



# ASHFORD CENTRAL SCHOOL NEWSLETTER

30  
Aug  
2024

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## AROUND THE SCHOOL



## UPCOMING EVENTS

### TUE SEP 3

AECG Meeting at the Ashford LALC building

### WED SEP 4

STUDEEC Spotlight Night at the school oval

### WED SEP 4

Myall Creek Excursion - History Site Study

### WED SEP 4

Kindergarten 2025 Information Session, starting 3:30pm in the Kindergarten room

### WED SEP 4

Work Ready Trade Ready Excursion - Council Depot Ashford

### WED SEP 11

Primary Touch Football Gala Day

### SAT SEP 14

2024 Local Government Elections at the school hall

### MON SEP 16

Enviromentors Incursion - Primary

### WED SEP 18

Work Ready Trade Ready Excursion - BOSS Engineering

### WED SEP 18 - WED SEP 25

Preliminary Exit Exams

☎ 02 6725 4101

📘 Ashford Central School

✉ 51 Martyn Street, Ashford NSW 2361

📧 ashford-c.school@det.nsw.edu.au

🌐 <https://ashford-c.schools.nsw.gov.au/>



## FROM THE PRINCIPAL

It has been an extremely busy couple of weeks for our students, especially Secondary. Last week Secondary left early on Monday morning for their excursion to Sydney. The trip was jam packed with amazing experiences and memories that we hope last a lifetime. To mention a few of their activities, they went to Taronga Zoo, the Aquarium, Luna Park, Centre Point Tower and an NRL game at Leichhardt Oval.

Thank you to all of the staff who took the time away from their families to attend the excursion. Our teachers don't get paid anything additional to offer these experiences and for this we are extremely grateful to Mr Simpson, Mr Hollands, Mrs Lockett, Mrs Wright, Shano and Vettie.

Last Wednesday our great P & C team held their meeting in the hall. It also coincided with a Sentral Parent Portal information session. This was a great way to gain an understanding of the capabilities within the portal. It is a way of simplifying attendance, school payments and hopefully when more parents sign up we can sign excursion notes through the portal. If you haven't signed up or need some help with the portal, please feel free to call in and see the ladies in the school office. They will be more than happy to walk you through the sign up process and functionality.

Last week we had a number of students attend the Inverell Zone PSSA Athletics Carnival. They all did a fantastic job and competed to the best of their ability and we are very proud of their efforts. We had one student who was so successful that they made it through to the regional carnival that will be held in Tamworth. Congratulations Sam Baker, we are proud of the effort that you put in and we wish you all the best at your upcoming event.

On Monday we had a visit from an organisation called Engineers Without Borders. They came to Ashford and completed workshops with in Year 3 - 10. Our students learnt about the development of prosthetic limbs and other engineering fields of study. We are thankful to the team who volunteer their time and fundraise to pay their travel expenses to visit our area and share their knowledge.

On Tuesday afternoon Mrs Lockett's after school sewing group were in full swing producing items to donate to charities across NSW and South-East Queensland. We are very proud of the groups ability to selflessly give their time to help those in need. Mrs Lockett also reported the improvements the students are making with their sewing skills.



On Wednesday 28th August we held our annual NAIDOC Day. We held our celebrations at the Ashford Showground, along the banks of the beautiful Severn River.

The day began with Shano and myself offering a moving Acknowledgement of Country. Students then participated in a great range of activities throughout the day. Including, games, fishing, kayaking, swimming, artworks and more.

Thank you to Shano and his team of helpers for outstanding organisation of the day. A big thank you to all of the great community members and groups who helped out on the day.

- All of our ACS staff
- Ashford LALC board member Jenny Beveridge and employees Lenny Irving and Jeoffery Moore.
- Local Land Service: Ivan Lackay and James Sheather
- The Armajun team: Gail, Brandon, Jackson, Jermekia
- Director Educational Leadership: Chris Bice
- Aboriginal Community Liaison Officer: Anthony Green
- Northern Tablelands Admin Officer: Demelza Simmon
- Ozfish: Harry Davey
- JA Tours: Heinrich Haussler and Friedy Meinel
- Community Volunteer: Michael Stevens-Drew
- All of our valued community members who attended on the day

It was an amazing day of celebration, learning and sharing. We look forward to doing it again next year.

As always, if you want to discuss your child's learning at school, please feel free to contact the office to arrange time for an appointment. We value your contribution into your child's learning.

Mr Wrobel





## PRINCIPAL'S SPOTLIGHT

Each fortnight teachers have been asked to send students with great learning growth or an exceptional piece of learning to my office for positive reinforcement. When students arrive, we discuss what they were learning, why they think they were chosen by their teacher and how good it makes them feel to have this honour. I then offer them a sticker and call their parents to reinforce that they are doing a great job in the classroom.

This fortnights students are:

First Row from left to right - Mia Stewart, Xavier Rollinson, Ethan Elphick, Kytiana Iring

Second Row from left to right - Emmily Morley, Ayla Davis, Codie Morley , Amelia Murphy





## LEGACY COLOURING IN COMPETITION WINNERS

Congratulations ACS Students.

The Legacy Colouring In Poster Competition was judged last week.

Inverell Legacy received 706 entries from 11 schools.

Congratulations to the winners from Ashford Central School:

HC Year 6 - Jamie Dehn

1st Year 8 - Tayla Stevens & Overall Secondary winner

HC Year 8 - Sarah Strohfeltdt & 1st Legacy Beneficiary

1st Year 9 - Makeely Hancock

HC Year 9 - Ellie Foley

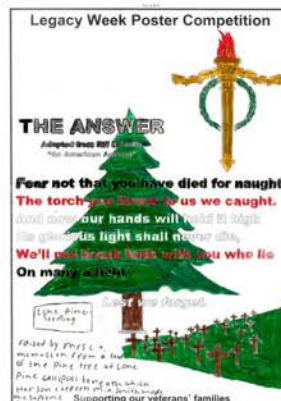
HC Year 9 - Lillie-Anne Dell

1st Year 10 - Tiarnie Batty

Both the 1st prize & highly commended posters have now been uploaded to Facebook:

<https://www.facebook.com/media/set/?set=a.819750203703499...> and can be viewed without having a Facebook account. 1st prize posters will be displayed in the window at the Legacy Centre, 79 Byron Street, Inverell.

## YEAR 8 WINNER AND OVERALL WINNER - TAYLA STEVENS





## YEAR 9 WINNER - MAKEELY HANCOCK



## YEAR 10 WINNER - TIARNIE BATTY





## YEAR 7-12 SYDNEY EXCURSION A JOURNEY OF LEARNING AND FUN

We are excited to share the highlights of our recent 5-day Sydney excursion, where 40 of our Year 7-12 students, along with 6 dedicated teachers and support staff, embarked on an adventure full of learning, exploration, and memorable experiences.

### Day 1: Arrival and a Spooky Start

The excursion began with an early morning departure from Ashford, and after a long drive, students arrived in Sydney eager for the days ahead. After settling into the Sydney Central YHA, located in the heart of the city, the group set off for a thrilling Ghost Tour at Cadman's Cottage. This historical site, nestled in The Rocks, provided a captivating introduction to Sydney's eerie past, leaving students both intrigued and spooked.



## Day 2: History, Marine Life, and Hollywood

Day two was dedicated to immersing students in Sydney's cultural and historical heritage. The day began with a Rocks Walking Tour, where students discovered the stories behind Sydney's oldest neighborhood, from convict history to colonial architecture.

The journey continued with a visit to the Australian National Maritime Museum in Darling Harbour, where students explored exhibitions on Australia's maritime history, including naval battles and ocean exploration. Student enjoyed a beautiful Gelato at Darling harbour before venturing into the depths of the SeaLife Aquarium, marveling at marine life from the Great Barrier Reef and beyond. The day wrapped up at Madame Tussauds, where students enjoyed interacting with lifelike wax figures of celebrities and historical figures. In the evening, students relaxed at Event Cinemas on George Street, enjoying a screening of the action-packed film *Twisters*, complete with popcorn and drinks.





### Day 3: Zoo Visit, Opera House, and City Views

On day three, students took a scenic ferry ride from Circular Quay to Taronga Zoo, home to over 4,000 animals from around the world. From cuddly koalas to majestic lions, students had the chance to see and learn about a wide range of species.

Afterwards, the group explored the lush Royal Botanic Garden Sydney, enjoying the serenity and beauty of this green oasis in the heart of the city. The walk led to the Sydney Opera House of which the tour was a major highlight. This architectural masterpiece, completed in 1973, is made up of over one million tiles! Students were fascinated to learn that it hosts over 1,500 performances every year. This was followed by an ascent to the Sydney Tower Eye for breath-taking views of the city skyline. The day concluded with a delicious dinner in Chinatown, where students savoured authentic Asian cuisine.



## Day 4: Thrills and Chills

The fourth day was all about fun and adventure, starting with a visit to Luna Park Sydney. The students reveled in the excitement of the iconic amusement park, which has impressed generations of visitors since 1935 with its rides and attractions offering a mix of thrills and nostalgia against the stunning backdrop of Sydney Harbour.

Afterwards, they crossed the iconic Sydney Harbour Bridge on foot, making their way to the Pylon Lookout & Museum, where they learned about the construction of the bridge and enjoyed panoramic views of the harbour. The day also included a visit to the Hyde Park Barracks, a UNESCO World Heritage site that gave students a glimpse into Australia's convict past through interactive exhibits and artifacts.

The evening ended with an exhilarating NRL match at Leichardt Oval, where the students cheered as the West Tigers took on the Sea Eagles in a thrilling game under the lights. Wests Tigers recovered from a 16-point deficit in the first half to stun the Sea Eagles 34-26.



## Day 5: Heading Home with Memories to Cherish

On the final day, after a week packed with activities, the students boarded the coach back to Ashford. Tired but filled with unforgettable memories, they returned with stories of their experiences and a deeper understanding of Sydney's rich culture and history.

This Sydney excursion was not just about sightseeing; it was a valuable opportunity for students to learn outside the classroom, gain independence, and forge stronger friendships. From the historical landmarks to the natural wonders and exciting entertainment, the experiences from these five days will stay with them for years to come.

Thanks must go to the school office staff who spent months piecing together a fun and excitement filled itinerary, to the Ashford P&C and other organisations that subsidised the trip for the students, to the 6 staff who operated tirelessly on very little sleep to make the experience smooth and magical for the students and finally, to the bus driver, Ralph Alley, who navigated the complexities of Sydney traffic so very well.

### Acknowledgement of subsidies:

The full cost of this excursion was **\$1140** per student. The **school provided a \$640 subsidy per student** for the excursion, a further \$100 subsidy per student was provided by donations from various community organisations including ACS P&C, Rotary Club of Lismore West, Vietnam Veterans association of Australia and the Far North Coast Sub Branch. Students were able to attend this excursion for significantly reduced cost of \$400 per student.





## NAIDOC DAY ACTIVITIES

ACS annual NAIDOC day took place on Wednesday 28th August at the Ashford Showground. The theme this year was 'Keep the Fire Burning - Blak, Loud and Proud'.

The day started with an Acknowledgement of Country, and then continued to a day full of events. Students in Year K to 3, enjoyed many fun activities which included a Scavenger hunt, Boomerang painting and throwing, Humpy building and many more. Years 4 to 12 students were involved in kayaking, fishing, and mountain biking. Harry Davey, Project Officer Northern Basin, talked about how to tie fishing lines, and where and when are the best times to catch fish. Students also went kayaking on the river with Heinrich Haussler looking at the river habitat and learning how the river works. Students were all given a Naidoc shirt especially for the day. Everyone looked terrific in their shirts.

Students and guests enjoyed a delicious morning tea and BBQ lunch, made by the ACS and Armajun staff. It was a great day.





# NAIDOC DAY





## ENGINEERS WITHOUT BORDERS

On Monday, 26th August, students in all classes participated in Engineers Without Borders workshops. Students learnt about different fields of engineering and were given the opportunity to design and make a simple prosthetic limb. Students made designs, tested their products and made changes. Students also practised coding with circuits on tinkercad.com to plan how to make an LED bulb light up.





## SEWING GROUP

In week 6, students were very busy and made 18 mastectomy pillows to be donated, 6 toiletry bags for the homeless, 2 puppets and 5 hair bows for the Christmas boxes to go overseas.



## ZONE ATHLETICS CARNIVAL

It was a beautiful sunny day for the Zone Athletics Carnival that took place on Friday, 23rd August. Our students did a great job in all the areas they qualified for - We are very proud of all of you!!

Congratulations and good luck to Sam Baker who made it to North West Athletics Carnival at Tamworth, in 100m running, 200m running and long jump.





# TOP ATTENDERS

## TOP SCHOOL ATTENDERS

Congratulations to the following students for achieving above the state average of 92% attendance.

CONGRATULATIONS!

Alaynah Archer	Bryce Irwin	Emily Yang
Theo Boyd	Hamish Irwin	Emma Yang
Stuart Bradley	Hunter Irwin	Samantha Yang
Jaxon Charles	Wyatt Langbein	
Tyrus Charles	Mahalia Lavender	
Flynn Cook	Lucas Mackay	
Alaska Coombes	Jack Mackay	
Kane Coombes	Emily Morley	
Peter Dedula	Codie Morley	
Leroy Dedula	Hailee-Mae Murphy	
Lillie-Anne Dell	Jack Murphy	
Chloe Drysdale	Mia Murphy	
Ethan Elphick	Xavier Rollinson	
Christie Fleming-Leek	Hunter Ryan	
Bailey Foelz	Tyler Schumann	
Jacob Hillhouse	Sophiee Whalley	
Leonard Irving	Ashton Wiczorek	
Letti Irving	Narah Wright	

## P&C MEETING

The Ashford P&C met on Wednesday 21st August in the school hall. Discussions were held about the canteen lease arrangements for the school, provision of representative sport uniforms for the students, social bowls day, Year 10 shirt designs and progress on purchasing further equipment for the school gym.

The P&C would also like to thank the school representatives that provided an informative information session on the use of the Sentral parent portal which was well received by those who attended the session prior to the P&C meeting.



### Reminder



Have a  
regular dental  
check-up

Free for all children under 18 years & adults who hold a Health Care, Pension or Commonwealth Seniors card.

Phone:  
**1800 679 336**





## STAR TICKET CANTEEN VOUCHER WINNERS

### CONGRATULATIONS

<b>Kinder</b>	Mia Stewart	Theo Boyd
<b>1/2</b>	Tyler Schumann	Samantha Yang
<b>3/4</b>	Axel Ryan	Thomas Grabham
<b>5/6</b>	Amelia Murphy	Danny Tyne
<b>Secondary</b>	Lilly Taylor	Bailey Foelz

Star tickets are token rewards that are handed to students displaying positive behaviour in any setting to reinforce expectation. It is the students responsibility for placing the completed star ticket into their allocated star ticket box, which is located in the Ashford Central School Library. Tickets are drawn out of the star ticket box by the teacher at fortnightly assembly.

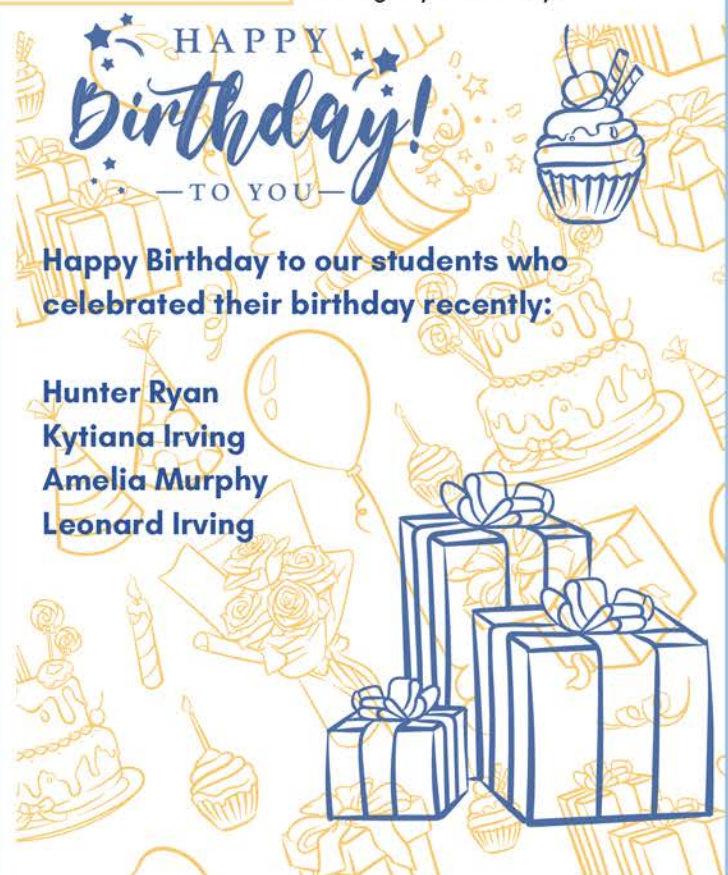
## TOP MERIT AWARD RECIPIENTS

### PRIMARY

Allakae-Jet Hillhouse  
Ruby Taylor  
Alaska Coombes  
Rochelle-Claire Davis  
Theo Boyd  
Mae Doney  
Hamish Irwin  
Sam Baker

### SECONDARY

Mia Murphy  
Duke Beveridge  
Bailey Foelz  
Makeely Hancock  
George Rogers  
Jaidean Connors  
Leroy Allen  
Lexi Martinez



Happy Birthday to our students who celebrated their birthday recently:

Hunter Ryan  
Kytiana Irving  
Amelia Murphy  
Leonard Irving



# Kindergarten 2025

Calling all children wanting to enrol  
in Kindergarten in 2025.

Transition days to begin in Term 4,  
2024.

Please call the school office on  
67254101 for further information.

Parent Information session to be  
held on Wednesday 4th September  
at 3:30.

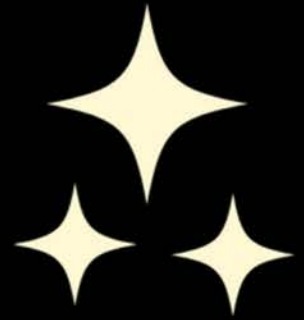


# Spotlight Night



SCHOOL  
OVAL

ORDER A  
CHICKEN  
BURGER FOR  
DINNER



WEDNESDAY  
**September**

**4th** 6PM-8  
PM





# Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camp & excursion

For more information, please contact your local Saver Plus coordinator:



NSW/Act - Saver Plus Team



SaverPlusNSWACT@thesmithfamily.com.au



1300 610 355

DELIVERED BY



**The Smith Family**

Learn today, change tomorrow.

Find out more at [saverplus.org.au](http://saverplus.org.au)

# Your Wellbeing Nurse

## You can talk to your wellbeing nurse about:

- health and wellbeing concerns
- healthcare options
- finding health and community services.

Any student enrolled at a school with a wellbeing nurse and their family members can get support from a wellbeing nurse.

### Parents

- Contact the school to ask to see or speak to the wellbeing nurse
- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse.

### Students 14 years and older

- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse
- Approach the wellbeing nurse directly to speak with them privately.

Your wellbeing nurse is at the school on  
11/9, 26/9

Contact your wellbeing nurse  
Rebecca Collyer  
0457681867

Your wellbeing nurse is a highly skilled registered nurse from NSW Health.

Your wellbeing nurse helps students and their family get health and wellbeing support.



Visit [www.health.nsw.gov.au/whinprogram](http://www.health.nsw.gov.au/whinprogram) or scan the QR code for further information about wellbeing nurses.



## Wellbeing and Health In-reach Nurse Coordinator program



December 2023 © NSW Health, SHPN (WHINI 23XXXX).



## Educational Pathways Program

Move.Forward

### EDUCATIONAL PATHWAYS PROGRAM

The Educational Pathways Program complements existing careers education activities through the provision of additional resources. Head Teacher Careers and SBAT Engagement Officers work closely with schools to:

- Ensure students have access to sound advice, great training pathways and rewarding work opportunities.
- Promote SBAT opportunities, a proven pathway for students to successfully transition to work and/or further education.
- Support students with barriers to education

Program initiatives include:

- Innovating Careers Education
- Enhancing SBAT Engagement
- TAFE Start Your Future Courses
- Job Readiness Workshops
- Educational Pathways VET Ambassadors
- Apprenticeship and Traineeship Head Start
- Back In The Game
- TAFE NSW Early School Leaver

[education.nsw.gov.au/educational-pathways](http://education.nsw.gov.au/educational-pathways)

Talk to your school's Career Advisor or contact The Educational Pathways Program (EPP) Team

### EPP TEAM

(Based at Inverell High School)

Head Teacher Careers: Jacinta Gorton

0460 031 947 | [jacinta.gorton1@det.nsw.edu.au](mailto:jacinta.gorton1@det.nsw.edu.au)

SBAT Engagement Officer: Melissa Daskey

0460 029 621 | [melissa.daskey2@det.nsw.edu.au](mailto:melissa.daskey2@det.nsw.edu.au)

School Admin Officer: Tracey Walsh

02 6722 3777 | [tracey.walsh20@det.nsw.edu.au](mailto:tracey.walsh20@det.nsw.edu.au)

### Supporting the following schools:

- Inverell High School
- Macintyre High School
- Ashford Central School
- Bingara Central School
- Barraba Central School
- Bundarra Central School
- Warialda High School



## FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

The Nationally Consistent Collection of Data (NCCD) takes place every year. All schools in Australia must collect information about students with disabilities. NCCD counts the number of school students receiving an adjustment and the level of adjustments that they are receiving. Funding from the Australian Government for students with disabilities is based on the NCCD. The amount of funding received reflects the level of support a student receives in their school. The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disabilities at school. If you have any questions, please contact the school to discuss it further.



### Resilience and Wellbeing Program for Students in Regional and Rural Australia

Growing up in rural Australia gives children special experiences that urban kids don't get, but also comes with unique challenges. Research has demonstrated that young people living in non-urban areas may experience poorer mental health, especially those impacted by natural disasters, such as bushfires and drought (Usher, et al., 2021), and are more likely to be exposed to natural disasters compared to those living in urban areas.

A review of evidence-based wellbeing programs in 2020 revealed that there were no wellbeing programs specifically designed and delivered to students attending regional and rural schools, internationally or in Australia (Berger et al., 2020). In response to this gap, Rural Aid commissioned researchers from Monash University to design and evaluate a specialised program to improve resilience and coping of children in regional and rural Australia - **Mustering Growth**.

**Mustering Growth** aims to celebrate all that is great about growing up in the bush; strengthening kids' innate resilience, normalising mental health experiences and decreasing stigma, increasing mental health literacy, and building skills and strategies to cope with challenges that are unique to the experience of rural children. The program is fun, interactive, flexible and includes nature-based activities.

### How can you be involved?

Rural Aid is seeking expressions of interest from rural schools across Australia to participate in **Mustering Growth**. Registering your school's interest will assist with our planning and resourcing.

To register your school's interest please contact:  
Myf Pitcher | Manager of Mental Health & Wellbeing at [mhw@ruralaid.org.au](mailto:mhw@ruralaid.org.au)



ASHFORD LOCAL ABORIGINAL LAND COUNCIL  
25 Albury Street, Ashford NSW 2361  
Ph (02) 67254411 Fax (02) 67254422  
Email: landcouncil@ashfordlalc.com

All Members are invited to the Annual General Meeting

**DATE:** Tuesday, 3<sup>rd</sup> September 2024  
**TIME:** 12:30  
**PLACE:** Ashford LALC Building – 25 Albury St, Ashford

### AGM AGENDA

- 1 Meeting Opened - Chairperson's Welcome
- 2 Minute's Silence
- 3 Apologies
- 4 Minutes of Previous Meeting
- 5 New Memberships
- 6 Receipt of 2023/2024 Ashford LALC Annual Report.
- 7 Div 6 Sec 84 – Approve the adoption of the Ashford CLBP 2024-2028.
- 8 Receipt of 2023/2024 Audited Financial Statements and Management Letter.
- 9 Board Remuneration Payments 2023/2024 – Members approval.
- 10 Div 4 Sec 46 – Notice of a Members Meetings – Members approve that meeting notices can be given by social media, word to mouth or newsletter.
- 11 Meeting closed.

Lunch will be provided.

The DRAFT Community Land and Business Plan is available for members review at the Ashford LALC from 13<sup>th</sup> August 2024.

For any enquiries, please contact the Ashford LALC CEO, during Business hours.



## RIDDLE

### *Of the Week*

What is black when it's clean and white  
when it's dirty?

Answer on the back page

## UPCOMING COMMUNITY EVENTS

### TUE SEP 3

Ashford LALC AGM  
12:30pm start at the Ashford LALC building

### FRI SEP 6 - SAT SEP 7

Free Mens Health Checks in Inverell  
Run by Rotary near Inverell Town Hall

### SAT SEP 7

Bustin' Out with Buster Kirby  
Charity Auction, Inverell RSM Club

### SAT SEP 7

Delungra Hotel Shear 4 Life event starting  
10:00am - event includes kids activities, live  
entertainment, market & food stalls, whip cracking  
and more

### SAT SEP 14

2024 Local Government Elections  
Ashford school hall

### THU SEP 19

Bingo at the Ashford Bowling Club, 6:00pm for  
eyes down at 6:30pm

### SAT SEP 21 - SUN SEP 22

Crystalspirit Expo  
Inverell RSM Club, free entry

### THU SEP 26 - SAT SEP 28

Texas Country Music Festival  
Texas Showgrounds, QLD

### FRI OCT 4 - SUN OCT 6

Inverell Mighty Men  
A weekend in the bush, great food, mates and  
laughs. At "Mt Stirling" D & N Everingham

To have your community event or news listed  
on this page, please contact the school.

02 6725 4101

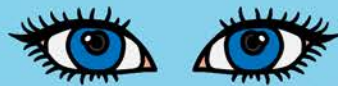
ashford-c.school@det.nsw.edu.au

ASHFORD  
LIONS CLUB

# BINGO

ASHFORD  
BOWLING CLUB

THURSDAY, 19TH SEPTEMBER  
6.00PM



FOR EYES DOWN AT  
6.30PM

SATURDAY 19TH - SUNDAY 20TH APRIL 2025 (EASTER)

# BACK TO ASHFORD REUNION

Organised by The Ashford Business Council



## PLANNING IS WELL UNDERWAY FOR OUR BACK TO ASHFORD REUNION

The Ashford Business Council have been working hard to organise our Back to Ashford Reunion next Easter.

At this early stage the program will include an Easter Hat Parade, street stalls, memory lane in the school hall, morning tea, golf and bowls games, scavenger hunt, raffle, and many more activities to be confirmed.

The Ashford School, P&C, Bowling Club, Golf Club, Aboriginal Land Council and the Lions Club, are all on board to make this event the best it can be.

More details to follow.

**We set up and 'Event' on the Ashford NSW Facebook page,  
please register 'Going' if attending**

IDEAS AND  
INPUT ARE  
WELCOME

Please Contact:

Rosemary Gordon  
0493094837

OR

Leeanne Vickers  
0428254058

Or Email  
ashfordcelebrations@gmail.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 Inverell



**Alongside the Town Hall, Evans St, Inverell**  
**Fri 6 Sept 9.30am – 4.15pm ... Sat 7 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:

Rotary  
Clubs of New South Wales



# DELUNGRA HOTEL

Shear 4 Life Speedshear Sport  
Featuring Billy Boiling Competition

**Saturday,  
7th September 2024  
FROM 10:00AM**

- Face Painting
- Whip Cracking
- Jumping Castle
- Live Entertainment
- Market & Food Stalls
- Auction & Raffle Items
- BBQ Provided by Delungra Fishing Club

Robbing funds for the Westpac Rescue Helicopter and The Delungra Public School P&C

COMPETITOR PRE-NOMS HERE

**\$30,000  
IN PRIZES TO BE WON**

<b>PRINT FRESH</b> PRINT FRESH LEARNERS \$1,500	<b>stewarts</b> STEWARTS GRAIN TRADING INTERMEDIATE \$2,000	<b>NORTH WEST PETROLEUM</b> NORTH WEST PETROLEUM LADIES \$2,000	<b>AUTO</b> DELUNGRA AG & AUTO SENIOR \$2,500	<b>COOPERS FARM GEAR</b> COOPERS FARM GEAR OPENS \$10,000
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For further information contact Rob on 0497 330 142

# TEXAS

COUNTRY MUSIC FESTIVAL

**TRAVIS COLLINS**

AMBER LAWRENCE TAYLOR MOSS JAYNE DENHAM  
PAUL COSTA PETER "SMOKIE" DAWSON JEREMY TURNER  
TYLA RODRIGUES CUSH RYDER PIPER RODRIGUES TOMMY B SINCLAIR  
NIGHT OWLS SPLIT IMAGE BAND KRIS KUPE PB  
HOSTS - RONNIE TEE & JAQ - TODAYSCOUNTRY940NE

**26-28 SEPTEMBER 2024  
TEXAS SHOWGROUNDS, QLD 4385**

**BOOK NOW!**  
Scan the QR Code to book your tickets  
or visit <https://tickets.localtix.com.au/outlet/event/6b229b35-5bc9-4d0b-bf74-174d8846d99d>

0469 386 780 @texasoldmusicfestival.com.au @texasoldcountrymusicfestival

Rotary Inverell East

**PRIZE MONEY**  
**\$2000**  
\*PRIZE AWARD FOR OPEN, JUNIOR & BEST ORIGINAL SONG IN OPEN

ENTRIES FOR  
**INVERELL'S GOT TALENT**

WILL OPEN MONDAY, 26TH AUGUST 2024  
Categories: OPEN JUNIOR (GRADES 5-8)

**NOW IS YOUR TIME TO SHINE!**

ENTRIES CLOSE FRIDAY, 4TH OCTOBER 2024

ENTRY FORMS FOR INVERELL'S GOT TALENT ARE AVAILABLE FROM ALL SCHOOLS, TOURISM INVERELL, FACEBOOK & WEBSITE  
WWW.INVERELLEASTROTARY.ORG.AU  
DIRECT ENQUIRIES: TIM NEWBERRY 0427 506 874

AUDITIONS WILL BE HELD ON THURSDAY, 10TH OCTOBER @ WELSH HALL - INVERELL HIGH SCHOOL

# CRYSTALSPIRIT EXPO

RSM CLUB INVERELL

68-76 EVANS ST. INVERELL NSW 2360  
SATURDAY 21ST SEPTEMBER 10.30 TILL 4.30  
SUNDAY 22ND SEPTEMBER 10.30 TILL 3.30

**SAVE THE DATE**

PSYCHIC'S MEDIUM'S TAROT CLAIRVOYANT  
HEALERS CRYSTALS JEWELLERY CANDLES  
WAX ART WANDS  
KIDS FREE ACTIVITIES TABLE

CRYSTALSPIRIT73@GMAIL.COM  
0402 222 650



# Bunbun Ashford Playgroup

A supported playgroup for children aged 0-6 years and their Parents/ carers.

COME AND JOIN THE FUN

- ★ Ashford Preschool 53 Martyn Street Ashford
- ★ Each Friday during the school term from 10am- 12
- ★ All activities and toys provided
- ★ A healthy morning tea provided



## midseason entry

It's not too late to join NAB AFL Auskick. Try it out - 5 weeks for \$55! Registration includes full Auskick pack (ball, beanie/hat, shirt, pump, footy cards)



**INVERELL AUSKICK CENTRE**  
Thursday's at Varley Oval  
Cnr Evans and Lawrence St  
4.30pm - 5.30pm

[play.afl/auskick](http://play.afl/auskick)



## Can we assist you?

The Aboriginal Early Years Program assists Aboriginal children between the ages of 2 to 6 years to access quality, early education.

### Call today

The Aboriginal Early Years Program offers support for the following:

- ✓ Finding school placements
- ✓ Filling in enrolment paperwork
- ✓ Support for child and family
- ✓ Improving school readiness



**Chantelle Paull**  
AEYP Coordinator/Support Worker  
3 Glen Innes Road Inverell NSW 2360  
**0438 421 854**  
chantellep@pathfinders.ngo



Aboriginal Early Years Program



## INVERELL SCOUTS

Located on Glen Innes Rd,  
Next to the Caravan Park

**Joeys/Cubs 5-11 years**  
**Thursday 6.00 – 7.00pm**  
**Scouts/Venturers 12-17 years**  
**Tuesday 6.00 – 8.00pm**  
**Enquiries Jon 0418 463 206**  
**Boys and Girls Welcome**





# Ashford TENNIS CLUB



## MEMBERSHIP

\$50 Adults - \$20 School Children

## SOCIAL TENNIS

\$5 Key Deposit  
(Refundable on Key Return)

\$5 Adults - \$3 Kids

Social tennis starting soon

## HIRE OF COURTS

Contact Maree for arrangements.

President:	Gilbert Fitzhannim	0428 195 501
Vice President:	Mark Thorn	
Secretary:	Maree Akhurst	0438 294 646
Treasurer:	Leza Lockett	0458 404 765

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## ASHFORD SHOWGROUND STATUTORY LAND MANAGERS

**Anyone wishing to book Ashford Showgrounds for an event or simply wanting to contact The Showground Land Managers Trust, please contact the Secretary.**

Secretary/Treasurer: Trevor Tindall  
Ashford Show Grounds Statutory Land Manager  
1276 Wallangra Road, Ashford NSW 2361  
Email: rusty-tin@bigpond.com  
Mobile: 0448 811 813

If the secretary can not be reached , please try David Thompson (President) on 0488 507 824.



# Ashford Servo

**OPEN 7.00AM - 7.00PM  
7 DAYS**

Hot Food ~ Coffee ~ Groceries  
Meat & Veges ~ Lotto ~ Bait  
Phone Credit ~ Bottle Shop

## NUMEROUS SPECIALS ON SNACKS AND DRINKS

CALL 02 6725 4070  
FOR FOOD ORDERS OR ENQUIRIES

26 DUFF STREET, ASHFORD



## Matthew & Sons Drilling Services

Matt has been drilling water bores since he was 10 years old. With 40 years experience and a NSW class 6 licence, he can handle most water bore drilling jobs.

We have 3 drill rigs and are experienced in rotary air, rotary mud, casing advance, cable tool (percussion) for gravels and artesian.

Located in Graman and Inverell

**Call or text Matt 0418 362 968**

**Email:**  
matt@matthewandsons.com.au

**Website:**  
matthewandsons.com.au

ABN: 28 157 677 391



*Campbell & Freebairn*  
**PHARMACY**

ALBURY STREET, ASHFORD  
PHONE 02 6725 4013

ALL HEALTH CARE NEEDS  
DISTANCE DISPENSING SERVICE  
BABY CARE & NUTRITION  
WOUND CARE SUNGLASSES  
HEALTH AND BEAUTY PRODUCTS

**ASHFORD  
COMMUNITY  
CHURCH**



Presbyterian Parish Office 02 6721 0511  
Anglican Office Inverell 02 6722 3179

**CHURCH SERVICES:**

ALTERNATE SUNDAYS AT 9AM AT THE  
PRESBYTERIAN OR ANGLICAN CHURCH

Service held bi-monthly in the Sunhaven  
Activity Room



*Jesus is moving. Jesus is present. Jesus is Lord.*

**ST PATRICKS CATHOLIC CHURCH**

MASS TIMES

3RD SATURDAY OF EACH  
MONTH AT 3.00PM

ENQUIRIES:

SACRED HEART PARISH

INVERELL 6722 1103

FR PAUL CHANDLER ADM

LOCAL CONTACT:

CATHY FOELZ 0427 879 595



**ASHFORD POLICE**

ASHFORD POLICE STATION PH 6721 8320  
INVERELL POLICE STATION (24 HRS) PH 67220599  
EMERGENCY 000 POLICE ASSISTANCE LINE 131 444

**ACCESSING MEDICAL SERVICES IN ASHFORD**

**ASHFORD DOCTOR**  
Dr Abbas Hussein

Saturday Only  
8.00AM : Blood Tests  
8.30am - 3.00pm :  
Appointments  
Phone (SAT): 02 6726 2000

To make appointments please  
phone Campbell and Freebairn  
Ashford on 02 6725 4013.

**CHEMIST**  
Campbell & Freebairn  
Ashford

Open Monday to Friday  
9am - 5pm

Closed for lunch between  
12.30pm and 1.00pm daily.

Drop prescriptions in by  
11.30am for afternoon  
collection after 2.30pm.

**HELPFUL PHONE NUMBERS**  
Community Health Centre Ashford  
02 6726 2030

**Texas Doctor: Dr Abbas Hussein**  
07 4653 1363

**HACC - Ashford Home & Community Care**  
02 6725 4479

**BLOOD TESTS**

Blood tests are conducted every 2nd  
Thursday at Community Health.  
Phone 02 6726 2030

# Duncan Coole PAINTER & DECORATOR BUILDING MAINTENANCE

*Repaint Specialist*



- Wall Papering
- Renovations
- Commercial
- Residential
- Insurance

**Ph: 0428 437 848**

Lic No: 158982C NSW Lic No 1104272 QLD  
ABN: 69 041 866 798



## ASHFORD MEMORIAL BOWLING CLUB

CATERING ON THURSDAY,  
FRIDAY AND SATURDAY NIGHTS

**FRIDAY NIGHTS | DINNER**

5.30PM - 8.00PM

**SATURDAY | LUNCH & DINNER**

12.00PM - 2.00PM AND 5.00PM - 8.00PM

**SUNDAY | LUNCH**

12.00PM - 2.00PM

EFTPOS AVAILABLE  
BOOKINGS FOR LARGE GROUPS DESIRABLE

**PHONE**  
**6725 4441 OR 6725 4202**

WWW.ASHFORDBOWLING.CLUB  
OFFICE@ASHFORDBOWLINGCLUB



**JCS**  
RURAL CONTRACTING



**SERVICES INCLUDE:**

- Direct Drill Planting
- Slashing
- Boom and Spot Spraying
- Offset Disc Ploughing
- Earthmoving
- Stock and General Freight
- Contract Fencing



**CONTACT JASON**

0429 184 730

jasnic988@bigpond.com

ABN: 42 843 421 019

## ALANA'S TRASH & TREASURE ASHFORD



All money raised will be distributed  
back into the community.

Donations of household and various  
items welcomed.

**OPEN TUESDAY & THURSDAY**

10.30AM - 3.30PM

**SATURDAY**

10.30AM - 1.00PM

Enquiries: 0423 348 419

Looking forward to your support in the future!



## MEAT PIE RECIPE

### Ingredient List:

- 1 medium potato, peeled and cubed
- ½ pound ground beef
- ½ pound ground pork
- ½ cup chopped onion
- ⅓ clove garlic, chopped
- ½ teaspoon mustard powder
- ½ teaspoon dried thyme
- ¼ teaspoon dried sage
- ¼ teaspoon ground cloves
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup water
- 1 (15 ounce) package refrigerated pie crusts



### Method:

- Gather all ingredients. Preheat the oven to 425 degrees F (220 degrees C).
- Place potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 5 minutes.
- Drain, mash, and set aside.
- Meanwhile, crumble ground beef and pork into a large saucepan. Add onion, garlic, mustard powder, thyme, sage, cloves, salt, and black pepper. Stir in water. Cook over medium heat, stirring, until meat is evenly browned.
- Remove from the heat and mix in mashed potato.
- Ease one pie crust into a 9-inch pie plate. Fill with meat mixture, then top with the remaining pie crust.
- Trim any excess dough, then crimp the edges with the tines of a fork to seal.
- Prick top crust a few times with a knife to vent steam. Cover the edges of the crust with aluminium foil.
- Bake in the preheated oven until crust is browned, about 25 minutes.
- Serve with Salad.



If you or someone else needs immediate help – call 000

**Additional Support Services**

- Life Line** – 13 11 14  
24/7 confidential crisis support
- NSW Mental Health Line** – 1800 011 511  
24/7 telephone assessment & referral
- Beyond Blue** 1300 224 636  
24/7 mental health counselling, support and referral
- Alcohol & Drug Information Service**  
1800 250 015 (24/7)  
Information, support referral & counselling on drugs and alcohol
- Kids Helpline** (24hrs)  
Young people 5-25 years old
- Suicide Call Back Service** 1300 659 467  
24/7 telephone support & counselling for anyone affected by suicide
- Men's Helpline** 1300 789 978  
24/7 information & referral service for men with family and relationship concerns



**Health**  
Hunter New England  
Local Health District

**Referral**

**It's Easy....**

**You just phone or email yourself**

(If you are phoning for someone else, just check it is O.K first)

**0477 322 851**

Monday to Friday 8.00am – 4.30pm

(After hour calls welcomed – just leave a message and Farmgate staff will return your call the **next working day**)

**Email**

[HNELHD-FarmgateSupport@health.nsw.gov.au](mailto:HNELHD-FarmgateSupport@health.nsw.gov.au)

Your local Farmgate support worker:

**Farmgate Support Program**



**Free**  
**We Travel To You**  
**Confidential**

**Who Can Get Help**



Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

Contract/seasonal workers

The Farmgate Support Program provides **free** emotional and mental health support to people living and working in rural & remote communities



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances

**We Will Travel To You**



Visits can be arranged on your farm, home or place of business OR any other place of convenience like your favourite coffee shop

