

# **Delungra Newslink**

## **July Edition**

Welcome everyone to this months Delungra Newslink and hope that you can settle down in front of a warm heater, grab a cuppa and find out all the latest news from all our hard working groups in our village. If anyone would like to add some news to the Newslink please leave your information at the Delungra Post Office by the 22nd of each month for inclusion in the next month.

### **DELUNGRA PUBLIC**

Well, another term is drawing to a close and we hope all the teachers, pupils and parents have a safe and restful-break. School will resume on Tuesday 22nd July.

We look forward to seeing Mrs. Irwin back next term and hope Ms. Angel has enjoyed her time with us. Next term is already lining up to be a busy time starting with our Athletic Carnival which will be on 1st August 2003.

We must congratulate all participants of the Warialda All Schools Carnival on their sportsmanship and conduct on the day. Special mention must go to the 10A boys soccer team came equal 1st with Ross Hill A. Thanks also must go to the boys who willingly played when either team was short. The support from the sideline was said to be heard at the girls' netball a couple of blocks away.

Also to all the children who participated in the Inverell All Schools Carnival last Saturday congratulations on your conduct and good sportsmanship throughout the day. There were some very close matches and the enthusiastic support team were evident throughout the day. A special mention to all the children who played in the Roo-ball competition, a great effort by all.

These days are so successful due to the effort of the teachers and parents and a special thank you to those parents who have given up their time to coach the teams.

In the last two weeks of term, the children have been entertained by Alex Hood and a trip to Gum Flat for Musica Viva. The children were impressed by both performances. It was great to see so many children participate in Red Nose Day.

The P & C catered for the HACC Christmas in July luncheon. The feedback we received from our catering was very positive. A big thank you to Janelle, Coralee, Judith, Maria and Annette for helping on the day and for the many others who volunteered to help. We were very grateful to Gai Smith who made the Christmas puddings and Bev Johnson who made the custard. While in the kitchen many cooking myths were dispelled and many cooking tips were exchanged.

Special mention which was missed last Newslink was our thanks to Garry Mephram for making and donating the wishing well for our Dance-A-Thon.

Also thank you to Stuart Dick for his informative and humorous (at times) farm talks. We will certainly miss his input into the Newslink-we wish you well and thank you for your support.

We hope everyone has a happy and warm holiday.

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Thanks again for your  
continued support!!!  
Smoochies

DELUNGRA COMMUNITY HEALTH

Footcare dates for the next 3 months:-

29TH JULY, 26TH AUGUST, 23RD SEPTEMBER 2003

YO-YO DIETING AND THE RISK OF GALLSTONES

Is your weight always going up and down? If so, you may want to be aware of the link between so - called yo-yo dieting and gallstones. A recent study shows substantial but temporary weight loss (in other words, crash-dieting) increases the risk of gallstones and boosts the need for surgery by up to 70%.

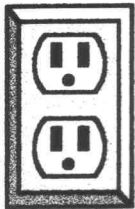
Women with a moderate fluctuation in weight had a 31% greater risk but women with severe fluctuations in their weight had a 68% greater risk.

In light of this it would seem that the slow-but-steady weight loss advice is best aiming then to keep weight constant.

Have a good month

Jo Anne Campbell

Inverell Community Health PH: 67 288411.



Ben Mitchell



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ANGLICAN CHURCH

Church times for the month of July

6<sup>th</sup> July - 11am

13<sup>th</sup> July - 8.30am - Holy Communion

20<sup>th</sup> July - 11am

27<sup>th</sup> July - 8.30am - Holy Communion

CATHOLIC CHURCH

Church times for the month of July

13<sup>th</sup> July - 10am

27<sup>th</sup> July - 8am

# **TWYNAM**

**Agricultural Group**

## **Gunnee Feedlot**

**Current Australian ALFA Export Feedlot of the year**

Twynam Agricultural Group's Gunnee Feedlot is proud to support the Delungra Community.

Gunnee is regularly purchasing cattle, grain and hay.

For more information please contact the Gunnee Feedlot office

Phone (02) 67 248 408

Fax (02) 67 248 301

## DELUNGRA AND DISTRICT DEVELOPMENT COUNCIL

We hope the residents of Delungra and its immediate surrounding area are enjoying their complimentary Trades and services Directory. The goal of sending out the directory was to increase awareness to the residents of the skilled professionals and businesses operating in our area. The booklet was made possible by assistance of funding by the Inverell Tourist Centre and the efforts of Mr Harry McNaughton. The DDDC has applied through the Inverell Shire Council for project funding for capital works in the CBD of Delungra, we're finalising costing and hope that this will lead to more funding for additional main street development.

The Traffic Calming and Beautification projects are still happening around town with the continuing efforts of the DDDC and our correspondence with the Shire. Last year the townspeople of the Delungra district participated in the workshops of the State's Townlife Development Program. These workshops lead to the prioritising of needs and projects wanted by the residents. The five priorities or key results were:

1. Built and Natural Environment
2. Community and Social Development
3. Business and Economic Development
4. Marketing and Promotion
5. Events, Festivals & Community Activities

With the recent interest of Landcare we are going to begin with Built and Natural Environment. According to the Townlife Development Program, we can apply for funding up to \$15,000 per priority.

Our meeting last month was a very small gathering. The DDDC is a group of local citizens trying to improve our town. All are welcome at the meetings, they are informal and everyone's opinion and any new ideas are most welcome. *Come and be a part of the progress of Delungra. Together we can do better and make our district an even nicer place to live.*

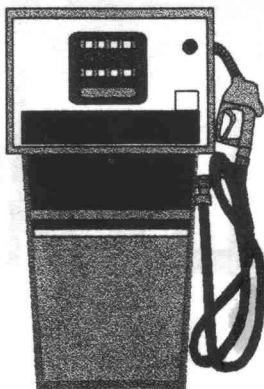
Next meeting: **TUESDAY JULY 8 AT 7 PM AT THE BOWLING CLUB**

Kylie Thomas -- Secretary

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**Mitre 10**  
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## **DELUNGRA GIRL GUIDES**

Congratulations to our Guides, Georgi Watson, Kristen Farragher, Alex Reynolds, Emily Savage and Lauren Thomas who have achieved their Bronze Endeavour Award. This means that they are well on their way to earning their Junior BP Award which is fantastic.

The Guides are having their traditional used clothing and rag drive in July so during the school holidays give your cupboards a clean out and put them in the bag that will be delivered to homes around town on the 1st of July.

The re-establishment of our "Cara" Guide campsite is really progressing. A huge thank you to Jack Newnham for his continued support of our Guides. The immense job he did of mowing the camp area was fantastic and it really makes the site look very welcoming. Also thank you to our Savage, Hough, Thomas and Watson families together with our Guides, Kristen, Emily, Abbi, Taylia, Jessica, Lauren, Georgi and Rachel for all their hard work at our working bee. The toilets are now painted inside and out, the showers painted inside and a campfire area established complete with some log seating. Keith Savage with the help of his pressure sprayer did a great job of cleaning up the buildings which have not been used in some years.

Thank you everyone for your continued support.

Veronica Farragher  
Guide Leader

### **PHOTOS ARE PRECIOUS**

**They deserve to be kept in  
photosafe scrapbook albums.**

**Next workshops on  
Wednesday 30th July 10-2 pm  
&**

**National Scrapbooking Day  
Saturday 16th August 10-5pm**

**This will be a huge day and  
places are strictly limited.**

**Phone me for details**

**Veronica Farragher**

***Creative Memories Consultant***

***Ph 67 232 959***

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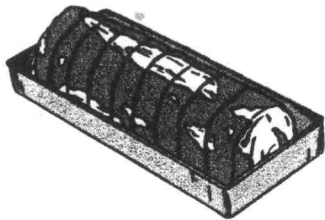
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## DELUNGRA CWA

The next meeting of Delungra CWA will be on the 15<sup>th</sup> July 2003 at 1pm. However those who wish, come along at 9.30am to work on our table runner. Bring along your sewing tools.

Kay Scott won the cushions we raffled at the post office. Libby Martel won the second prize. Thankyou to Raymond for having our raffle there.

In August we will have a lunch with a Belgium theme. Lyn Rainger is making a type of Belgium carbonade. I'm looking forward to that one. Any new members are always welcome.

Publicity Officer - Christine Plumbe



# BOUTIQUE CAPRI



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## SUSANNE HUGHES

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#### DELUNGRA SENIOR CITIZENS

The Annual General Meeting of the Delungra Senior Citizens will be held at the CWA Hall, Burnett Street Delungra at 1.30pm on the 17TH JULY 2003. A reminder that subs are also due \$2.00.

Ann McNaughton

#### DELUNGRA TENNIS CLUB

The next meeting will be held on the 12<sup>th</sup> July 2003 at 12pm. The Championships will be held on July 26<sup>th</sup>, 27<sup>th</sup> & August 2<sup>nd</sup> & 3<sup>rd</sup>. Entries close on Saturday 19<sup>th</sup> July 2003 at 2pm. The cost is \$5.00 per entry.

Enquiries Sean Ballinger 67248386

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## DELUNGRA BOWLING CLUB

We are pleased to say welcome to all the new members who have joined or renewed their membership after a laps of some years. However June has been and gone and memberships are now overdue. If you have not received your membership renewal notice or would like to become a member the fees are as follows:-

BOWLING MEMBER	\$45.00
JUNIOR BOWLING MEMBER	\$5.50 plus \$9.75 (affiliation fee to Royal NSW Bowling Ass).
RECREATIONAL MEMBER	\$22.00

All fees include GST.

During May and June we have played mens pairs with following results:-

ROUND 1 - Dave Saunders and Neville Scott defeating Ron White and Jack Newnham.

ROUND 2 - Dave Saunders and Neville Scott defeating Noel Simula and Harry McNaughton

-Trevor Cutmore and Bob McLachlan defeating George Wenzel and Ross Hirsch.

ROUND 3 - Trevor Cutmore and Bob McLachlan play Dave Saunders and Neville Scott.

### PATRONS DAY 27TH JULY 2003

Ross Hirsch has been Patron of our club for many years and at long last we are having a patrons day of bowls. There is a notice on the mens board for names. The days program is to be mixed triples with a box draw to start at 10.00 am. Bring a picnic lunch or enjoy something from the bistro (orders will be taken). Cost for the day \$6.00 which includes high tea. Full uniform required. Come and enjoy a great day with all your friends.

### JUNIOR PROFILE - BILLY-JOE MANGION

Billy-Joe first started playing bowls with Tom Hamilton and his grandchildren and from there joined the Warialda High School Bowls Team. With many games played at school and Delungra he recently received an invitation from the NSW Junior Bowls Association Inc to play in the third coaching and selection trial at West Tamworth Bowling Club. From 90 junior players only 10 were selected to bowl at Foster-Tuncurry on the 28th & 29th June 2003 with Billy-Joe being the only selection from this area. A great achievement for a young player.

Billy-Joe and Tom have played in the junior and senior pairs at West Tamworth Bowling Club and have also travelled away to other clubs for President's Days where everyone enjoys the company of Billy-Joe. His coaches and mentors are Tom Hamilton and George Wenzel.

Harry McNaughton

## DELUNGRA WOMEN'S BOWLING CLUB REPORT

On a fine but cool day our President Edna with the help of East Gwydir President Beattie Hawkins and our Secretary Greg Stewart welcomed 48 bowlers and kitchen helpers to the 20th Rose Bowl Day held in remembrance of the late Ivy Kennedy.

Our bowls started with spiders and we placed 16 ends until lunch. Play continued into the afternoon with 12 ends starting with a ditch to ditch won by Pat Campbell for Inverell Womens Bowling Club.

The high tea was opened with President Edna reciting the Bowlers Prayer and Secretary Beryl White playing "God Save The Queen" and "Australia's National Anthem". Special guests in attendance were Mrs Iris Flemming (sister of Mrs Kennedy) and Mr Cliff Kennedy (son to Mrs Kennedy). Mr Kennedy spoke of his late mother's involvement with the Delungra club. This was our President Edna's last official duty.

### WINNERS OF THE DAY

#### OVERALL

Kath Gilhome, Carol Pitkin, Joan Harris & Yvonne Brissett for Inverell Womens Bowling Club.

#### 1ST ROUND WINNERS

Nell Archer, Beth Dawson, Judy Berker and May Kerr from Glen Innes Bowling Club.

#### 2ND ROUND WINNERS


Helen Anstee, Betty Cox, Mary Kennedy and June Harrison from Inverell RSM Bowling Club.

RAFFLE - donated by Mr Kennedy was won by Beryl Page.

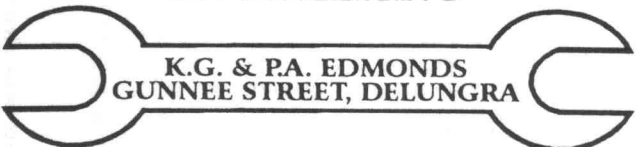
President Beattie thanked all our lady bowlers for the flowers and high tea with President Edna also thanking all for a really lovely day and wished everyone a safe trip home.

Elaine Wenzel  
Publicity Officer

RTA  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6th:</b> *Anglican church 11am *2nd rd Pres. Trophy Golf		<b>8th:</b> *D.D.D.C. meeting	<b>9th:</b> *Ladies golf	<b>10th:</b>	<b>11th:</b>	<b>12th:</b> *Tennis meeting 12 mida
<b>13th:</b> *Anglican church 8:30H.C. *Catholic church 10am *Wesfarmers Ambrose-golf	<b>14th:</b>	<b>15th:</b> *C.W.A. meeting	<b>16th:</b> *Ladies golf	<b>17th:</b>	<b>18th:</b>	<b>19th:</b> *Tennis championships entire close
<b>20th:</b> *Anglican church 11am	<b>21st:</b>	<b>22nd:</b> *BACK TO SCHOOL	<b>23rd:</b> *Ladies golf	<b>24th:</b>	<b>25th:</b>	<b>26th:</b> *Tennis and golf championships
<b>27th:</b> *Tennis and golf championships *Catholic church 8am *Anglican church 8:30am *Patron's Day at bowls	<b>28th:</b>	<b>29th:</b> *Footcare Day	<b>30th:</b> *Scrapbook workshop *Ladies golf	<b>31st:</b>		

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