

# **DELUNGRA AND DISTRICT NEWSLINK**

## **JANUARY 2002 EDITION.**

Welcome to the January 2002 of the Delungra Newslink.

### **Delungra Multi Purpose Hall Committee**

The next Bi-monthly meeting of the Multipurpose Hall will be held on Monday 11th February at 7.30 p.m.. All community residents are very welcome to attend. Margaret McGrath Secretary

### **Delungra Community Health**

Footcare dates - 22 January 2002 - 20 February 2002 and 19 March 2002

How can I improve the fats in my diet

1. When making garlic bread use cold-pressed canola or extra virgin olive oil instead of butter.
2. Always remove the skin from chicken or trim all visible fat from the meat
3. Choose tomato or vegetable based pasta sauces rather than creamy sauces.
4. Eat low fat pretzels instead of greasy potato chips
5. Use ripe avocado or sesame seed paste (tahine) in place of butter or margarine on your bread
6. Choose skim or reduced fat milk instead of full cream.
7. To receive a good daily serve of essential fatty acids grind a mixture of sunflower seeds, linseed, pumpkin seeds, almonds and sesame seeds and sprinkle over cereal.
8. Eat fish three times weekly
9. Use cold pressed flax oil or extra virgin olive oil in all salad dressings.
10. Choose sorbet for dessert instead of rich cheese cakes.
11. Choose salsa over creamy dips and dip raw vegetables rather than chips.

The above might be helpful for those of us who have put on a few extra kilos over the festive period.

Joanne Campbell Community Health Nurse Phone 67 288411

### **Delungra Citizens Association**

The next monthly meeting of the Delungra Citizens Committee will be held on Monday 11th January 2001 at 7.30 p.m. All committee members invited to attend. Margaret McGrath Secretary

### **Delungra District Development Council**

The next monthly meeting of the Development Council will be held on Tuesday 8th January 2002, at 7.30 p.m. at the Delungra Bowling Club. All interested residents very welcome.

**REMEMBER - Keep watering the Trees.**

John O'Carrigan Secretary.

## **PERSONAL**

### **Engagements - McGrath - Thomson**

The engagement has been announced on 16th December of Shaun Terrence, son of Terry and Margaret McGrath of Inverell Street Delungra to Gillian Anne only daughter of Alan and Eileen Thomson of Edinburgh Scotland. Shaun and Gillian plan to marry in the European Summer of 2002 in Edinburgh.

### **Engagements - Salvestrin - McGrath**

The engagement has been announced on 23rd December of Phil Salvestrin from Moree eldest son of Niven and Pam Salvestrin of Tea Gardens to Melissa, eldest daughter of Terry and Margaret McGrath of Inverell Street Delungra. The couple announced their engagement whilst on holiday in Newcastle.

**Neighbour Aid Service**

***Happy New Year to you All***

**Christmas Celebrations:**

Our Christmas Morning Tea, Bingo and Lunch on Wednesday 5<sup>th</sup> December was well attended and a great success. Many thanks to the Bingo regulars and the Delungra Senior Citizens group for their farewell presents and good wishes.

**2002 Bingo and weekly Lunch Club**

Our monthly Bingo and weekly Lunch Club will start up again on Wednesday 6<sup>th</sup> 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

**MOW Volunteer Roster for January/February 2002**

**Mon Wed Friday**

**January 2002**

*	2 <sup>nd</sup>	4 <sup>th</sup>	Claire Kent & Helper
7 <sup>th</sup>	9 <sup>th</sup>	11 <sup>th</sup>	Edna Thomson & helper
14 <sup>th</sup>	16 <sup>th</sup>	18 <sup>th</sup>	Joy Fairy & Ann McNaughton
21 <sup>st</sup>	23 <sup>rd</sup>	25 <sup>th</sup>	Delungra CWA Ladies
*	30 <sup>th</sup>	1 <sup>st</sup>	Ron & Beryl White

***As in previous years Volunteers are required to deliver 3 days per week for January -thanks***

**February 2002**

4 <sup>th</sup>	8 <sup>th</sup>	Lorna & Shirley Canham
11 <sup>th</sup>	15 <sup>th</sup>	Phylis Baker
19 <sup>th</sup>	22 <sup>nd</sup>	George & Elaine Wenzel
25 <sup>th</sup>	1 <sup>st</sup>	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 January 18<sup>th</sup> 2002 departing 9am.

Delungra clients can also access the Warialda HACC Bus Service to Inverell On Thursday 7<sup>th</sup> February 2002.

As this will be my last Newsletter to you, I would like to take this opportunity to thank the Committee, Volunteers and Clients for your help and friendship over the past five years.

Virginia Boland will be taking over as the Neighbour Aid Co-ordinator as from Wednesday 2<sup>nd</sup> January 2002. I wish Virginia and Delungra Neighbour Aid continued success. (Virginia will be in touch with Clients and Volunteers over the next few weeks.)

Thanks & Good-bye - Tricia Turner Neighbour Aid Co-ordinator

Delungra Neighbour Aid Office,  
CWA Hall, Burnett Street, Delungra  
Phone/Fax: (02) 67248554

### Delungra Womens Bowls Report

Delungra Ladies Christmas party was held at Delungra Bowling Club on 4th December 2001 48 ladies attended with at smorgasbord. We started our meal with President Edna saying Grace. Mary Saunders supplied the music for our Christmas Carols sing a long. The winner of our raffle was Mable Lockwood. The Lucky Door donated by June Hobday was Beryl Townsend. A bottle of Jelly beans donated by our President Edna was won by Mable Lockwood. Mable was on a winning streak. Our Christmas Cake, made and diced lovely by Lorna Ogilvie was cut by East Gwydir President Beattie Hawkins. Our party finished with a few more Carols and Edna wished all a safe trip home, Merry Christmas and a good year for everyone and our farmers all have a really good harvest.

Good Bowling . Elaine

### Delungra Bowling Club

- For the information of members and their guests
- Congratulations to Glenis Charter the winners of the Members Giant meat trays and carton of refreshments. Glenis had a great night. The next draw will be held on 26th January so keep placing your tickets in the barrel. **(with your members number on the back.**
- *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.*
- Our next Working bee will be held early February so look for notices for time and dates.
- *Christmas stocking has been drawn and won by Alex Cross of Coffys Harbour.(a Descendant of Emily Mepham).*
- **PIG IN A POKE** is now up and running. See the Club notices for details. This is a new promotion for Poker Machine players (members and guests)
- *A new POKER MACHINE has finally arrived and some holdups so come and enjoy the game.*

### Delungra Senior Citizens

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

### For Sale:

One Black Stereo Cabinet Unit - very large 2.1 meters ox 1.1 metres \$200

One black bookcase 70 cm x 80 cm \$30 - Sunbeam Iron hardly used \$30

Two fan heaters \$15 each. Small coffee table 1 meter long \$25

One timber laminate crystal cabinet 1.8 mtr high x 80- cm wide \$70

Commodore VR UTE V8

- 5.0 litre 5 speed manual - Engine worked to HSV Specifications Reduced to \$18900.

Contact Melissa McGrath 67 248353 (h)

### Calendar

January	8th	Tuesday	Delungra District Development Council
February	11th	Monday	Delungra Citizens Association
	11th	Monday	Delungra Multipurpose Hall Committee.

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 1st February for a delivery of Tuesday 5th February 2002

Margaret McGrath 67 248353 Ph /Fax