

# DELUNGRA AND DISTRICT NEWSLINK

## DECEMBER 2000 EDITION

Welcome to the December 2000 Edition of the Delungra Newslink.

### Delungra RSL Auxiliary

The members of Delungra RSL Womens Auxiliary thank all Delungra Residents who supported their Melbourne Cup afternoon tea. The Christmas Hamper was won by Zac Cross of Coff's Harbour, we understand it found its way into the Inverell Shire Councils Appeal for the Ashford Flood Victims. Thanks Zac. We appreciate the assistance of Mr Ray Ford, Postmaster for selling tickets. The Auxiliary will be in recess until 14th February, 2001. Nancy Calderbank

## **Wine and Cheese Night Delungra Bowling Club Thomas New England Wines THIS FRIDAY 8TH DECEMBER 2000 Tasting from 8 - 9 p.m.**



**Dining room open for meals and bistro snacks  
Gold coins entry to tasting  
Come along to this FIRST release.  
Do not miss this !!!!!!!  
Cricket Club raffles from 7 p.m.  
For the information of members and their guests**

### Delungra CWA

Our meeting and sewing day on the 21st November was very enjoyable and successful. We worked on our baby quilts and we are sure some completed quilts will be taken to our Christmas Get-together. We will be meeting at Archways at 12 noon on the 8th December for a Christmas lunch. Please bring a gift to the value of \$5 starting with \*F\*. Our gifts for hospital patients can also be brought in on that day. Our next meeting will be held on 20th February at 12.30 p.m. Christine Plumble

### Delungra Catholic Ladies

The Clean up for the Church will be held on Monday 18 December at 8.30 a.m. Please note that there will be no meeting for December. Eunice McGrath

### Delungra St Columba's Anglican Church

December	3	9am	Holy Communion
	10	9am	Morning Service
	17	9am	Holy Communion
	22	7.30 p.m.	Community Carols in the park next to the Community Hall
	24	9am	Morning Service
CHRISTMAS DAY	8am		Holy Communion
December	31	9am	Combined Churches Service - Uniting Church

For further inquiries, contact Christopher Pears 6725 4466

**December/ Christmas & New Year Service Information**

Christmas Bingo, Morning Tea & Lunch was held on Wednesday 29th November We had a fun time, thank you to everyone who came and made it a special day, also a big thank you to our Volunteer Cook, Kerry Campagner who served up a delicious meal.

This will be the last Bingo Morning until Wednesday February 7th 2001.

Lunch Club will run until Wednesday 20th December and resume again on Wednesday 7th February 2001

**The Meals on-Wheels Roster for December 2000 / January 2001 is:**

Meals to be picked up from Multi-Purpose Hall at 11.45am.

Dec	4th Mon	Kerry Campagner
Dec	8th Fri	Beryl Townsend
Dec	11th & 15th	Anglican Ladies
Dec	18th & 22nd	Gloria Anderson & Pat McGrath

***Please note there will be no meal deliveries from Monday 25/12/00 until Monday 8/01/01 (two weeks)***

Jan	8th,10th & 12 <sup>th</sup>	Claire Kent & Helper
Jan	15th,17th & 19th	Edna Thomson & Helper
Jan	22nd,24th & 26th	Joy Fairy & Anne McNaughton
Jan	29th,31st & 2nd	Delungra CWA Ladies

***For the month of January Volunteers will be required to deliver 3 days of the week***

If volunteers are unable to deliver meals on their rostered day it would be much appreciated if they could find replacements to deliver meals

**The Community Bus Service to Inverell for December and January will run on:**

Friday	* 8th December	Bus departs from Weeds & Waterholes promptly at 9am
Friday	22nd December	
Friday	26th January 2001	
Cost of return journey for Pensioners \$4.50 / Other Citizen's \$ 7.00		

***\* Due to Clients requests, the bus Service on the 8th December will return from town earlier than usual - departing from Inverell at 12.30pm***

**Meals on Wheels Contract .**

We would still like to hear from anyone who would be willing to take on the position of Food Contractor for this service on a permanent basis.

Bi-Monthly Committee Meeting of the Delungra Citizen's Association will be held at the Girl Guide Room on Monday 11th December 2000 at 7.30pm

I would like to take this opportunity to thank all the Volunteers for the enormous service they provide to the Delungra Community (and me!) and to wish everyone a very Merry Christmas and a Happy New Year for 2001

Tricia Turner - Neighbour Aid Co-ordinator CWA Hall, Burnett Street, Delungra  
Phone/Fax: (02) 6724 8554 or a/h (02) 6723 6477

### **Delungra Community Carols**

Presented by the Combined Churches of Delungra on Friday December 22nd at 7.30 p.m.  
In the park beside the Community Hall,  
Bring your candle, bring your voice and let's celebrate Christmas together.

### **Delungra Community Health**

Greetings to Delungra Residents,

I would like to take this opportunity to wish you all a Merry Christmas and a Happy and Healthy New year. Eat and drink sensibly and drive carefully. Above all, have a great time with family and friends. I will be on Annual Leave from 16th December to 9th January. We have our daughter's wedding during that time, so busy and happy times ahead.

The following information may be of use to the men in the community.

To care for the health of your prostate.

- Check for high blood cholesterol and reduce it if necessary.
- Avoid exposure to cigarette smoke, pesticides or pesticide treated foods (buy organic).
- Increase your intake of garlic, onions and cabbage as these foods help detoxify cadmium from the body.
- Snack on a handful of pumpkin seeds each day, and chew them well. You can buy these green seeds from health food shops and most supermarkets.
- Increase your fibre intake as it binds testosterone and eliminates it from the body.
- Glycine and valine supplementation has been found to reduce residual urine volume, meaning that they help with efficient emptying of the bladder.
- Avoid shift work as this disturbs melatonin cycle rhythms and melatonin is an important body chemical involved in the health of the prostate.
- For benign prostate enlargement, consider using the herb Saw palmetto as it has an inhibitory effect on the enzyme that converts testosterone to DHT.
- Increase consumption of fruits and vegetables, as plant foods provide valuable isoflavones and lignans.
- Increase saturated fat intake and supplement with essential fatty acids.

### **Delungra Senior Citizens**

We had a wonderful Christmas party and we had a raffle which was won by S Canham 1, C Kent 2, and A Bruning 3. Guessing comp which was donated by B Townsend was J Hutchings and the Lucky door winners were Val Edwards, A Burton. The Club would like to thank C Kent and L Kent for their fun compositions.

The Club has received an invitation from MT Russell CWA Christmas party on Thursday 14th December starting at 2.30 p.m. exchange gift at \$3.

The Senior Citizens have gone into recess till January or February Watch the Newlink for further information.

S Canham Secretary

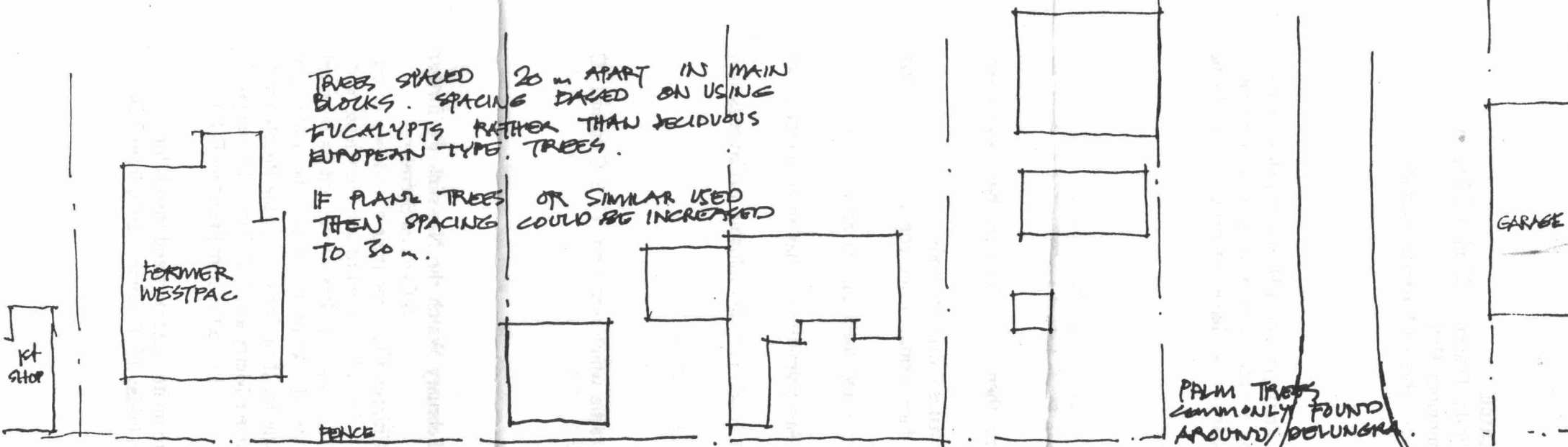
Please extend many thanks to the members of the Senior Citizens Club, for their attendance at our meetings and Bingo days during the last year. Thanks to the ladies who helped to get everything ready for our Xmas party, which was once again a huge success. Thanks also to Raymond Ford for his great help in selling our Xmas Card holders at the post Office, Also thanks to the Ladies who made them and donated material for them. Thanks to John and Cis Castle for their donation of the Punch and to Anne McNaughton for her donation of Park. Thank you all have a Merry and Safe Xmas, I'll see you in the New Year.

Lorna Canham President D S C

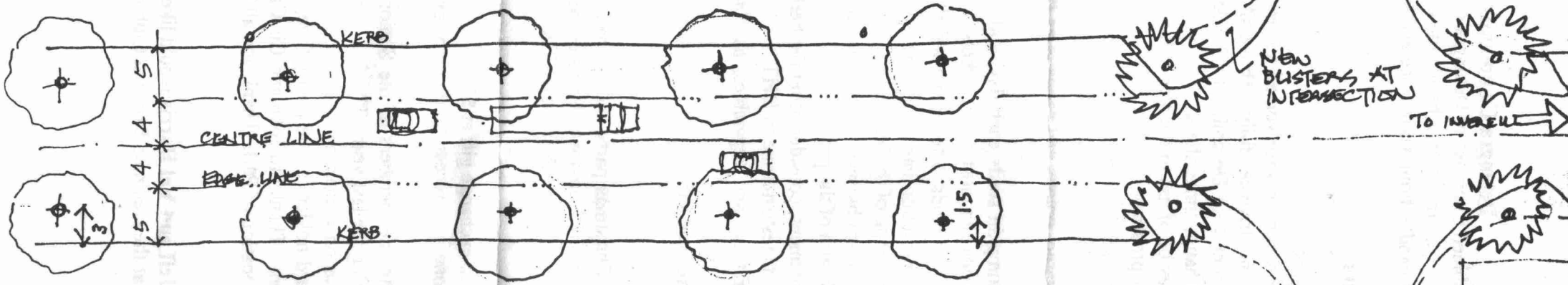
**K G & P A Edmonds and Jeff and Val Harris** would like to invite customers and friends for Christmas drinks at a B B Q at the Delungra Bowling Club on Friday 15 December 2000 from 7.30 p.m.

TREES SPACED 20m APART IN MAIN BLOCKS. SPACING BASED ON USING EUCALYPTS RATHER THAN DECIDUOUS EUROPEAN TYPE TREES.

IF PLANE TREES OR SIMILAR USED THEN SPACING COULD BE INCREASED TO 30m.



PALM TREES COMMONLY FOUND AROUND DELUNGRA.



NEW BLUSTERS AT INTERSECTION

TO INDELL

TREES NORMALLY 3m OFF KERB

FENCE

FROM 100m FROM CORNER TREES STEP BACK TO 1.5m OFF KERB TO OPEN UP INTERSECTION & FOCUS ON PALM TREES.

BOWLING GREEN



DELUNGRA TREE PLANTING

TO DINGARA

SHOP

## Delungra Progress Committee

The next meeting of the Delungra Progress Committee will be held on MONDAY 18th December at 7.30 p.m. At the recent meeting held on 20 November the invited guest speakers were Mr Barry Johnson, President Inverell Shire, Mr Paul Henry, G M Inverell Shire, Councilors Mr Mick Lewis from Ashford and Mr Peter Lloyd from Delungra.

The Beautification plan was given by Mr Paul Henry and this is enclosed with your Newslink.

The plan is an indication of the treatment of the Highway. What is not shown are the "blisters" that will be constructed on the Inverell and Warialda entrances to the town, which will contain a "feature" tree and a "Delungra" Sign. We would ask residents that they study these proposals and come to the next meeting with any suggestions.

We would ask that the residents of Delungra and district consider the following moves:-

- Is the beautification concept supported
- What type of trees are favoured for the "blisters)
- What type of trees are favoured for the infill areas
- What locations should be kept free from trees.

This work can commence as soon as the approval from the RTA is received as Council has provided funds in this current year's Budget. Please study and freely give your suggestions.

Margaret McGrath Secretary

### Christmas Trading Hours for Delungra Truck Shop

December 23	8am to 6pm.	December 28	7.30am to 6.30p.m.
December 24	7.30am to 4 p.m.	December 29	7.30 am to 6.30 p.m.
December 25	Closed	December 30	8am to 6 pm.
December 26	7.20 am. to 12 noon	December 31	7.30am to 4 p.m.
December 27	7.30 am to 6.30 p.m.	January 1st	Closed.

Many thanks Pat and Dave

### Birthdays     **GRAZZY IS 21**

Congratulations for the 16th December to **Christopher McGrath**

who has reached the age of 21.     Best wishes for a great day and may the future fulfill your dreams.

### Delungra Bowling Club

On 10 November 25 people were present for Delungra Bowling Clubs Presentation night. Guests of honour were Mr Noel Anstee, President of G D B A and his wife Helen. Catering of the Smorgasbord dinner was in the capable hands of Mr and Mrs Don Pollock. Mr Terry McGrath President of the Delungra Club called on Mr Fred Calderbank to say Grace and Patron Mr Ross Hirsch to propose the toast to the Queen. Mrs Dot Sheen and Jane Leader, Vice-Presidents Beryl White Secretary standing in for the Ladies President who was still away overseas awarded the ladies their trophies.

**Singles** Winner Edna Thomson     Runner Up Jane Leader

**Pairs Winners** Dot Sheen Jane Leader Runner up Jess Fairweather Beryl White. Jane Leader thanked all the other opponents who played against them. Lucky member Prize for the night was Jane Leader The Mens trophies were presented by Mr Noel Anstee assisted by Mr Terry McGrath (President) and Mr Kevin Leader (Vice-President)

**Singles**     Winner Kevin Leader Runner-up Ron White

**Pairs**     Winners Ron White and Kevin Leader

**Triples**     Winner Ron White Kevin Leader and Peter Holzgal

**Fours**     George Wenzel Tom Hamilton, Ted Taylor and Peter Holzgal

**Mixed Pairs** Ron and Beryl White

**Mixed Fours** Ron and Beryl White, Dot Sheen, and Fred Calderbank

Mr Anstee thanked the Bowling Club for asking him with his wife Helen for being their guests.

**Delungra Bowling Club Continued**

Bowlers V Golfers at Delungra on 12 November saw 28 Bowlers and Golfers have a friendly game of bowls at Delungra Bowling Club. Overall winners were Kevin Leader Terry McGrath and Ross Hirsch. We played triples on the day and finished the day off with a B B Q

The Green has been out for renovations for about two weeks and many thanks to all those who helped work on the Green and get it back into play. At one stage we were not sure if we had a Bowling Green or a Water Skiing avenue with all the rain.

On 26th November 18 bowlers and members made the trip to TEXAS to bowl in the STATE OF ORIGIN series. Terry McGrath President was our capable driver of the Bus. We were very thankful to Mrs Gwen Williams for the donation of the use of her bus for the day. Many thanks GWEN.

We played 2 rounds of 15 ends and YES we did bring the Flag back home with us (Many thanks to Margaret for making our FLAG) A Great day was had by all and the next trip planned for next year is to Stanthorpe to try out some of the wineries in the area.

**Dates to remember for the Club**

- Friday 8th December Wine and Cheese Night
- Sunday 10th December Delungra V Barraba for Leader Shield 10.30 start mixed triples.  
B B Q lunch Bowls uniform
- Saturday 16th December Cashpot Bowls \$150 prizemoney
- Sunday 17th December Mixed mufti 3 p.m. for Hams and trophies
- Friday 22nd December Members Christmas party
- Sunday 23rd December Mixed mufti for Hams and turkeys

**HAM RAFFLES** are on each **SATURDAY** Come along It is not too early to have one in the fridge for Christmas. **Only four weeks to go.**

*Look for our Christmas Stocking in the Club.*

**Dining Room and Bistro**

Now open Saturdays at the Club - Exciting new menus - Weekly special meals

**Entertainment**

The Club Members Christmas Party is being held on **Friday 22nd December** Look forward to a great evening. Members complimentary Christmas drinks tickets are available from Saturday 9th December at the Bar.

**FOR THE INFORMATION OF MEMBERS AND THEIR GUESTS**

Congratulations to Dudley Lewis and Harry McNaughton the winner of the Giant Meat tray and carton of refreshments for November and the next draw will be done between 6 p.m. and 9 p.m. on **Saturday 30th December** so keep placing your named tickets in the barrel (Full names/One Name Please). Many thanks to those members who came to the Working bees on 2 and 3 Dec. We had a successful cleanup and crossed quite a few chores off our list. The painting portion is still in the process of being done so please accept our apologies for some of the unfinished work for a week or two. Once again many thanks.

## **Calendar**

December	Tuesday	5th	Delungra Womens Bowling Club Xmas Party
	Friday	8th	Delungra Wine and Cheese Night - Thomas Wine.
	Friday	15th	Harris Seeds and K G & P A Edmonds Party
	Monday	18th	Delungra Progress Committee
	Friday	22nd	Delungra Bowling Club Members Christmas Party
	Friday	22nd	Carols in the Park.

Written notices for the next Newslink can be left in our Mailbox at 79 Inverell Street. Closing date for the next edition will be **Friday 30 December for a delivery on Tuesday 2nd January 2001.**

Margaret McGrath 67248353 Phone /Fax or at the Club 67248204 Phone/ Fax