



Tingha Pebbles

Community Snippets & Events

Filling the "GAPS between the ROCKS"

Edition 1 - October 2009 - Editors - Jenny Hayden and Christine Neville

Tingha Pebbles has been introduced to keep our community more regularly up to date on community-specific current news, activities and events. The nature of the Tingha Rocks Newsletter focus on the Tingha Regeneration Program from a holistic perspective and the cost of combining Tingha Rocks with more regular community news is too high. Therefore, we are separating the two into their specific focus.

Tingha Pebbles will therefore "fill the gaps" between editions of the Tingha Rocks.

Tingha Pebbles published first week each month

Copy Deadline for notices - end of second week each month.

Inquiries...? Call Christine 6723 3234 or Jenny 6723 3430

**BEWARE
POISON
HERE**



Guyra Shire Council reminds Tingha residents that the Mining Cut coming into Tingha across the grid on the left side of the road (pictured) is affected with toxic levels of Arsenic.

Council strongly advise residents not to swim or fish in this water, as cumulative intake of Arsenic from affected water or fish is highly toxic and can cause vomiting, diarrhoea, kidney, liver and lung problems and much more, including death in extreme cases.



TINGHA HOSPITAL AUXILIARY NEWS

Have you noticed the "gazebo" frame up at the front of the MPS? A couple of volunteers are busy with its construction.

Should be finished in the not too distant future.

Also some old trees have had to be cut down from the car park to make it safer.

Thanks to all the volunteers who carry out this work for the welfare and enhancement of our MPS.

Items that the Auxiliary has purchased in the last Financial Year for the MPS and residents.

Sails-\$1642 Bar Fridge \$320 BBQ cover \$47.76

Cork boards-\$71.68 Water jugs-\$192

Bed covers & tablecloths \$1358.55 – goods for residents \$1051.17

Ladies Coffee Craft & Chat
Every Wednesday 10.30am 19 Ruby Street
Telephone Christine 67233 234
All ladies welcome

Early notice UHA of NSW TINGHA BRANCH

will be holding a
"Melbourne Cup Luncheon" at the
TS&RC on
Tuesday 3 November
Come along for an
enjoyable day. Flyer to
go out soon with details.



Hospital Auxillary street stall

Community Spotlight - Events - Activities - Notices

Calendar

(May be subject to changes month to month)

Oct 10 UHA Tingha branch Cent Auction
 Oct 14 TRI breakfast meeting
 Oct 25 Tingha Billy Cart Derby
 Oct 27 Women's Health Clinic
 Nov 3 Melbourne Cup Luncheon
 Nov 21 Tingha Public School P&C Fete
 Nov 28 Mississippi Gem Casino Night
 Nov 30 Women's Health Clinic

Tingha Royal Hotel Family Cup Day was a huge success, so much so that it will become an annual event. The day raised \$225.00 for the Tingha school P&C.

Anaiwan LALC Billy Cart Derby is just around the corner - 25 October - a lot of interest to date, if you don't have the time to make a Billy Cart we have two for sale @ \$75.00 each, (cost more than this to make them!) please call Colleen 67233 556

TINGHA NEIGHBOUR AID

Meals-on-Wheels continues their volunteer service of delivering meals to clients. If you know of anyone who could benefit from a nutritious meal at a reasonable price, please contact Guyra HAAC 6738 4740.



Tingha CTC opening soon more information in the next issue of Tingha Rocks

UHA of NSW TINGHA BRANCH

will be holding their popular "CENT AUCTION" (multi mini raffles) at the TS&RC on Saturday 10 October commencing at 1.30PM. Fantastic prizes and lovely afternoon tea. Come along for a fun afternoon .



Notice to Members of
 Tingha Regeneration Inc.
GENERAL MEETING
 WEDNESDAY OCT 14
 7AM FOR BREAKFAST
 19 Ruby Street.

NEW MEMBERS WELCOME

HEARTMOVES



Bridgette Jerrard Aboriginal fitness Leader for Hunter New England Health offers low moderate exercise programs for people in Tingha.

Tingha MPS every Thursday at 10:30 am

If you are wish to get involved then call

Bridgette Jerrard on 6721 9670 or 0429928796

HUNTER NEW ENGLAND | NSW HEALTH

CONGRATULATIONS to A Simms winner of the TRI crocheted quilt raffle. Thank you to Lesley for making the beautiful quilt and thank you to all who bought tickets. Your support is very much appreciated. \$320 was made.

WOMEN'S HEALTH CLINIC

Tracey Griffin, a Women's Health Nurse with Hunter New England Health, visits the Tingha Multipurpose Service (MPS) every month to run a Women's Health Clinic. Tracey encourages all women to come along and have a free and confidential women's health check.



A women's health check might include a discussion about diet and exercise, contraception, pregnancy counselling, period problems, menopause or how to organise a breast-screen (mammogram). It might also include a Pap Test.

A Pap Test can pick up early warning signs so that treatment can be offered before cancer develops. This quick and very important test takes only a few minutes and it could save your life. A Pap Test every 2 years is your best protection against cervical cancer.

To book an appointment for the next clinic Tuesday 27 October or Monday 30 November please call the Tingha MPS on 6723 3901. **Take that important step today and organise a women's health check.**

**Tingha Public School
 P&C date claimer**

**Saturday
 November 21**

FETE

4pm-8pm

MISSISSIPPI GEM CASINO NIGHT

28 November this is a "dress for the occasion night" and promises to be a fantastic evening. \$22.00 per person and ticket only entry - adults only enquiries please call Colleen 6723 3556