mrs Helena Donaldson, Bathurst Branch President and Group Secretary, gave a very interesting and informative power-point presentation - an overview of her trip to Morocco from a traveller's viewpoint. This journey was taken in January 2011 just before the uprising in Tunisia.

Mrs Wendy Carey, Central West Group International Officer, gave a most interesting talk on the work of The Associated Country Council Women of the World (ACCWW).

Our judge, Mrs Gail Hayden, commented on the very high standard of the school children's projects. Well done and congratulations to all students for their excellent work!

St Joseph's first prize winners

Infants Division: Jack Fazzari, Kirbie Mongan, Thomas Brindle.

Primary Division: Baylie Tulloch, Lily Wallace, Liam Heinzl, Katie Townsend.

Eugowra Public School first prize winners

Infants Division: Hannah Williams, Sonny Bevan, Olivia Connell.

Primary Division: Jake Greenhalgh, Darcy Merchant, Tamara Greenhalgh, Jack Frazer, Savannah Bevan.

Thank you to all ladies who worked so hard cooking, cleaning, washing-up, serving and organising the day - to everyone who helped contribute to a very successful afternoon.



L-R: Newcomers to Eugowra Sandra Welch and Bruce Gregory enjoying the Moroccan lunch with Max Swift, Merv Langfield and Loma Hoswell.

Janet Noble was Guest Speaker at the August meeting which was held in the home of Shirley & Bob Heinzl. Janet showed members photos of her recent trip to outback Queensland via the Sunlander train from Brisbane.

Highlights of the trip included visits to the Tree of Knowledge at Barcaldine, the Dinosaur Museum at Winton, the Stockman's Hall of Fame and Qantas Museum at Longreach and Strathmore Station. As several members had visited these places there was much sharing of memories and experience.



Margaret Swift thanking Janet Noble for sharing her Queensland experiences.

Members will make up a table for the **Trivia Night at the Bowling Club on 31 August**. Please advise Margaret Swift (6859 2256) if you wish to attend.

The next meeting will be held at the Rooms on Friday 20 September at 11.00am. Viv McMillan will join us to give a commentary on the latest DVD on Eugowra produced by Andrew Barnes. Please advise Margaret Swift on 6859 2256 if you require lunch.



L-R: Bev Worrall (Cumnock Branch & Group Treasurer), Wendy Carey, Helena Donaldson (Bathurst Branch & Group Secretary), Margaret Swift and Margaret Brown (Molong Branch & Group President) at the Moroccan luncheon



Phalaris staggers can be prevented

By Senior District Vet, Elizabeth Braddon, Lachlan LHPA

Phalaris is a wonderful pasture species. This tough, productive perennial grass is a vital component of pastures in the higher rainfall areas of south-east Australia.

However, like almost every other pasture or crop species that we grow, phalaris occasionally causes livestock health problems. Fortunately, these problems are uncommon and we now have a good idea of how to manage them.

One problem caused by phalaris is phalaris staggers. Both sheep, cattle and goats can be affected. Sheep can develop long term, irreversible neurologic signs such as excitability, tremors, leg weakness, and frequent falling followed by a vigorous struggle to get up. Some affected sheep may fully recover over a period of weeks but some never do and so are more likely to die of misadventure or require euthanasia because they simply aren't fit to load.

Affected cattle on the other hand, lose weight because the toxins in phalaris damage the nerves supplying the tongue and throat. They may also have a mild hind limb weakness and show mild incoordination.

Some sheep across southern NSW are now showing signs of phalaris staggers. I was called to one case last week in which about 10 per cent of a mob of crossbred lambs, running on phalaris-based pastures, collapsed either in the paddock or after they were moved.

This is the second year in a row that we have seen phalaris staggers on this property and also in the district. So it appears that conditions have been ideal for phalaris plants to build up levels of the toxic alkaloid.

Phalaris staggers occurs on soils with low to moderate cobalt levels – typically limestone, sandstone or granite based soils. Cobalt in the rumen binds the toxic alkaloids rendering them harmless. Livestock obtain cobalt from the soil and from legumes while grasses are a poor source.

Also, soils high in manganese result in low cobalt availability. Add to this soil temperature and moisture levels, and we find that our biggest risk period (eg. cobalt availability is lowest) is from June to September.

We now know that two intra-ruminal cobalt bullets will prevent phalaris staggers for two to three years. If you have predominantly phalaris based pastures that you need to graze in the period of June to September; or have seen phalaris staggers cases in the past, using the cobalt bullets would be a sound management choice and the most reliable prevention.

Other options of providing cobalt are through top dressing the pasture, or providing cobalt containing lick blocks.

Phalaris staggers can only be confirmed by examining the brain tissue, which requires euthanasia and a post mortem examination.

In animals over the age of 18 months for sheep or 30 months for cattle, we can actually gain not only a diagnosis for you but a benefit for the Australian industry by testing these animals under the National TSE Surveillance Program.

This program provides a small compensation for the owner but most importantly pays for all additional testing to achieve a diagnosis, while at the same time helping Australia prove it is free of "Mad Cow Disease" and other similar diseases in the other ruminant species.

If you have any cases of phalaris staggers you want investigated, or you wish to talk more about this disease, feel free to give the district vets a call at any of the Lachlan LHPA offices: Forbes 6852 1688, Condobolin 6895 2152 or Young 6382 1255.



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Love and Truth Through Christ

READING ACROSS THE UNIVERSE!

Thank you to Mrs Welsh for organising a lovely Book Fair on Wednesday 22nd. What a great way to celebrate the joy and discovery of books and reading. Thank you to all the parents and children for getting into the theme of Reading across the Universe -there were some wonderful and clever costumes from Dr Who to Princess Leia to Space Cowboys and Stars. Everyone was a winner and received a small prize. The best dressed in each year received an extra prize of a book from the Fair.

Thank you to the Gavin, Brindle, Philipzen, Haynes, Mongan, Gates, Huckel and Colvin families for purchasing and donating a book to the Library.



Katie Townsend (Avatar) and Natasha Valentine catching up on a book together.

Charlie Philipzen (Space Cowboy) & Daniel Martin (Star Wars)

Kindergarten children; Levi Carver, Chelsea Colvin, Luke Holland, Alice Paul, Jack Fazzari and Elizabeth Brindle.



CWA WINNERS - MOROCCO

Thank you to Mrs Esther Hyde from the CWA for announcing the winning entries from the Morocco projects. Congratulations to all the children for their efforts, no doubt it was a difficult choice to choose the winners; a special well done to the following;

- | | | |
|--------|----------------------|-----------------------|
| Kindie | 1st Jack Fazzari | 2nd Alice Paul |
| Yr 1 | 1st Kirbie Mongan | 2nd Eve Moore |
| Yr 2 | 1st Thomas Brindle | 2nd Hayley Valentine |
| | HC Bailey Cullenward | |
| Yr 3 | 1st Baylie Tulloch | 2nd Charlie Philipzen |
| Yr 4 | 1st Lily Wallace | 2nd Jordan Moore |
| Yr 5 | 1st Liam Heinzl | 2nd Dena Moore |
| Yr 6 | 1st Katie Townsend | 2nd Ryan Huckel |
| Craft; | 1st Katie Townsend | 2nd Olivia Holland |



Bailey Cullenward and Thomas Brindle showing off their Moroccan projects. Kinder - Yr 1 with Tennis coach Peter Clifton.



TENNIS

Tennis lessons with Peter Clifton are going very well. The children are now learning to serve. Thank you to the Public School for allowing us to use their tennis court to practice serving on a full size court.

SHOWTIME!

Winter is nearly over and Spring time means busy getting ready for the very special Eugowra Show. Craft Day will be held on Friday 30th August in preparation for lots of entries in the show.

Until then, God Bless and stay safe.

St Joseph's Staff and Students.



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By Anne Burns

The Bred Well Fed Well workshop that was advertised in last month's Eugowra News ran on the 15th of August.

The Bred Well Fed Well workshop is based on sound research on what really

works and is supported by the MLA and AWI. Victorian Dr Jason Trompf a lamb producer himself and a regular in "The Land" co developed the Bred Well Fed Well workshop. The workshops have been conducted for some time south of the border and fortunately the workshop is now available in NSW.

Galwary at Eugowra North was the venue and a good number of eager local graziers attended.

Accredited local presenters and Sheep industry experts Megan Rogers from Forbes and Sally Martin from Young ran the day. Sally a sheep genetics specialist talked us through selecting a ram using ASBV's (Australian Sheep Breeding Values). Sally also explained that every sheep business is subtly different. Each business needs to define its breeding objectives and use ASBV's to choose rams that will deliver the progeny the business is aiming for. The best reason given on the day for using the ASBV data is "who buys a car without knowing what is under the bonnet, so why buy a ram without knowing what his genetics are".

Robert Gray from Glen Park White Suffolk Stud at Gooloogong very kindly provided a good range of rams for assessment and comparison with each rams ASBV's. The initial challenge was to select a ram for specific breeding traits from the visual information only that is how the ram presented. It only took a few minutes for the attendees to realise that it was an impossible task and whilst a visual confirmation is always required the information contained in the ASBV's is invaluable in selecting a ram to meet your breeding objective.

Robert has been working hard for a number of years on his rams ASBV's and is really showed with some top scores for desired traits. Roberts in depth knowledge of ram breeding and ASBV's provided excellent specialist input on the day.

Megan followed up in the afternoon with the Fed Well component of the workshop. From the research presented participants soon realised that if they are going

to lift productivity they need to look after their breeding ewes. To do this effectively they must be able to condition score with confidence. Again with some good hands on assessment in the yards, plenty of discussion and practice built real skills in participants in this vital area. Once again "eye balls only" were simply not enough.

Real time research during the workshop showed this region has some excellent operators producing some good lambing % figures. Even with this good new all participants agreed they could improve further with some tweaking of their businesses. Nationally the ewe conception rate is satisfactory however the Australian lamb survival average has been 80% for the last 20 years so the industry has a long way to go in lifting lamb survival rates. An example of one technique is scanning for twins and singles and then providing different feed requirements to meet the needs of the ewes.

Out of the same training stable comes "Lifetime Ewe Management" with six training days over the course of a year and following the workshop there are a number of local groups being set up now to undertake this training.

Anyone interested in attending a Bred Well Fed Well workshop or Lifetime Ewe Management should contact Megan Rogers on 0427 459 891 and get your name on her mailing list so you are ahead of the pack. Email megan@sheepsmart.com.au



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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

What is the difference between Dementia and Alzheimer's?

I am frequently being asked by people what is the difference between Dementia and Alzheimer's. This can be very confusing and is an important issue to understand as it affects many people in our community. The easiest way to remember it is –

Alzheimer's is the disease/cause and Dementia is the symptom/outcome. Similar to macular degeneration is a disease of the eyes and loss of sight is the outcome.

Dementia is a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behaviour and the ability to perform everyday tasks.

Alzheimer's disease is one of the conditions that cause dementia. It is a fatal, progressive and degenerative disease that destroys brain cells.

Dr. Alois Alzheimer first identified the disease in 1906. He described the two hallmarks of the disease: "plaques," which are numerous tiny, dense deposits scattered throughout the brain that become toxic to brain cells at excessive levels, and "tangles," which interfere with vital processes, eventually choking off the living cells.

There are other conditions which also cause dementia. These include:

Vascular dementia,
Parkinson's disease,
Dementia with Lewy bodies,
Fronto Temporal Lobar Degeneration (FTLD),
Huntington's disease,
Alcohol related dementia (Korsakoff's syndrome) and
Creutzfeldt-Jacob disease.

What are the early signs of dementia?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

Progressive and frequent memory loss
Confusion
Personality change
Apathy and withdrawal
Loss of ability to perform everyday tasks.

Who gets dementia?

Most people with dementia are older, but it is important to remember that not all older people get dementia. It is not a normal part of ageing. Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia.

Is it dementia?

There are a number of conditions that produce symptoms similar to dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours. It is essential that a medical diagnosis is obtained at an early stage when symptoms first appear to ensure that a person who has a treatable condition is diagnosed and treated correctly. If the symptoms are caused by dementia, an early diagnosis will mean early access to support, information, and medication should it be available.

Can dementia be inherited?

This will depend on the cause of the dementia, so it is important to have a firm medical diagnosis. If there are concerns about the risk of inheriting dementia, consult your doctor or contact Alzheimer's Australia to speak to a counsellor. Most cases of dementia are not inherited.

What can be done to help?

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia and the help of families, friends and carers can make a positive difference to managing the condition.

To learn more:

We understand that this is a very difficult and emotional topic. If you would like to learn more about dementia and Alzheimer's we are having an education session with Jenny Stephens, Dementia Care Registered Nurse for the Health Service.

DATE: Wednesday 11th September

TIME: 10.00 – 12.00

PLACE: Eugowra Memorial MPS – Willawa room

EUGOWRA SHOWGIRL COLUMN



Eugowra Lions News

It's nice to see the Lions Club going from strength to strength since we changed our format to having social events and moving away from our dinner meeting. Our last social dinner was at the Central after the folding of the Eugowra News and was well attended. The Eugowra News continues to be our main project and it's good to see members and non members putting so much time into making this a great monthly paper. Thursday 15th saw 4 members providing a B.B.Q. lunch for the Sheep Workshop at Galwary. Coming events for the club is the folding of the news last Thursday of the month 5pm Central, Sunday 8th B.B.Q. at Peter and Anne's place, Thursday 12th B.B.Q. Memorial Park for Parkes Hearing Impaired School, Saturday 14th Show Gate and a Car Boot Sale 12th October.

Also it's good to welcome Neil Whalan back into Lions.

Peter Heath.

My time as the Eugowra Showgirl has almost come to an end. And what a year it has been! Over the past 12 months I have met many amazing ladies, had wonderful experiences and have learnt many things about the ins and outs of being a lady. Showgirl is an experience that I believe should be compulsory for all young country women as, even at local level, the competition is an excellent confidence builder and learning experience. Many ladies have said to me that they would love to do showgirl but they're worried about the commitment, the public speaking or "I'm definitely not a lady!" Most of my family can attest that I'm still really not a lady at home but when I had the opportunity to meet Her Excellency Marie Bashir she was none the wiser.

Showgirl is also an excellent way to improve public speaking skills. If you're a nervous public speaker, it's a fantastic way to build on that. I certainly was this time last year, but after speaking at Sydney Royal Easter Show in front of 1 000 people, I feel that I can conquer anything. The development weekend spends a considerable amount of time helping with public communication as well as many others that assist greatly in daily life.

For all these wonderful opportunities, ladies are asked to attend one interview and (fairly relaxed) dinner on the 13th of September, as well as the opening of Eugowra Show the following day. If you are selected as the 2013 Eugowra Showgirl, you will be awarded the opportunity to attend the department school, which cannot be praised enough, as well as fabulous prizes from the generous sponsors. On the 20th of February, you will then attend the Zone final in Warren for an interview and a gala event. Meeting the other showgirls is certainly a highlight, and I am still regularly in touch with many of the 2012 girls.

If you are a young lady between the ages of 18 – 24 and would love to make friends, create memories and learn many skills useful in life, please contact myself or Janice Myers.



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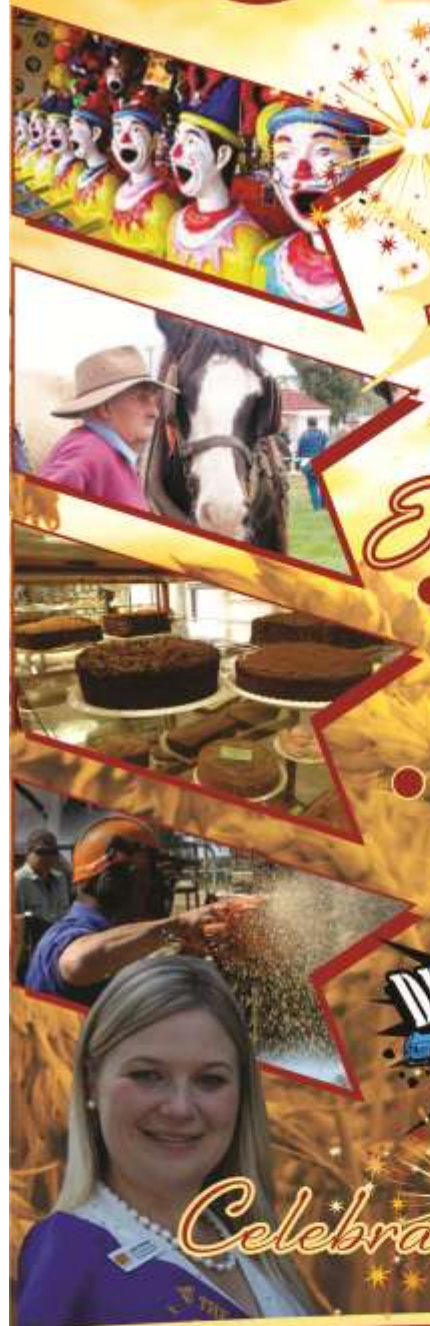
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