

# DELUNGRA AND DISTRICT NEWSLINK

## SEPTEMBER 2002 EDITION

Welcome to the September 2002 edition of the Delungra Newslink.

### Delungra Community Health

Footcare dates are Tuesday September 24, Tuesday October 22 and Tuesday Nov 26

Please contact Community Health if you want an appointment. Those clients seeing me regularly do not need to make an appointment

Lifestyle tips for Optimum Blood Pressure

- Eat a balanced lowfat diet with lots of fruit, vegetables and grains
- Reduce your salt intake
- reduce sugar intake
- Eat more oily fish, such as mackerel, herring and salmon
- Exercise, walking, swimming or cycling
- If you smoke, Quit
- Have no more than 2 alcoholic drinks per day
- If you are overweight - lose a few kg
- Drink plenty - dehydration contributes to high blood pressure
- Stay happy

Joanne Campbell Community Health Inverell 67 288 411

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## *Delungra Anglican Church Bus Garden Tour*

to be held on

### **Saturday October 26th**

Morning tea: Ken and Janice Uebergang's Glendowne Inverell

Lunch:- Jim and Judy Hain at "Burmah" Graman

Parade of Summer Fashions by Country and Working Gear and NatalieAnn

Cost is \$12 for the day - Meet Delungra Anglican Church Hall 9.30 am.

Competition for the prettiest Spring Hat and Great trading table on the day.

Bookings can be made by Oct 19th

to Marlene Ballinger 67 248 379 Di Brown 67 248 415 or Noelene Miller 67 248 324

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### Delungra Girl Guides

Thank you to all those who helped to organise and run our Trivia Night and Raffle. It was a great night and special thanks goes to Virginia Rainger, Tania Cannings and Peter Caddey. Also to our scorers Raymond Ford and Peter Rainger.

Our raffle results were, 1st Prize John Scott (Limited Edition print) 2nd Prize Kylie Shearing (Personal cassette player/ radio) and, 3rd prize Stephen Savage ( a free haircut). Funds raised of some \$600 will be put towards some much needed equipment for the Guides and the Guide Room.

Also thank you to Delungra Bowling Club for providing the venue and to all those who supported our fundraising. Our raffle prizes were generously donated by Barb Rainger, Retravision and Abracadabra.

On a separate note, thank you to Michael and Denise Hughes at the Delungra Hotel who provided our Guides with free soft drinks after their tree planting afternoon. The next Guide Support group meeting will be held on Monday 14th October at 9.30 am.

Veronica Farragher

**Anglican Craft Group**

A craft Group has been organised. It will be held on 2nd Wednesday of each month (11th September this month). at the Anglican Church Hall. Bring along something you have already on the go - or perhaps start something new. From 9.30 am to 2 p.m. Everyone is very welcome. Cost is \$5 morning tea supplied. Bring your own lunch. Further enquiries from Dianne Brown 67 248415

**Delungra Golf Program**

September	Sunday	1st	4BBB Championships 27 holes Monthly Mug
		8th	Ashford Open - Stroke - 3rd Presidents Trophy
		15th	3rd Gobbell Jug
		22nd	Harris Seeds Ambrose
October	Sunday	6th	Final Gobbell Jug
		13th	Final Monthly Mug 4th Presidents Trophy
		20th	Closing Day Burke and Wills Ambrose
		27th	Inverell Open

**Bowls Report from Women's Bowling Club**

On 11th August 64 bowlers helped President Terry McGrath celebrate his bowls day. 2 rounds of 15 ends were played with a break for a hot lunch cooked and served by the women's Club. The winning team were the Royal, skipped by Noel Anstee from a count back from Glen Innes. High Tea was again served by the Women's Club. President Terry presented David McGrath with Tie Bar and thanked David for all his work. The day finished at 4.30 p.m. with Terry wishing all a safe journey home. The day was held on a fine and cool day. Teams from all over helped Terry celebrate his day (all Gwydir teams along with Glen Innes, Guyra and Goondiwindi.)

The ladies had a special presentation for the 2 volunteer greenkeepers Ron White and George Wenzel. A plaque and a bottle of refreshments were presented to the two men for their help and maintenance of our Green. "Without these men's help Delungra Wouldn't have a Green" President Edna said. The presentation took place during the lunch break on Presidents Terry's Day. Well done boys!

On Tuesday 20th August we played a game of Club Triples. Beryl White, Joy Fairy (Sub for Val Edwards) and Lorna Ogilvie defeated Emily Mephram, June Hobday and Elaine Wenzel in a friendly game. It was pleasant on the Green. 27 August 02 the Final of the Club Triples were played this morning. The winning team was Dot Sheen, Edna Thomson and Nancy Calderbank. Well Done Ladies! We will be busy bowlers with all the different invitations. Our Singles have to be played. Wasn't the rain lovely!

See you on the Green. . Good Bowls Elaine.

**Delungra Senior Citizens**

At the Annual Meeting held on Thursday 1st August the following were elected.

President: Beryl Townsend, Secretary: No-one was elected but the Club really does need one. Anyone willing please contact us. Treasurer:- Audrey Clark, Vice-Presidents: Audrey Clark and Joyce Hutchings. Patron Girlie Thomson, Welfare Officer:- Anne McNaughton

Everyone is welcome to attend our afternoon, we do have fun. The people that attended the afternoon we held at the Club for Col Millington enjoyed his songs and stories. We had three from Mt Russell again and the Club appreciates their support, also I would like to say thank you to our own members who attended, your support was appreciated. Although the afternoon was open to the public no-one outside the club attended, it was for younger ones as well as older members of the community. He will be coming back at a later date and I certainly hope more people see their way clear to spend 1 and 1/2 hours to listen to this entertainer.

The Club has not finalized the trip to Jane and Kevin Leader's so next Newslink we will have more news about this enjoyable day.

Beryl Townsend

**Delungra District Development Council**

The next Meeting of the Delungra Development Council will be held on Tuesday 10th September at 7.30 p.m. at the Bowling Club. All interested residents very welcome to attend.

**Delungra Townlife Program**

The Second meeting of the Program was held on 21 August by many local residents and business houses. A plan is being developed for Delungra on the needs and visions of the community. Several of these projects will be completed in the very short term and will be noted in our next newsletter.

The next meeting will be held in October and will be advertised.

Margaret McGrath

**Delungra Anglican Church**

Service Times September	1st	11 am	Morning prayer
Calendar	8th	8.30 am.	Holy Communion
	15th	11 am.	Morning Prayer
	22nd	8.30 am.	Holy Communion
	29th	9 am.	Combined Service

Reverend Christopher Pears has left the Ashford/Delungra Parish to take up ministry in Uralla. Reverend David Weidemann from Inverell will continue ministry at Delungra and Ashford

Delungra Contact Fred Calderbank- Phone 67 248 265

**Delungra Catholic Ladies Preliminary Notice**

Keep this date free!!!! Saturday 2nd November Fashion Parade by Boutique CAPRI of Bingara  
Eunice McGrath

**Delungra Bowling Club**

On 17th August saw 5 rinks play for the Contractor's Bowls Day. It was a 10.30 am start and dress was mufti. We played 2 rounds on 12 ends with a break for a B B Q lunch prepared by Terry McGrath. Everyone had a good day, and our sponsors were happy with the results. We had numerous sponsors from Delungra and Inverell and If I try to name them all would be bound to leave one out. To you all a very big Thank you.

On 20th August 2002 saw the finals of the Mixed Pairs. The winners were Beryl and Ron White, Their opponents were Emily Mephram and Terry McGrath. Well done Beryl and Ron!

- For the information of members and their guests
- The next draw will be held on **28 September** so keep placing your tickets in the barrel. **(with your members number on the back)**
- **Bistro Operating on Saturdays evenings - call in for a quick nibble after Sport or dine in for a Meal of the Night for only \$6.50**
- **Hot nibblies are served on the Bar now on Friday nights - come along put your footy team in and join in the social atmosphere while you nibble.**
- **Presentation night coming soon look for further details and a great night out.**

**Calendar**

**SEPTEMBER** 11th Wednesday Anglican Craft Group 9.30 am.

**OCTOBER** 26th Saturday Anglican Luncheon and Garden Tour

**NOVEMBER** 2nd Saturday Catholic Ladies Fashion Parade Boutique Capri

Written notices for the next Newlink can be left in our Mailbox at 79 Inverell Street. Closing date for the next edition must be Friday 28th September for a delivery of Tuesday 1st October 2002

Margaret McGrath 67 248353 Ph /Fax