



DEEPWATER

PROGRESS ASSOCIATION NEWSLETTER

Circulation 310 E:eventsdeepwater@gmail.com Edition number 399 September 2024

We acknowledge the elders (past, present and future) of the Ngoorabul people.

Rural health and wellness



While rural health care has been described as “in crisis”, not everything is doom and gloom in the bush. There are some healthy silver linings to living in our small country town. Deepwater has a range of opportunities for living an active lifestyle; shops and facilities are within walking distance for many residents; and there are efforts underway to attract more health care professionals to our area.

Get active.

Outdoor activities include fishing, walking, riding, and platypus-spotting. We have an active tennis club, and a golf course with tree-lined fairways. The sports ground is available for athletics, soccer, football and more. When the weather warms up, take a dip in the river! Keeping active is a great way to keep healthy – in both body and mind.

Connect with your community.

The Art & Pottery Group, the Sewing & Quilting Group or the Deepwater Players amateur theatre group may whet your creative appetite. There are also events at

the Deepwater hall that are always well attended – live music, theatre and a variety of functions. Tickets are available now for the next Deepwater play, “Uncle Jack” running 16-26 October.

For community service, consider joining the Deepwater units of the SES or the Rural Fire Service, or come along to a Progress Association meeting. (The next Progress meeting is Wed 9th October 7:00 pm at the hall.)

Attract Connect Stay.

Glen Innes

Attract Connect Stay.

This organisation assists health care professionals in relocating to the Glen Innes area. The award-winning service

has helped to settle and connect over 44 health care professionals and their families. Local residents are encouraged to become members of ACS-GI to help continue its success. For more information search online for “attract connect stay glen innes”.

Free men’s health checks in Deepwater

Been a while since you’ve seen your doctor? The Men’s Health Education Rural Van (Mherv) is coming to Deepwater and offering a FREE CHECK-UP including blood pressure, blood sugar and

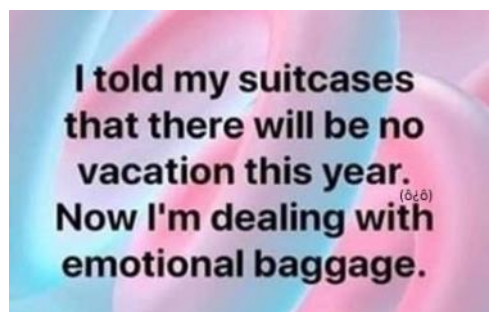


cholesterol. Don’t say you’re too busy, and don’t wait until it’s too late!

11th and 12th September, 9:30 am to 4:15 pm. Near the School of Arts hall / Foodworks.

Speak up

If you’d like to (politely!) express your views about local health services, contact new local member Brendan Moylan, or the NSW Minister for Regional Health, Ryan Park.



FOODWORKS

DEEPWATER

Serving the local community since 1948

Save! Save! Save! By shopping locally!

Trading hours:

Monday to Friday 7:00am - 6:30pm

Saturday 7:00am - 6:00pm

Sunday 9:00am - 4:00pm

Public Holidays 9:00am - 1:00pm

Closed Good Friday and Christmas day

Free home delivery within Deepwater Village!

Spend \$50 or more in a single transaction and you receive a 3% instant rewards discount!

(Offer does not include items already reduced/on special, and other selected items)

Ph 67345202 or email nadini@bigpond.com
Deliveries outside Deepwater by arrangement.

DID YOU KNOW?

DEEPWATER ANTIQUES AND COLLECTABLES

CHRIS ESTREICH

OWNER AND OPERATOR OF THE DEEPWATER ANTIQUES AND COLLECTABLES

LOCATED AT 55 TENTERFIELD ST DEEPWATER N.S.W

ESTABLISHED IN 2013

SPECIALIZING IN ANTIQUES, OLD WARES, COLLECTABLES AND VINYL LP RECORDS

DEEPWATER ANTIQUES AND COLLECTABLES

WANTED TO BUY

- OLD BOTTLES, GLASS & STONWARE
- OLD TOOLS, AXES, CHISELS ETC.
- OIL BOTTLES, TOPS, TINS & SIGNS
- OLD TOYS INC WIND UP & CEREAL
- LP RECORD COLLECTIONS
- MILITARY-BADGES, LIGHTHOUSE ETC.
- CHINA, POTTERY & GLASSWARE
- OLD COMIC BOOKS.
- ANYTHING OLD OR INTERESTING



POP IN AND SEE CHRIS, OR GIVE ME A CALL ON 0408743348

E-MAIL chrisecho54@bigpond.com 55 TENTERFIELD STREET DEEPWATER, N.S.W 2371

Deepwater Classifieds

Notices

The Deepwater School of Arts Hall committee are delighted to see the Hall being used by the Community. However due to the requirements of Crown Lands (the hall is on Crown Land) – all bookings need to be recorded.

The Hall can be booked through Foodworks.

Enquiries can be made through the hall chairperson, Mary Hollingworth.

Thank you for your co-operation.

Mary can be emailed at tinkernanny@outlook.com

Notices

We at the Deepwater School of Arts Hall Trust are very happy to see the Hall being used. If you are using it during winter and need to use the heaters – please read the signs on how to turn them on and off. Also please keep all outer doors closed when using the heaters to keep the warmth in the building.

Thank you so much .

Work Wanted

House Cleaning

Reasonable rates
Contact Joy on
0428 058 253

Work Wanted

Massage

Sore and aching muscles?
Remedial & Relaxation
Contact Joy on
0428 058 253

Sudoku

	5	7	1					8
1	8	3						9
4								
8		2		3				
	7			1		8		
5			4	8	9			
	4	9				7	6	
	6			7		9		
7	1	5	3	9				

Answers Page 5

Web Links

Facebook: Deepwater Progress Association Inc

Facebook: Deepwater Railway Station

Email: deepwaterprogressassociation@gmail.com

Welcome to Deepwater www.DeepwaterNSW.com



The wedding anniversary of Harold and Maude Connolly is about to be celebrated, and their daughters Claire and Lorna are putting the finishing touches on the flowers when Harold arrives with the news that their mother Maude has just been seen leaving town on the back of a Harley Davidson.

But the girls have invited over one hundred guests, booked fancy caterer and hired a professional entertainer from the big city!

Everyone will be able to identify with this dysfunctional family as their carefully planned event becomes an hilarious disaster. Mum and Dad are fighting, the black sheep of the family “Uncle Jack” has turned up uninvited, and somebody has spiked the punch.

Deepwater Players are raising funds for multiple local committees with this community production

Booking: <https://ticketing.humanitix.com>

Rotary
Clubs of New South Wales



mherv
men's health education rotary van
saving lives in regional australia

FREE men's health checks! In Deepwater



SCHOOL OF ARTS HALL, Tenterfield St, Deepwater
Wed 11 Sept 9.30am-4.15pm ... Thu 12 Sept 9.30am-4.15pm

It doesn't seem to matter how old they are ...most blokes in country NSW don't pay much attention to their health - 'she'll be right!'... But treatable high blood pressure and diabetes often go unnoticed until it's too late... If you don't remember when you last had a checkup... It's time!

Get checked ... see mherv ... its a gift!



Free health checks at the Men's Health Education Rural Van include:

- Blood pressure just to check the heart isn't too stressed.
- Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is.
- Cholesterol ... just to see if levels are high and need attention.

Sponsored by:





WHAT'S ON THIS MONTH



Church Services:

Anglican Church Service (Forbes Street Deepwater—Moore Street Emmaville)
The Church services alternate weekly between Deepwater and Emmaville

Sunday	1	Deepwater	9: am
Sunday	8	Emmaville	9: am
Sunday	15	Deepwater	9: am
Sunday	22	Emmaville	9: am
Sunday	29	Torrington	9: am
Sunday October	6	Deepwater	9:am



Church Wardens Deepwater - Reuben Cooper 0499 868 321 **Emmaville** - Heather Reynolds 0428 347 252

Catholic Church Service (Simpson Street)
Sunday at 10 am

Church in the Shed (Deepwater School Of Arts Hall Tenterfield Street)
Sundays at 10 am

Deepwater Rubbish Tip Hours:

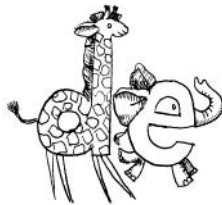
Thursday 10:00 am – 2:00 pm
Saturday: 1:00 pm -3pm
Sunday: 10am -12 noon

Library Service:

Wednesday 10 am - 12 pm and 1.30 pm - 4 pm Home Library Service Deliveries 1 pm – 1 .30 pm

Preschool:

at the CWA Hall
Tuesday 9.00am – 3.00pm
Thursday 9.00am – 3.00pm



Progress Association Meeting

is set for Wednesday 9 October 7 Pm
at the School of Arts Hall
Everyone welcome.

9	5	7	1	6	3	2	4	8
1	8	3	7	4	2	5	9	6
4	2	6	9	5	8	3	7	1
8	9	2	6	3	7	1	5	4
6	7	4	2	1	5	8	3	9
5	3	1	4	8	9	6	2	7
3	4	9	8	2	1	7	6	5
2	6	8	5	7	4	9	1	3
7	1	5	3	9	6	4	8	2

Sudoku answer

For notices to be included, please send details to eventsdeepwater@gmail.com
Before the 20th of each month.

Business card size \$60 for the year
 One off of that size \$8 issue
 Full page one off \$35 per issue
 Other sizes negotiable
 Send your business card or designs to
eventsdeepwater@gmail.com
 Payable at Deepwater Post Office

sterling silver
 handmade
 upcycled
 designs
 repairs



Richard Moon
 Wearable Silver & Silverware

Free pick-up/delivery on
 repairs for Deepwater
 residents

0450 039 320

ECHO'S ANTIQUES DEEPWATER

Antiques, Collectables and Old Wares

CHRIS ESTREICH

Buying Old Bottles

55 Tenterfield Street
 Deepwater NSW 2371

0408 743 348

chrisecho54@bigpond.com

JEREMY PHIPPS

ABN - 52 483 386 874
 LIC - 292263C



**KURRAJONG
 ELECTRICAL SERVICES**

jeremy@keservices.com.au

0423742312

www.keservices.com.au

4779 New England HWY,
 Deepwater, NSW, 2371

*"Your local electrician servicing Tenterfield,
 Deepwater, Glen Innes and all surrounding districts"*



Bookings;

AirBnB.com.au

www.deepwaterbankbnb.com.au

Butchering and knife sharpening service available in Deepwater

By qualified butcher



Call or message Ken 0404181193

Efficient and Accurate

**Bookkeeping
 Services**

INSCOPE
 BOOKKEEPING SERVICES

Contact us today for a FREE 30 Minute Initial Consultation!



0437 165 169

yvette@inscopebookkeeping.com.au

**HUNTER & CO
 ELECTRICAL**

Maxwell Hunter
 Licenced Electrician

0405 202 666

hunterandcoelectrical@outlook.com

ELECTRICAL
 DATA
 AIR CONDITIONING

DOMESTIC . COMMERCIAL . INDUSTRIAL

GLENRAC INC

THE GLEN INNES NATURAL
 RESOURCES ADVISORY COMMITTEE

(02) 6732 3443

glenrac@glenrac.org.au

www.glenrac.org.au



Andrew: 0447808552
 Deepwater NSW

Loads
 Single \$170
 Double \$300