

DELUNGRA AND DISTRICT NEWSLINK

FEBRUARY 2002 EDITION.

Welcome to the February 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

Happy New Year to Delungra residents. My schedule for the year remains as usual. Weekly visit every Thursday. Monthly Footcare home visits February 19 2002 and March 11 2002. Please note that March's date has changed. I will be on leave for 8 weeks commencing March 18. We are going to our son's wedding in Canada.

Effervescence relief for Hangovers

It's never a good idea to drink alcohol excessively, and nothing makes that more obvious than the "Morning after" blues. If you have ever suffered the hangover miseries of headaches, nausea and lethargy, you know how difficult it is to function and you want relief FAST!

Fortunately B Group vitamins and nutrients provide damage control, particularly if taken in a rapidly absorbed effervescent form. When you over indulge in alcohol, B Vitamins are the first thing to be depleted in the body when the liver processes alcohol. This also causes the system to be dehydrated. replacing these nutrients in a pleasant tasting fizzy drink is ideal, as it is quickly absorbed and immediately dehydrates the system, therefore providing fast relief. Vitamins B and C are also helpful for that sluggish, irritable feeling common to hangover sufferers, by providing a much needed energy boost.

So next time you've been "celebrating" too much, rather than wasting the day feeling dreadful, try a fast acting effervescent drink that revitalises, replenished and re-energise you !!!

Joanne Campbell Community Health Nurse Phone 67 288411

Delungra District Development Council

The next monthly meeting of the Development Council will be held on Tuesday 12th February 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.(verified)

CLEAN UP AUSTRALIA DAY SUNDAY 3rd MARCH 2002.

If you can spare an hour or so on Clean Up Day (between 8 am and Midday at 12) it would be greatly appreciated.

Please meet at the Recreation Hall where you will need to fill in a registration form, and wear suitable footwear and clothing and bring a pair of gloves. We will provide the bags.

All children under 7 must be accompanied by a parent or guardian and children under 10 must have a parent or guardian sign their registration form.

Any enquiries please see Rob or Veronica Farragher at the Police Station / Residence.

Delungra Neighbour Aid Service

Hi, I'm Virginia Boland the new face at Delungra Neighbour Aid, unfortunately we farewell Trish Turner last month. I will be working in Delungra two days a week Wednesday and Friday. I can always be contacted on 67248554 if you leave a message. I am also the Coordinator of Warialda HACC and when I'm not in Delungra the phone will be diverted so that I get your message promptly. Service wise nothing will change we will still offer Lunch Club & Bingo, Home delivered meals, transport. Hopefully in the near future we will be able to offer increased activities, I will keep you posted.

Lunch club held weekly in the Brownie Room at Delungra Multi Purpose Hall please call Lorraine Pollock on 67248533 for catering purposes.

Bingo held first Wednesday of month next being 6th March, commences at 9.45 with Morning tea, if your staying for Lunch club let Lorraine know.

Guyra's Day time Ball 4th March 10am till 2pm anyone interested in going contact this Office this week.

MOW Volunteer Roster

February 2002

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

March 2002

4 th	8 th	Anglican Ladies
11 th	15 th	Audrey Clarke & Kerry Campagner
18 th	22 nd	Delungra P&C
25 th		Fred & Nancy Calderbank

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

Community Bus to Inverell

Next service is Friday February 15th 2002 departing 9am

Delungra people can also access the Warialda HACC bus service to Inverell on the first Thursday of each month the next ones being 7th February and the 7th March.

Bookings are essential call this office.

Committee Meeting to be held at the Office on Monday 11th February

Volunteers are always welcome, if you are looking for somewhere to volunteer why not give us a go. All volunteers are invited to Morning Tea on Friday 22nd February at the C.W.A Hall. Please come along so that I can meet you all and discuss any changes that might be happening or any concerns you may have. All would be volunteers are also invited. Please let me know if you can come for catering purposes.

Delungra Neighbour Aid,
CWA Hall Burnett St, Delungra
Phone/Fax 67248554

Delungra Golf Associates

The first meeting of the Delungra Golf Associates will be held on Wednesday 13th February 2002 at 9.30 a.m. *please note change of time* New players welcome. Beryl White Ph 67 248 262

Delungra Citizens Association

The next monthly meeting of the Delungra Citizens Committee will be held on Monday 11th February at 7.00 p.m. All committee members invited to attend. Margaret McGrath Secretary

Delungra Girl Guide Support Group

The next meeting of the District team will be held on Monday 11th February at 9 a m in the Guide Room at the Recreational Hall. It would be appreciated if as many members as possible attend, as our last meeting could not be held due to lack of numbers. All interested are invited to attend.

Veronica Farragher President.

Delungra Senior Citizens

The next meeting of the Delungra Senior Citizens will be held on Thursday 21 February 2002 Everyone Welcome. Delungra Senior Citizens claiming date 18th March 2002.

Anne McNaughton Secretary

Regional Health Services Program

Hello to all!

I hope that the Christmas holidays were enjoyable, how can February be already here?

Now that the holidays are over, work on our project in developing health service plans for Delungra and the other communities of Ashford, Bundarra and Tingha is steadily progressing.

At present, the main concern is making sure that all the valuable data received from the Community health needs Survey is collated and analysed the best possible way. It has been decided to use a professional business to help achieve such a result. Preliminary results from the surveys are planned to be available mid-March.

The response from the survey was quite extra-ordinary, 70 - 75% return rate overall. This result truly shows how much each and every one of you care about your community and the people who live in the Community. CONGRATULATIONS

The winner of the survey Prize Draw was Mrs Michelle Hadley. It was a very welcome surprise for Michelle before Christmas! Well Done!

A further big CONGRATULATIONS to the children of the Delungra Public School for their beautiful and clever entries in the Colouring and writing competition. The Competition was held in term 4 so to include the younger members of the community in the project and what wonderful feedback the children gave! All entries received a Certificate of Participation.

The prize winners were:

INFANTS:	1st	Kirsten Farragher	PRIMARY	1st	Rachel Kent
	2nd	Matt Tonkin		2nd	Ellen Thomas
	3rd	Emily Savage		3rd	Jasmine Anderson

While we are waiting on the results I will continue to meet and talk with the community, gathering information about issues that concern you. Please contact me if you would like me to attend any meetings being held in Delungra or any meetings which concern health services and related services in Delungra. Looking forward to talking with you Tessa Newmarch Project Planner 67 222 655

Delungra C W A

The next meeting of the Delungra C W A will be held on Tuesday February 12th commencing at 1 p.m. All interest people very welcome to attend. Christine Plumbe Secretary

St Columbas Anglican Church

February Calendar 3rd 9am Holy Communion
 10th 6.30 p.m. Evening Service
 17th 9 am Harvest Thanksgiving Service followed by auction of goods.
 24th 6.30 p.m. Evening Service.

For further inquiries, contact Christopher Pears 67 254 466

Inspirational message

Another year has opened its unwritten pages before you and it is in your power to make it what you want and for those around you.

Let Patience, long suffering, kindness, and love become a natural part of your daily life.

Angels of God are waiting to show you the path of life... Let the heavenly angels guide you; be courageous; be enterprising, let your light shine; and may these words of inspiration be applied to you--"I write to you because you are strong and have overcome the wicked one"

If you have... given yourself to Christ, you are a member of the family of God, and everything in the fathers house is for you. All the treasures of God are open to you, both the world that now is and that which is to come. The ministry of angels, the gift of His Spirit, the labors of His servants-- are all for you. The world, with everything in it, is yours as long as you use it to do good.

We are to give ourselves to the service of God, and we would seek to make our offering as nearly perfect as possible. God will not be pleased with anything less than the best we can offer. Those who love Him with all their heart will desire to give Him the best service they can.

The Lord said to everyone of you" "My people, give Me your heart" He sees your disorders. He knows that your soul is diseased with sin, and He desires to say to you, "Your sins are forgiven". The Great Physician has a remedy for every illness. He understands your case. He knows how to deal with them. Will you not put your trust in Him?

The blessing of God will rest upon every soul that surrenders themselves to Him. When we seek God with all our heart, we will find Him. God has poured out all heaven in one gift, and there is no reason why we should doubt that love. May God bless you and have a happy new year from

Syd and Val Poole Phone 67 248 417

Delungra Tennis Club

The Delungra Tennis Club meeting on Wednesday 20th February at 7.30 p.m. at the Club House. All interested players please come along. Sean Ballinger 67 248 386

Delungra Womens Bowls Report

Hello Everyone Happy New Year to you all Hasn't it been hot!! The Delungra Women had their first meeting on 22 January and was very well attended.

We have started bowling again on Tuesday mornings at 10 am. Our numbers are slowly increasing. Ladies pennants start on 12th March. Good Luck girls. I hope it will be a little cooler by then. District Fours Championship commence on 5th February. Presidents Ednas Day is on 5th March. By all accounts the trip to Southern Downs was a great success.

Our next meeting will be held on 25th February starting with a working bee at 9.30 am and meeting to follow at 11.30 am.

Special Notice to All Delungra Ladies and surrounding Districts.

We are trying to encourage our local ladies to come and enjoy a morning of bowls with us. we commence at 10am and usually finish by mid-day.

Dress: is casual which is tailored slacks knee length shorts, pedal pushers, blouse or a knee length or longer skirt or dress with sleeves. Smooth soled shoes and last but not least - A HAT!

Keep cool,

Good Bowling . Elaine

Delungra Bowling Club

- For the information of members and their guests
- Congratulations to Harry McNaughton and Ken Brien the winners of the Members Giant meat trays and carton of refreshments. The next draw will be held on **23rd February** so keep placing your tickets in the barrel. **(with your members number on the back)**
- ***Our next Working bee will be held on Saturday 9th February***
- - *Some of the chores waiting.*
- - *Washing of the plastic chairs in the Dining room*
- - *dusting the shelves in the bar*
- - *a cup of tea organised for the volunteers*
- - *polishing the piano and TV's*
- - *finish washing the walls in the dining room - we are looking at having these completed for the Ladies Presidents day early March so look forward to seeing you there.*
- The Ladies vanity has been completed re-furnished last week and looks great . Thanks to the ladies for organised this. I'm sure Elaine will appreciate it. Every Monday she cleaned the old one and was that stained it was hard to tell the work she was putting in.
- **Gwydure District Quarterly Meeting was held on our green on Sunday 3rd - a great days bowls was enjoyed by the visitors on our green and a delicious smorgasbord lunch was much appreciated by those from other Clubs. All a credit to our small Club.**
- **PIG IN A POKE is now up and running. See the Club notices for details. Next Draw will be held on Saturday 16th February.**
- **Pennants commence on March 17th - trial games are now being played to set out bowlers on the right line for these games. look on the noticeboard for those players bowling in each round.**

Saturday 16th February 2001**VINO NIGHT**

lots of Give-aways - from 7.30 p.m.
Try many different wines and drinks
at special members prices.

Members monster 9 p.m. raffle must be won on the night.

Calendar

February	11th	Monday	Delungra Girl Guide Support Group 9 am.
	11th	Monday	Delungra Citizens Association
	11th	Monday	Delungra Multipurpose Hall Committee.
	12th	Tuesday	Delungra C W A Meeting 1 p.m.
	12th	Tuesday	Delungra District Development Council
	13th	Wednesday	Delungra Golf Associates 9.30 a.m.
	16th	Saturday	VINO Night Delungra Bowling Club
	20th	Wednesday	Delungra Tennis Club meeting 7.30 p.m
	21st	Thursday	Delungra Senior Citizens
March	3rd	Sunday	CLEAN UP AUSTRALIA DAY.

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 March for a delivery of Tuesday 5th March 2002

Margaret McGrath 67 248353 Ph /Fax