

DELUNGRA AND DISTRICT NEWSLINK

DECEMBER 2001 EDITION.

Welcome to the December 2001 Edition of the Delungra Newslink.

Delungra Multi Purpose Hall Committee

The next Bi-monthly meeting of the Multipurpose Hall will be held on Monday 10th December at 7.30 p.m.. All community residents are very welcome to attend.

A Working Bee was held on Saturday 17th November and we would like to thank those who helped on the day. They were Di Brown, Marlene Ballinger Gae Smith, Terry and Margaret McGrath. With this help we have completed painting one of the squash courts. Some could not paint up the ladder but did a great job on the cleaning up of the floor. Many thanks. A great effort done but a bit disappointing when we were advised on the Monday that some one has written on the newly painted squash door (in Biro). The renewal of the tapes are being sourced at present - we are finding it difficult to find where to purchase. we have one lead to follow - up now. Margaret McGrath Secretary

Delungra Community Health

Footcare dates 18 December 2001 - 22 January 2002 and 20 February 2002

With Christmas and the holiday season coming up, many people will be travelling to visit families and friends. Long car trips and train or bus travel can present the same problem as air travel. The following information may be helpful to those who will be travelling.

Economy Class Syndrome - Deep Vein thrombosis (DVT), or as it has come to be known, "Economy Class Syndrome" has recently become a real concern to flyers, as there have been a number of reported cases, and even some fatalities. The problem begins with poor circulation aggravated by long periods of inactivity - such as sitting for hours on a long haul flight. Flyers are now being advised to stretch their legs, move around when appropriate during their flight, avoid alcohol, and some are even using small amounts of aspirin in an attempt to prevent clotting problems. There is also a cry for airlines to improve the leg space between seats, as cramped conditions (hence the "Economy Class Syndrome") are believed to make matters worse. So, what can you do to protect yourself against DVT?

- Regularly rotate your ankles, and stretch your legs while sitting during the flight.
- Once the seat belt sign is off, get up and walk up and down the aisles, whenever possible.
- Avoid alcohol, and drink plenty of water during the flight
- Care for your circulation on a daily basis, irrespective of whether or not you fly regularly. You can do this by using herbals such as Ginkgo biloba, and horsechestnut; and nutrients such as vitamin E which assists circulation, and bioflavonoids which care for the health of capillaries.
- If you know you are at risk of clotting problems, always discuss travel plans with your doctor.

Merry Christmas and Happy New Year to you all.

Joanne Campbell Community Health Nurse Phone 67 288411

St Columbas Anglican Church

| | | | |
|---------------|----|-----------|--|
| December | 2 | 9 am | Holy Communion |
| | 9 | 6.30 p.m. | Evening Service |
| | 16 | 9 am | Holy Communion |
| | 16 | 7.30 p.m. | Delungra Community Carols at the Presbyterian Church featuring a contingent from the Inverell Male Choir |
| | 23 | 6.30 p.m. | Evening Service |
| CHRISTMAS DAY | 25 | - 8 am | Holy Communion |
| | 30 | 9 am. | Combined Service, Uniting Church. |

For further inquiries, contact Christopher Pears. 67 25 4466

Neighbour Aid Service

Christmas Celebrations:

We will be having our Christmas Morning Tea, Bingo and Lunch on Wednesday 5th December, 2001. Morning Tea and Bingo starts at 9.45am

2002 Bingo

Our next Bingo morning will be held on Wednesday 6th February. 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

Please Note: As in previous years there will be no Lunch Club or Bingo in January

MOW Volunteer Roster for December 2001-Januray/February 2002

Mon Wed Friday

December 2001

| | | |
|------------------|------------------|--------------------------------|
| 3 rd | 7 th | Anglican Ladies |
| 10 th | 14 th | Audrey Clark & Kerry Campagner |
| 17 th | 21 st | Gloria Anderson & Pat McGrath |
| 24 th | * | Cynthia Kent & Helper |

January 2002

| | | | |
|------------------|------------------|------------------|----------------------------|
| * | 3 rd | 4 th | Claire Kent & Helper |
| 7 th | 9 th | 11 th | Edna Thomson & helper |
| 14 th | 16 th | 18 th | Joy Fairy & Ann McNaughton |
| 21 st | 23 rd | 25 th | Delungra CWA Ladies |
| * | 30 th | 1 st | Ron & Beryl White |

Volunteers are required to deliver 3 days per week for January -thanks

February 2002

| | | | |
|------------------|-----------------|------------------|-------------------------------|
| 4 th | 6 th | 8 th | Lorna & Shirley Canham |
| 11 th | | 15 th | Phylis Baker |
| 19 th | | 22 nd | George & Elaine Wenzel |
| 25 th | | 1 st | Gloria Anderson & Pat McGrath |

If you are unable to carry out your MOW delivery, it would be much appreciated if you could find a replacement

The Delungra/ Inverell Community Bus Run will operate on

Friday December 14th 2001 departing Weeds & Waterholes 9am.

Merry Christmas & Happy New Year to you All

Neighbour Aid Co-ordinator

CWA Hall, Burnett Street, Delungra Phone/Fax: (02) 6724 8554 or a/h (02) 6723 6477

DELUNGRA HOMES FOR THE AGED**To the Community of Delungra and Surrounding Districts -**

You may not be aware that Delungra Homes for the Aged have accumulated quite extensive funds over the past twenty years - **WE NEED YOUR THOUGHTS AND IDEAS** for our residents that are elderly and are likely to need help in the next few years.

There will be a Public FORUM

conducted at the Delungra Bowling Club
on **MONDAY 10TH DECEMBER at 8 p.m.**

All Delungra and district residents are most welcome to attend.

Mr Barry Johnson from Inverell Shire Council will conduct this Forum.

We look forward to seeing you there

Dianne Brown SECRETARY.

Delungra Citizens Assocaition

The next bi monthly meeting of the Delungra Citizens Committee will be held on Monday 10th December 2001 at 7 p.m. All committee members invited to attend. Margaret McGrath Secretary

Delungra C W A News

Our Christmas party will be held at Archways on the 18th December at 11.30 p.m.. We will exchange a small gift starting with "S". Also bring gifts for hospital patients. Don't forget lavender bags for February (10cm x 15cm)

Your handicraft project is something that didn't work made into something that does or finish a project if you choose.

Bring along your favourite biscuit complete with recipe for our February meeting which will be on the 12th. Any new members or interested people are welcome to attend. Christine Plumbe

FOR SALE: One Lawn bowls Bag with 4 balls & Bowls Polishing outfit \$100.00 - 2 motorised semi-trailer trucks, also two children's talking computers \$50 each.

Ring Carol or Pat McGrath 67 248249

Delungra Womens Bowls Report

On 19th November the ladies had their monthly meeting. Our Christmas party was discussed and all preparations are under way. Don't forget ladies of Delungra, you will be most welcome!! Bring Yourselfes and a gift to the value of \$4 on Tuesday 4th December 12 midday for lunch 12.30 p.m..

We had a trophy day on 13th November. Winners were Edna, Dot and Val. Runners-up were Beryl Jess and Joy. Umpire for the day was Emily. Pennants start on 12th March 2002. Presidents Day 5th March 2002.

Our next meeting is 22 January 2002. As this will be my last report for 2001 I would like to wish everyone a safe, happy and Holy Christmas. Good Bowling. Elaine

ATTENTION : Ladies of DELUNGRA

The Ladies of our Bowling Club cordially invite you to our great Xmas party.

DATE: Tuesday 4th December 2001

WHERE: Delungra Bowling Club

TIME 12 Mid for 12.30 lunch

GIFT To the value of \$4.00

A Raffle, games, and fun will be the go for the day. We would like you to reply to Edna Thomson 67 248349 or Beryl White 67 248262 on or before 30 November. All most welcome

Delungra Bowling Club

on 9th November at 7.30 p.m. 28 people were present for our Presentation night. Our Special Guest was Mr Noel Anstee, President of Gwydir accompanied by his wife Helen. Mr Tom Hamilton opened with Grace. We had a smorgasbord meal prepared by Margaret McGrath and Janice Pollock.

The winners and runners up were:-

MEN'S SINGLES Neville Scott - SINGLES Runner up Ron White
 MEN'S PAIRS Ron White and Cliff Taylor
 MEN'S TRIPLES Ron White, Cliff Taylor and Peter Holzigal
 MEN'S FOURS George Wenzel, Tom Hamilton, Ted Taylor and Peter Holzigal

- these trophies were presented by Helen Anstee

Ladies Winners and Runners Up were;

CLUB SINGLES Beryl White SINGLES Runner up Emily Mephram
 CLUB PAIRS Emily Mephram and June Hobday
 PAIRS Runner-ups Dot Sheen and Jane Leader.
 CLUB MIXED PAIRS Jane and Kevin Leader
 CLUB MIXED FOURS June Hobday, Jess Fairweather, Cliff Taylor and Jack Newnham

- these trophies were presented by Mr Noel Anstee.

A very enjoyable evening was had by all.

- For the information of members and their guests
- Congratulations to Joy Fairy and Margaret McGrath the winners of the Giant meat trays and carton of refreshments. The next months **members** draw will be held on 29th December so keep placing your tickets in the barrel. **(with your members number on the back.)**
- **Entertainment:-**
- **Two Bucks - 8th December**
- **Delungra Bowling Club Christmas Party will be held on Friday 21st December... Put this date in your diary. Be there for some great entertainment and social evening and a delicious light finger supper.**
- **Saturday night Jackpot draw has been won a few times in the last two months. All happy winners. This Jackpot draw has commenced and has quite a few prizes accumulating already each week. Be there to go in the draw for the chance to play.**
- **Working Bee was held on Saturday 24th November We would like to thank those who helped on the day Beryl and Ron White and Janice, Troy and Tiffany Pollock along with Terry and Margaret McGrath. We now have all the wallpaper stripped but due to lack of time we have only just commenced to paint the walls. Perhaps next working be we may be able to finish. Many thanks to those who attended and helped. It was much appreciated. Many thanks to the Non-Member who provided some lovely fresh pikelets for morning tea. Yum!**
- **HAM RAFFLES have commenced each Saturday night Be there to win your Xmas HAM .**
- **Christmas stocking is now running and tickets are available at the Bar . Drawn at the Members Christmas party.**

Positions Vacant. You will gain great resumes, criteria along with the social respect of many of your peers and fellow members of the Club and the Community and help support YOUR Club

- (1) **Workers any time including Monday mornings for general work**
- (2) **Workers for the Bistro each Saturday night. This is now run Voluntary and any assistance would be greatly appreciated. Please contact Emily or Margaret**

- **K G & P A Edmonds and Geoff and Val Harris invite customers and friends for Christmas drinks and Barbeque at the Delungra Bowling Club on Friday 14th December at 7.30 p.m.**

Regional Health Services Program Community "Health Needs" Survey

The surveys have been returning in numbers - at least 75% of Delungra households have responded. This is a terrific response!

Wide publicity in the local media over the last 2 weeks as well as the great work conducted by the Delungra Co-ordinator and volunteers within the community enabled us to achieve this fantastic result.

The next few months will be spent collating and analysing the information received from the survey. We will publicise in the community when the information is available.

I will also continue to be out and about in the Community gathering further feedback in relation to any health service needs and gaps and/or suggestions which will assist in the development of a successful health plan for Delungra.

The winner of the \$100 voucher (to be spent in a local business) Prize Draw will be drawn on Monday 3rd December 2001. The winning number will be advertised locally and in the Inverell Times. Please contact me as soon as possible if you are lucky enough to have the winning ticket! GOOD LUCK! THANK YOU Delungra residents for taking the time to complete and return your survey and for supporting this worthy project.

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL!

Tessa Newmarch - Project Planner
McLean Retirement Village Phone (02) 67 22 2655

Delungra Senior Citizens

Delungra Senior Citizens Club wish all members a safe and Happy Xmas and best wishes for the New Year of 2001.

Members are invited to Mt Russell Xmas Party on Wednesday 12th December at Mt Russell Hall at 2 p.m. exchange gifts to value of \$3.00 Bingo , Stall and Afternoon tea.

Delungra Senior Citizens claiming date 18th March 2002. Anne McNaughton Secretary

FOR SALE: One Lawn bowls Bag with 4 balls and Bowls Polishing outfit \$100.00 - 2 motorised semi-trailer trucks, also two children's talking computers \$50 each.

Ring Carol or Pat McGrath 67 248249

FOR SALE

Large Chest of Drawers - excellent condition - walnut finish -
Book case with Glass doors - good order - Contact Di Brown 67 248415

FOR SALE:-

If anyone would like to improve your garden I can deliver sheep manure for \$2.50 / bag
Charlie Plumbe 67 248 557

Carols By Candlelight

Carols by Candlelight will be held on Sunday 16th December 2001 at 7.30 p.m. at the Presbyterian Church. The Inverell Male Choir, Scholl Children and Brownies will be joining us. All welcome - cuppa afterwards. ???

St Patricks Catholic Church

Our Christmas Mass will be celebrated 8.30 p.m. Monday 24 December 2001 (Christmas Eve)
Bob McGrath

LOST

One Black Angus Heifer 4 months old - last seen in Abbots Lane anyone knowing the whereabouts - please contact
N Hayman 67 248582

Entertainment

Tickets to Grease in Tamworth; Travel with Symes Sat 15 Dec 01 - 4 x Adult tickets \$99 each
Phone E Fairweather 67 236 444

Delungra District Development Council

The Annual General Meeting was held on 13 November and the newly elected officer bearers are :-

President:- Graham Kent Secretary and Publicity Officer :- John O'Carrigan

Treasurer:- Raymond Ford

The next meeting of the Development Council will be held on Tuesday 11th December 2001 at 7.30 p.m. at the Delungra Bowling Club.

The Council are looking into service signs for each entry into Delungra and are looking at suggestions from the community as to what we would like advertised that Delungra has available.

EG. Petrol pump for Fuel, Bed for Accomodation and Knife and fork for eateries etc.

John O'Carrigan Secretary.

Delungra Opportunity Shop

to the person who left bags of new clothing outside the opportunity shop Please contact Eunice McGrath at Gleno Street or on 67 248288

Calendar

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|----------|---------|------|--|
| December | Tuesday | 4th | Delungra Womens Bowling Club Christmas Party |
| | Monday | 10th | Delungra Citizens Committee Meeting |
| | Monday | 10th | Delungra Multipurpose Hall Committee |
| | Monday | 10th | Delungra Public FORUM Delungra homes for the a |
| | Tuesday | 11th | Delungra District Development Council |
| | Sunday | 16th | Carols by Candlelight |
| | Tuesday | 18th | Delungra C W A Xmas Party Archways |
| | Friday | 21st | Delungra Bowling Club Members and Guests Christmas Party |

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 28th December for a delivery of Wednesday 2nd January 2002

Margaret McGrath 67 248353 Ph /Fax