



Tingha Rocks

Community Newsletter

for the Town on Living Rocks

FREE
Or by donation

Edition 8 - July 2009 - Sponsored by



and the Tingha Community

Tingha Clean-up Day inspires positive role models



We all live here...!

The second Tingha Community Clean-up day was an outstanding success, with road-side cans, bottles and rubbish removed as part of an ongoing process to turn Tingha tidy. The main focus of the clean-up was from Tingha to Old Mill. The community clean-up is part of our TK4 Health Program initiative (sponsored by ABC Grandstand Radio and the Foundation for Regional and Rural Renewal.) It is clear that the efforts are having a positive environmental impact and we encourage everyone in the community to be a positive role model by not being a "litterbug" if we care about the community, those around us and the planet. **Special thanks to all participants in the clean-up.** Another one will be held in the springtime in conjunction with a key community educational initiative under the TK4 Program.



2009 LOCAL NAIDOC WEEK ACTIVITIES

See P3 & Join in the Celebrations

Do you have a healthy/active skill you can teach to younger people?

We're looking for Youth MENTORS across a range of healthy physical or mental activities - for example, Teach Guitar, A Gymnastics Club, a Cooking/Healthy Eating Class, a Fishing Club, Woodcraft, a Young Farmers Club etc, etc.

Any ideas? **Contact Bob Neville for details TRI Office - 19 Ruby Street Phone 67233590 Co-Sponsor FRRR**



Front page sponsored by

BEST Employment Ltd

BEST Vision: "to see everyone who wants a job, get a job"
The Water Towers, 47 Campbell Street, Inverell NSW 2360
Ph: 02 6722 2498

Meals on Wheels Did you know...?

Meals on Wheels operates in Tingha under the Tingha Neighbour Aid Services?

Operating weekdays and weekends (by arrangement) a main meal, dessert and juice can be delivered to your house from 12 noon. Pricing for the meal is extremely reasonable with a main meal costing just \$3.50, dessert \$1.50 and juice 60cents. You can order just the main meal if you like. Money for the meals is collected fortnightly. This service is available to people aged 65 (45 for Aboriginal or Torres Strait Islanders) who are frail aged, have a disability and still live independently in the community. The delivery is done by friendly, volunteer staff who are registered with the Tingha Neighbour Aid Services and auspiced by Guyra Shire Council.

To discuss your needs and find out if you are eligible please telephone the coordinators Sally or Wendy on 6738 4047 between 9am and 3pm Monday to Thursday

Tingha Rocks published first week each month

Copy Deadline for notices -
End of second week each month.
Page Sponsors welcome.
Inquiries...?
Call Bob Neville 67233590

The Tree of Community Regeneration and the role of Tingha Regeneration Incorporated

T.R.I. exists bring together all of the community, all cultures and all interests under a common bond to regenerate Tingha and District Economically, Socially and Environmentally.

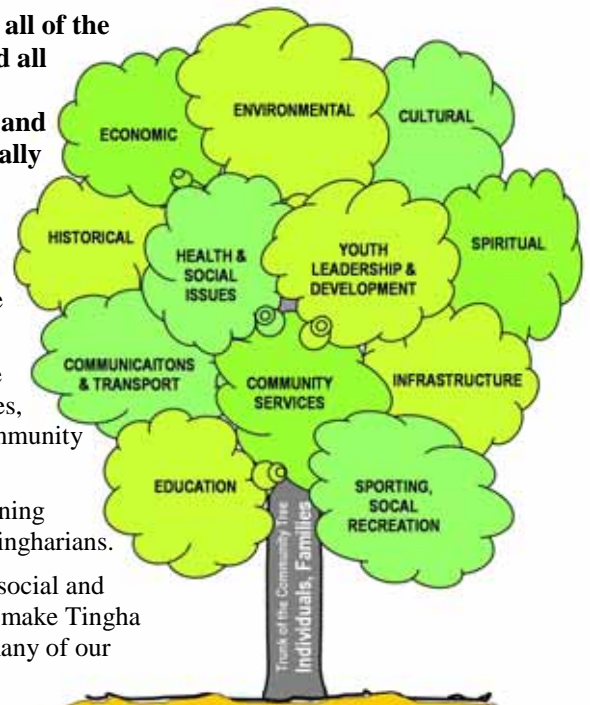
Our progressive aims:

- To make Tingha a cleaner, safer and more attractive place to live, work and play.
- To promote and support the development of new enterprises, new industry and improve community services.
- To facilitate or develop training and job opportunities for all Tingharians.
- To break down the diverse social and economic barriers that tend to make Tingha a "prison without walls" for many of our residents.
- To provide confidential mentor support to individuals searching for a path to improve their life and future in any way.

Last but not least:

- To make TINGHA Australia's MODEL for Small Community Regeneration

Your Part: To achieve our goal sooner rather than later, we need to strengthen TRI and bring as much of the community as possible on board. You can help by becoming a formal Member of TRI - which shows that you support our aims. You can also be an active member and participate in any of our Projects and Activities as you are able to do so. To Register, call into our office and sign up for \$2.



This simple analogy shows the 12 branches of Community Regeneration that make up collective social, environmental and economic needs. Which branch/branches would you like to see improved? You can have an active part in positive for Tingha.

NAIDOC WEEK BABY SHOW

A Baby Show for children from all cultures and walks of life will be a great opportunity for our community to come together.

Where: Tingha Health Post. When: Monday July 13 2009 Time: 9.30am

Categories: For ages as of July 13 0-6months. 6 - 12months. 1-2 years 2-3 years. 3-4 years and 5 years.

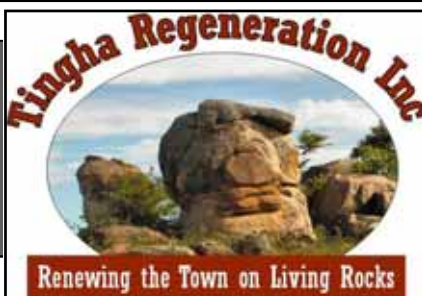
Prizes will be for: Best Dressed, Cutest Smile, Brightest Eyes and overall winners for both Boys and Girls.

Winners will be announced: Tuesday night July 14 at the Tingha Town Hall at 6pm-6.30pm.

Entry Fee: \$7.00 including BB Q Lunch. Judging will be taking place when you come to the Health Post.

Nomination Forms: Pick up and drop off forms with correct money from: Red Rose Café, Lands Council, Tingha Auto Port or ARMAJUN in Inverell. **Nominations close:** Wed. July 8at 3pm. On Fri July 10 parents of nominated children will be notified about their appointment time.

Inquiries - Phone Aisha: 67233194 or 0431 544 321



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Tingha Regeneration Program
www.tingharocks.com.au

UAICC Office 19 Ruby Street Tingha - Telephone (02) 67233 590
PO Box 27 Tingha NSW 2369

Community Spotlight - Events - Activities - Notices

Calendar

Contact Colleen Graham on 67233556
if you have up-coming community events
and activities to add to the Calendar
(May be subject to changes month to month)

- June 29 Free Woman's Health Clinic - Tingha MPS (Hospital) 10.30am - 2pm
- July 1 TRI General Meeting 4pm 19Ruby St.
- July 5-12 NAIDOC Week Celebration
- July 10 School breaks up
- July 11 Tingha Tigers at Home—Oz Tag and Reserve Grade
- July 13 Baby Show - Tingha Health Post 9.30am
- July 15 Third State of Origin Rugby League
- July 18 Tingha at home - A Grade & 18's
- July 19 Trivia with Food - At Tingha Sport and Recreation Club - 4.30pm for 5pm start.
- Aug 1 Tingha Tigers play at home - all grades
- Aug 23 Group 19 Prelim. League Semi-final
- Aug 30 Group 19 League Semi-final
- Sept 5 Calcutta Night - for Tingha Royal Family Cup - Royal Hotel - 6.30pm (Adults only)
- Sept 6 Fathers Day
- Sept 6 Group 19 - Rugby League Final
- Sept 13 Group 19 Grand Final
- Sept 19 Tingha Royal Family Cup 12.00noon (Family Activity)
- Oct 3-5 Labour Day Long Weekend - Aboriginal Rugby League Knockout - Armidale.
- Oct 11 Tingha Billy Cart Derby (Family activity)
- Nov 3 Melbourne Cup Luncheon (Adults)
- Nov 28 Mississippi Gem Casino Night (Adults)

Break the Cycle
Dare to Dream..!

What would you like to achieve with your life?

What are your ideas & aspirations?
What are your consuming passions?

Find them - fulfill them though **Personal Pathfinda Program** - confidential, free Mentoring on what matters to YOU in life.

Contact Bob Neville (02) 67233590



PUBLIC NOTICE

I wish to respond to complaints received by the general public about visitors and patients smoking on Hunter New England Health sites and hospital grounds.

All Hunter New England Health sites became totally smoke-free in October 2006 and I wish to reaffirm that the Area Health Service has a long term commitment to being smoke-free. Since the implementation of our smoke-free policy we have faced some challenges particularly around enforcement. Unfortunately we don't have the power to fine people that smoke on our sites. We have however made it a condition of entry to our sites that visitors, staff and patients do not smoke.

Visitors and patients not complying with the policy will be asked to either put out their cigarettes or move off the Health Service site. We have asked each and every member of our staff to assist in informing the public of this condition of entry. If you smoke on our sites, a staff member has the authority to ask you to put out your cigarette or leave.

Unfortunately a number of our staff across the HNE Health region have faced verbal abuse in carrying out this duty.

We, as a health service have a responsibility to provide a safe environment for our patients and staff. Our staff and our patients should not have to walk through cigarette smoke each time they enter one of our facilities. I would implore smokers to take other people into consideration and refrain from lighting up on our sites. I would also ask that the community continue to support our stance - if you see someone smoking on a health service site I would encourage you to ask them to put it out.

Peter Norman: Heath Service Manager -Tingha Multi Purpose Service

Anaiwan LALC - NAIDOC Week Celebrations

Street March: July 6 2009 Ruby Street Tingha

9.55am Muster of Marchers in front of ANZAC Memorial at Tingha Sport & Recreation Grounds.

10.00am Ruby Street/New Valley Road closed to vehicles and March begins with the marchers entering public roadway (Ruby Street/New Valley Road) and turning left (March will take 15-20 minutes) winding up at the intersection of Ruby and Opal Streets at about 10.15am.

10.15-10.30am Speeches and the raising of the Aboriginal Flag.
10.30am Roadway/streets re-opened to public access.

10.30-10.45am Marchers return by public footpaths to Sport and Recreation Grounds.

Note: Cross streets facing to the north that will require closure while March is under way: 1. Garnet St (on the right) 2. Topaz street (right and left) 3. Opal Street (right and left).

Other Activities: Tingha Sport & Recreation Grounds

11am: Touch Footy. NSW Police versus Community Side.

12-1pm: Sausage Sizzle Lunch - speeches & presentation of Touch Footy match/competition winners and losers.

4pm: Close and Bus departs.

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Tingha Treasures - Phone (02) 67233234

www.tinghatreasures.com.au

Local Postcards, Jigsaws Puzzles, Magnets, Stickers, Scanning Photos & Artwork
 Photo Restoration (especially old Black & White Photos) Photo Enlargement &
 Laminating - Prints of Photos appearing in Tingha Rocks or on our Website

JUNE 2009 Pictorial



Ladies
Coffee
Craft &
Chat
Every Wed
10.30am
19 Ruby St
Phone
67233 234



Page proudly sponsored by
Tingha Sport & Recreation Club
We welcome all members & guests to Friday Night Meals
Bowls Saturdays - Golf Sundays - Tuesdays Social Bowls