

# DELUNGRA AND DISTRICT NEWSLINK

## JULY 2001 EDITION.

Welcome to the July 2001 Edition of the Delungra Newslink.

### Delungra Community Health

Greetings to Delungra residents. Add a little spice to your life - Cayenne. This popular plant is originally from South America and now is cultivated world wide. The fruit of Cayenne or Chille pepper varies in size, colour and heat. It is used medically. Its actions are classed as a stimulant, antiseptic and tonic. Taken internally it aids digestion and improves peripheral circulation that is blood flow to the bodies extremities such as head, feet and hands. Cayenne is one of the most widely used of all natural remedies. Try this recipe. **CHILI CON CARNE**

Its great for those cold winter evenings when you need to warm up. ....from the inside out!!

Sauté one chopped onion in a little olive oil. Add 3 crushed garlic cloves. Add 500 grams of lean mince and lightly brown. Add 1/2 teas of chilli powder or some finely chopped fresh chillies. Next add a 400 gm tin of red kidney beans, 400 gm tin of chopped tomatoes. Combine and simmer 20 minutes. Serve with steamed rice and a green salad.

Regards Joanne Campbell RN Community Health Inverell Ph 67 288 411

### Delungra Golf Club

July	1st	2nd Round Gobell Jug
	8th	Stableford ( Monthly Mug)
Sat	14th	WARIALDA OPEN Mixed
	15th	WARIALDA OPEN Club Trophy Par Event
	22nd	Westfarmers Ambrose
	29th	Championships 27 Holes
August	5th	Championships 27 holes (Monthly Mug)
	12th	3rd round Gobbell Jug 3rd Round Presidents Trophy
	19th	4 B B B Championships 27 holes
	26th	To be programmed

### Delungra Womens Bowls Report

Our Rose Bowl day started with a minutes silence for Gloria Lenord one of our Foundation members. Our lady President Edna, welcomed everyone. Helen Anstee welcomed all on behalf of East Gwydir. Emily also welcomed everyone on behalf of the Delungra Club Ltd.

56 lady bowlers went out on a sunny but cool day t play for spiders and 2 rounds of 16 ends. We had a break for lunch, supplied by our Bistro Lady Janice. When finished bowling we had high tea, starting with Edna saying Grace and Mrs Music Beryl playing the National Anthemn. Our meal was beautifully catered for by our kitchen ladies. The flowers were supplied by the Delungra ladies.

We had two official guests, Mrs Iris Fleming and Mr and Mrs Cliff Kennedy, who gave us a short history of the Rose Bowl. It was first played for in 1968. The winning team was :- Jess Cole, G Thomson J Lowe and I Hewat from Delungra. The 33rd winning team was D Marquart, B Mason, B Hawkins and J Harris from Inverell Womens Club. Runners Up Team was P Bradley, M Lockwood, J Garland and K Gilholme from Inverell Womens Club. The Lucky team was M Mell, B Scoble, B Julius and M Vickery from Ashford

The raffle donated by Mrs Kennedy was won by B Hawkins from Inverell Womens Club. The teams that participated were East Gwydir - 1, Ashford - 1, Warialda - 1 , Glen Innes - 3, Inverell Womens - 2, Inverell RSM - 2 and Delungra - 3 teams. Our day finished at 4.30 pm. with President Edna wishing all a safe trip home.

We would like to wish a speedy recovery to our East Gwydir President Beryl Page.

Elaine Publicity Officer

**Neighbour Aid Service**

**Bingo**

Our next Bingo morning will be held on Wednesday 4th July. We start with morning tea at 9.45am in the Brownie Room at the Delungra Multi Purpose Hall. Followed by

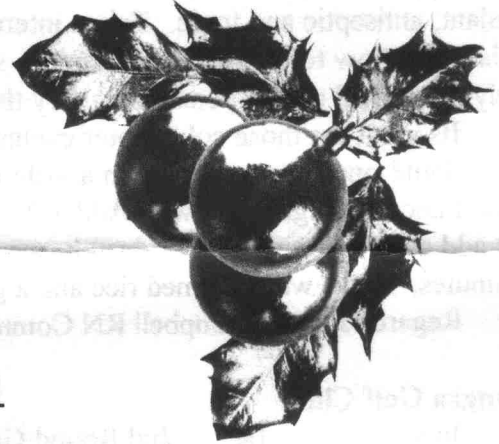
**Lunch Club**

Come and join us at our regular Wednesday Lunch Club (12 noon) to book please call Lorraine Polock on 67248533

**CHRISTMAS IN WINTER**

**BINGO – MORNING TEA & LUNCH**

Will be held on Wednesday August 1<sup>st</sup> 2001 – All welcome – come and join us for a Fun Morning and a traditional Christmas Dinner with all the trimmings



**MOW Volunteer Roster for July/August 2001**

July	4 <sup>th</sup> & 8 <sup>th</sup>	Anglican Church Ladies
July	9 <sup>th</sup> & 13 <sup>th</sup>	Margaret Hewat & Helper
July	16 <sup>th</sup> 17 <sup>th</sup> 20 <sup>th</sup>	George & Elaine Wenzel
July	23 <sup>rd</sup> & 27 <sup>th</sup>	Therese Cole
July	30 <sup>th</sup> & 3 <sup>rd</sup>	Delungra CWA Ladies
Aug	6 <sup>th</sup> & 10 <sup>th</sup>	Audrey Clark & Kerry Campagner
Aug	13 <sup>th</sup> & 17 <sup>th</sup>	Beryl Townsend & Helper
Aug	20 <sup>th</sup> & 24 <sup>th</sup>	Gloria Anderson & Pat McGrath
Aug	27 <sup>th</sup> & 31 <sup>st</sup>	Lorna & Shirley Canham
Sept	3 <sup>rd</sup> & 7 <sup>th</sup>	Cynthia Kent & Helper

**The Inverell Community Bus Run will operate on**

Friday July 20<sup>th</sup> 2001 departing Weeds & Waterholes 9am.

**Please note:** The Warialda HACC Bus will be going to Inverell on Thursday 5<sup>th</sup> July and Thursday 2<sup>nd</sup> August 2001 – Please ring me if you need to book a seat.

**Call for Volunteers - we need your help:**

We are still looking for Volunteers, both for Community Car Transport and Meals on Wheels Delivery. if you would like to register as a Volunteer please contact Tricia Turner on 67248554 or A/H 67236477

Tricia Turner

Neighbour Aid Co-ordinator

CWA Hall, Burnett Street, Delungra

Phone/Fax: (02) 6724 8554 or a/h (02) 6723 6477

**Delungra MultiPurpose Hall Committee**

The next Bi-monthly meeting of the Multipurpose Hall will be held on Monday 13th August at 7.30 p.m.. All community residents are very welcome to attend. Margaret McGrath Secretary

**St Columbas Anglican Church**

Calendar	July	1	9am Holy Communion
		8	9am Morning Service
		15	9am Holy Communion
		16	12 Noon Christmas in July in Ashford
		22	9am Morning Service
		29	9am Combined Churches Service at the Catholic Church

For further inquiries, contact Christopher Pears. 67 25 4466

**Delungra C W A News**

The next meeting of the Delungra C W A will be held on Tuesday 17th July at 11.30 am at the Sapphire Chinese restaurant in Inverell. Please ring Lynne Rainger if you are unable to attend. Don't forget the Thai Cookery on 25th July and 1st August at the Delungra Bowling Club. Any new members would be very welcome to join us. Christine Plumbe 6724 8557

**Delungra RSL Womens Auxiliary**

The July meeting of the Delungra RSL Womens Auxiliary will be held at 2 p.m. on Wednesday 4th July at the Delungra Bowling Club. Nancy Calderbank

**Gwydir Trefoil Guild**

The Gwydir Trefoil Guild will meet at Weeds and Waterholes at 2.30 p.m. on Wednesday 18th July for the monthly meeting. Nancy Calderbank

**Delungra Red Cross**

The Annual General Meeting of the Delungra Red Cross will be held at the Guide Room at 2 p.m. on Thursday 2nd August, 2001. Nancy Calderbank

**Delungra Senior Citizens**

The July Meeting of the Delungra Senior Citizens will be held on Thursday 19th July at 2 p.m. and this will be the Annual General Meeting.

At the recent meeting of the Delungra Senior Citizens Club it was decided to hold a Bingo morning on Thursday 16th August 2001 commencing at 10 am at the CWA Rooms followed with a finger lunch. The monthly meeting will commence at 1.30 p.m. as we are having a guest speaker in Bronwyn McInerney from Avern McIntyre and Co Solicitors Inverell. We are hoping for members of the Club and Public to attend as we need plenty of questions for Bronwyn. Beryl Townsend

**Delungra Progress Committee**

The next meeting of the Delungra Progress Committee will be held at the Bowling Club at 7.30 p.m. on Tuesday 12th June. All interested residents very welcome to attend. Mr Rob Farragher (Our New Policeman) will attend the next meeting for any interested residents queries. Attendance is required from all committees contributing to the Catering for the **4XXXX Variety Bush Bash on 11th August**. Please remember to have your volunteer member numbers ready, and any suggestions as to what can be served and any ideas to make this one of the best stop-over points in the area.

Please make Delungra proud.

Margaret McGrath Secretary

**Delungra Catholic Ladies**

The Catholic Ladies will be holding their Fashion Parade on Saturday 3rd November.  
Further details in next Newsletters  
Eunice McGrath

**Delungra Citizens- Groceries**

As an additional Service to the Senior residents of Delungra. Di Brown has offered to obtain any groceries that you may require on her Bus Day each month. Next Trip is on July 20th at 9 am.  
Please contact Dianne direct for any help on 67 248415

**Delungra Local Volunteer of the Year for NSW Group**

Please find following an exert from the Cystic Fibrosis Newsletter on a local identity that puts in many hours of tireless work for a very worthwhile cause. One comment Eunice had made that was missed in the report, was that her family supported and backed her in all her work.

## **VOLUNTEER OF THE YEAR**

### **Eunice McGrath from Delungra**

she is

In this the International Year of the Volunteer we would like to acknowledge the support of all our volunteers and members. A group is only as strong as its membership and our organisation has grown considerably since its foundation in 1967. This is largely due to the enormous contribution of so many people – our hard working staff who put in many extra hours and the generous support of our volunteers, members and in recent years the increasing contribution of the Corporate sector. Volunteering comes in many forms, from fundraising to selling raffle tickets, Christmas cards, Red Rose Ribbons and organising your own events, to participating in events we run, like the Great Strides Walkathon, CAAMM Cup Charity Golf Day, Annual Swimathon, Christmas Card folding and the CF Ball.

There is another important group of people who work tirelessly in the community — the grandparents and relatives of our children with CF. Many learn to do physio and provide countless hours of babysitting to help their families, which is so important when there is a child in the family in hospital, for example. Many of these grandparents are also involved in fund raising and we would like to thank them all.

It is very difficult to single out just one person each year as so many people help but this year we would like to honour Eunice McGrath of Delungra for her outstanding effort over many years. Eunice has lived in the same house in Delungra since she was married in 1937 and says it is a very small town but a good place to live. She has worked tirelessly for many charities over the years but her main one is Cystic Fibrosis NSW.

determined to keep working while ever able. She has enlisted many helpers, including her sister Daisy Hough from Inverell and Daisy's daughter Judith Crabtree from Gladstone along with Jean Morrow who all provide lovely hand crafts and knitting. A lot of these items come to Sydney and are always in great demand at the



street stalls run by the Sou'Westers Group. Eunice also has stalls in Delungra and is well supported by the members of the Delungra P&C and the Playgroup Mothers who provide cooking for each stall — as she says, "in a small town we all help each other".

The photo of Eunice was taken on her 80th Birthday — 3 years ago and she says she thought her family was mad when they gave her an overlocker machine for her birthday. She now admits it was a wonderful present and she has put it to good use with all her sewing for CF.

So a big thank you to Eunice for all her hard work — her contribution is very greatly appreciated by us all. We would also like to thank the people of Delungra who have supported her so well over the years.

So to everyone involved with our organisation our since thanks for all your support — it is not easy living with CF but we can all help to make it better.

**To think about**

*- A smile is a curve which sets a lot of things straight.*

**Delungra Bowling Club**

Congratulations to Neville Scott the new Singles Champion for Delungra Bowls

- For the information of members and their guests
- Congratulations to Tasha Dunn and Debbie Regan the winners of the Giant meat trays and carton of refreshments. The next months members draw will be held on 28th July so keep placing your tickets in the barrel.
- **Entertainment:-**
  - July 14th Peter Denovan renowned player from Inverell
  - August 18th Johnny Greenwood
  - September 8th Two Bucks

*There will be give-aways for members draws. Be there for some interesting goodies and support your local club.*

- **CLUB LOTTO** is now well underway with some winners being Debbie Regan Janice Pollock Tim Hall, to name a few.
- Saturday night Jackpot draw is now gaining jumbo value in prizes and goodies for patrons of the Club. Well over \$350 worth now available and jackpotting if not won each week.
- *A Working Bee will be held on 7th and 8th July to get some more refurbishing completed for functions in August 2001. ALL members very welcome to assist in any way.*

**Monthly Devotional: From Psalm 18**

My God is all that I need  
 He is my protection  
 I am safe with Him  
 He defends me from attack  
 He keeps me safe.  
 In times of darkness He is my light  
 Even the darkness of my mind.  
 What God has done  
 What God has said  
 Can be depended upon by everyone who seeks Him  
 He is my God who makes me strong  
 All my to-morrows are safe with my God.

**Syd and Val Poole Seventh-day Adventist Church Inspirational Message**

**Calendar**

July	Wednesday	4th	Delungra RSL Meeting
	Tuesday	10th	Delungra Progress Committee 7.30 p.m.
	Tuesday	17th	Delungra C W A Meeting
	Wednesday	18th	Gwydir Trefoil Guild
	Thursday	19th	Delungra Senior Citizens A G M
August	Thursday	2nd	Delungra Red Cross A G M
	Saturday	11th	Delungra Variety Bash coming Town Hall
	Monday	13th	Delungra Citizens Meeting 7 p.m.
	Monday	13th	Delungra Multipurpose Hall Committee 7.30 p.m.
	Thursday	16th	Delungra Senior Citizens Guest Speaker B McInerney
September	Saturday		Delungra Sports
November	Saturday	3rd	Delungra Catholic Ladies Fashion Parade

Written notices for the next Newslink can be left in our Mailbox at 79 Inverell Street. Closing date for the next edition **MUST** be Friday 3rd August for a delivery of Tuesday 7th August 2001