



# ASHFORD CENTRAL SCHOOL NEWSLETTER

9  
May  
2025

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## AROUND THE SCHOOL



## UPCOMING EVENTS

### TUE MAY 13 & FRI MAY 16

Life Skills Go - Wellbeing Day K-12

### WED MAY 14

Regional Careers Expo - Tamworth

### THU MAY 15

Primary GRIP Leadership

### THU MAY 15

UNE Farming Futures Program

### WED MAY 21

CS Secondary Touch - 16s

### MON MAY 26

Primary Zone Touch Trials - Inverell

### TUE MAY 27

Healthy Harold

### FRI MAY 30

Primary Zone Cross Country

### TUE JUN 3

ACS Athletics Carnival

### THU JUN 12

NW Primary and Secondary Cross Country Trials

### FRI JUN 13

Inverell Careers Expo



02 6725 4101



Ashford Central School



51 Martyn Street, Ashford NSW 2361



[ashford-c.school@det.nsw.edu.au](mailto:ashford-c.school@det.nsw.edu.au)



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





# SCHOOL UPDATE

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## FROM THE PRINCIPAL

Welcome back to Term 2. Our staff began the term with two days of teacher learning. The days were a mix of lesson preparation, CPR and anaphylaxis refresher courses and a large focus on improving strategies to support our high potential and gifted students; focusing on the four domains of academic, creative, physical and social & emotional. This learning prompted some great thinking, discussion and plans going forward to support all of our students.

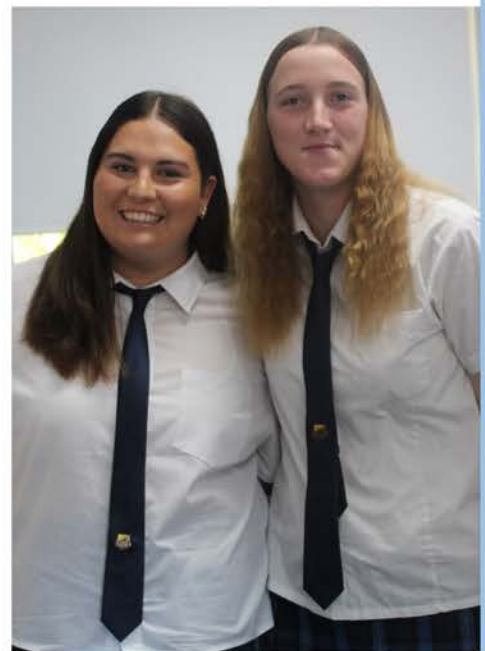
Our students were welcomed back to school on Wednesday 30th April with the week becoming quite busy with school photos and an excursion opportunity for our Year 9 to 12 students to attend the University of New England Open Day.

The UNE Open Day saw a bus full of our students attend the university in Armidale for the day. Students were given maps and session times to navigate their way around and find courses and activities of interest. Thank you to Mrs Sargeant for supporting our students on this day with an early start and late finish. Your efforts are appreciated.

On Tuesday this week, students from Year 7 and 8 who chose to participate had the opportunity to meet with Mick Cutler from Gideons Australia, have a discussion and receive a bible. Thank you to Mick for making himself available to speak with our students.

Yesterday we held our annual Cross Country event at the Ashford Golf Club. All students from Kindergarten to Year 12 participated in their respective events. It is always a pleasure to see our older students supporting our younger students through these events. It makes me immensely proud to see these moments and the joy it brings to see the photos and the smiles on their faces. Well done to all of the students who won their events, it will be great to see if they make qualifying times for the next level of competition. A giant thank you to Mrs Alexander for her organisation of the day.

Yesterday our Ashford Central School Parents and Citizens Association held their first meeting for the term at the Ashford Bowling Club. This is a great opportunity for families to contribute to the school and assist with fundraising opportunities that arise throughout the year. If you are interested in attending, please keep an eye out for upcoming dates in our 'What's On'.





Today we held a Mother's Day High Tea in the playground at the school. It was lovely to see so many community members attend the event as we celebrated all of the amazing things that our mothers do in our lives. We are thankful for their contributions, their selflessness and the joy that they bring us. Special thanks to Miss Mackay who lead the production of all the amazing food that was served on the day.

Today our STUDEC Leaders also held the 'Do It For Dolly' day. They sold cakes, braided hair, played games, painted faces and shared the positive message of the importance of friendship and community. We are proud of their efforts in putting together a fabulous day for our students. Thank you to Mrs Grabham, Mrs Blake, Mrs Foelz and Mr Cowley for their efforts in supporting our STUDEC leaders.

As always, if you would like to arrange a time to meet with your child's teacher, please feel free to contact the front office to make a suitable time to meet with them. We always value your input into your child's learning and share the same goal of seeing them succeed.

Mr Wrobel and Mrs Alexander

## 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 - Jason Whalley, Arya Green, Cody Morley







## **LEXI MARTINEZ SHINES IN YEAR 12 ACADEMIC SUCCESS**

Ashford Central School is proud to celebrate the outstanding achievements of Year 12 student Lexi Martinez, who has demonstrated exceptional academic performance across a range of subjects recently for her HSC. Lexi has excelled in her latest assessments, achieving 92% in English, 88% in Mathematics, 92% in PDHPE, an impressive 96% in Biology, and a remarkable 97% in Earth and Environmental Science.

Lexi's dedication, focus, and commitment to her studies exemplify the high standards and academic opportunities available at Ashford Central School.

As part of our senior curriculum, the school offers a diverse range of academic pathways, including access to distance education subjects—ensuring that every student can pursue their individual interests and goals.

Congratulations to Lexi on her exceptional results and continued commitment to excellence!







## **CREATIVE ARTS TERM 1**

### **STUDENTS BECAME AUTHORS AND ILLUSTRATORS**

During term 1, year 3 to 6 students embarked on an exciting journey into the world of storytelling and illustration through a Creative Arts project, producing a book. Inspired by the rhythmic and repetitive style of *There Was an Old Woman Who Swallowed a Fly* by Pat Adams, each student created their very own illustrated book, showcasing both their writing and artistic talents.

Throughout the project, students developed their literacy skills by crafting imaginative stories that featured repetition, rhyming words, and building narrative tension. They engaged in the full writing process—planning, drafting, editing, and refining their work—before bringing their stories to life with vibrant illustrations. In addition to being authors, students stepped into the role of illustrators. They explored a range of artistic techniques to design characters, settings, and key story elements. The result was a collection of colourful, detailed pages that visually complemented their storytelling. The project also nurtured creative and critical thinking, encouraged collaboration, and fostered problem-solving skills. Students reflected on their progress, built confidence in discussing their work, and celebrated the experience of sharing their finished books with others.

Through this hands-on learning experience, students not only produced their own illustrated books but also gained valuable insight into the creative process. They discovered the powerful connection between words and images—and how, together, they can tell an incredible story.

This engaging project highlighted the joy of learning and creating, helping students grow as readers, writers, and artists. Families are encouraged to enjoy their child's illustrated book together at home—reading and sharing their wonderful creations. We are incredibly proud of each student and all they have achieved!

Mrs McIntyre







## UNE OPEN DAY

Students from Years 9-12 attended the University of New England's Open Day in Armidale on Friday, 2nd May. The students had the opportunity to explore campus life through guided tours of academic facilities, including the Natural History Museum, and could participate in virtual reality experiences and science demonstrations. Students also engaged with lecturers and current students to learn about courses, scholarships and early entry pathways. This immersive experience provided valuable insights into university life and future study options.



## AFTER SCHOOL SEWING

After school sewing is back for term two and already busy sewing beautiful items !!







## TERM 1 REWARDS DAY

Term 1 Rewards Day took place at the school grounds with a fun Slippery Slide activity, and then a relaxing movie. The kids had lots of fun, laughter and sun !!







## ANZAC DAY 2025

ANZAC Day events took place on Friday, 25th April, starting with an ANZAC Day Dawn Service at the Ashford pool, and continuing with an ANZAC Day March along Albury Street, and an ANZAC Day Service at the school's hall.

We would like to thank the P&C for their continuing support in organising and running ANZAC Day events.







## BACK TO ASHFORD REUNION

Back to Ashford Reunion was a huge success!! Over 250 People attended, and It was wonderful to see so many old and new faces coming into town and enjoying the many events, exhibitions, school tours, trivia night, Easter egg hunt, street stalls, music and the different delicious foods that were offered !!! Thank you to Rosemary Gordon, Leeanne Vickers and everyone else who planned, organised, helped and participated in the event, it was indeed a weekend to remember.







# ASHFORD REUNION

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# ASHFORD REUNION

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## ACS CROSS COUNTRY CARNIVAL

ACS Cross Country Carnival took place on Thursday, 8h May at the Ashford Golf Course.  
Congratulations to the following winners:

Primary Minor Boy Champion : Jaxon Charles  
Primary Minor Girl Champion: Ruby Taylor  
Primary Junior Boy Champion: Thomas Grabham  
Primary Junior Girl Champion: Savarnah Batty  
Primary 11 Years Boy Champion: Jacob Hillhouse  
Primary 11 Years Girl Champion: Mae Doney  
Primary Senior Boy Champion: Johnathan Hillhouse  
Primary Senior Girl Champion: Amelia Murphy



Secondary Junior Boy Champion: Sam Baker  
Secondary Junior Girl Champion: Kaleia MacDonald  
Secondary Senior Boy Champion: Stuart Bradley  
Secondary Senior Girl Champion: Lilly Taylor  
Secondary Opens Boy Champion: Flynn Cook  
Secondary Opens Girl Champion: Tiarnie Batty

### House Points:

Macintyre - 134  
Fraser - 128  
Severn - 105











## TOP SCHOOL ATTENDERS

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

CONGRATULATIONS!

Kymarni ALLEN	Ella GRABHAM	Tyler SCHUMANN
Heath ANTAW	Thomas GRABHAM	Kyson SHORT
Lincoln ARCHER	Allakae-Jet HILLHOUSE	Terry STEVENS-DREW
Tiarnie BATTY	Jacob HILLHOUSE	Nina SUNDERLAND
Duke BEVERIDGE	Johnathan HILLHOUSE	Harriette THOMAS
Theo BOYD	Leonard IRVING	
Stuart BRADLEY	Kytiana IRVING	
Tyrus CHARLES	Letti IRVING	
Kurt CHARLES	Lucas MACKAY	
Flynn COOK	Jack MACKAY	
Duncan CRAFAR	Lexi MARTINEZ	
Lillie-Anne DELL	Hailee-Mae MURPHY	
Izaiah DEVER	Jack MURPHY	
Adam DONEY	Mia MURPHY	
Mae DONEY	Colt MURPHY	
Joy DONEY	Sophie RODDA	
Ethan ELPHICK	Xavier ROLLINSON	
Bailey FOELZ	Bonnie SARA	

## 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  
14/5, 28/5, 11/6, 25/6

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



## Good for kids good for life



### Screen Free Week

Get involved in the global event during the first week of May and step away from screens for recreation.

It's a great opportunity to spend time doing things that don't involve technology, like being active, learning new hobbies, and enjoying family time.

During Screen-Free Week, we encourage students and families to:

- 1 Play outdoor games or sports
- 1 Explore nature and enjoy the outdoors
- 1 Learn a new dance
- 1 Spend quality time with family, like having a board game night or going for a walk
- 1 Try a new hobby, like drawing, cooking, or crafting



Hunter New England  
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.





## STAR TICKET CANTEEN VOUCHER WINNERS

### CONGRATULATIONS

<b>Kinder</b>	Nina Sunderland	Kyson Short
<b>1/2</b>	Ruby Taylor	Allakae-Jet Hillhouse
<b>3/4</b>	Emmily Morley	Joel Dehn
<b>5/6</b>	Jacob Hillhouse	Thomas Grabham
<b>Secondary</b>	Cody Young	Sam Baker

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

Kash Wilde  
Alaynah Archer  
Lincoln Archer  
Tyrus Charles  
Ethan Elphick  
Adam doney  
Mae Doney  
Ella Grabham  
Thomas Grabham  
Johnathan Hillhouse  
Xavier Rollinson  
Jaco Hillhouse  
Allakae-Jet Hillhouse  
Tyler Schumann  
Scarlett Halloran  
Kyson Short

### SECONDARY

Joe Beveridge  
Duke Beveridge  
Sam Baker  
Hunter Irwin  
Gloria Crafar  
Duncan Crafar  
Kurt Charles  
Joy Doney  
Tayla Stevens  
Brendon Schneider  
Dridan Stanley  
Claye Lavender  
Bailey Foelz  
Tiarnie Batty



Happy Birthday to our students who celebrated their birthday recently:

Tayla Stevens  
Mahalia Allen  
Indigo Batty  
Michayla Schneider  
Axel Ryan  
Jacob Hillhouse  
Brendon Schneider  
Ruby Taylor  
Nina Sunderland  
Hunter Irwin



# ASHFORD CENTRAL SCHOOL CANTEEN MENU

Term 2, 2025



## SANDWICHES

Cheese or vegemite or jam	\$3
Chicken or ham or egg	\$4
Egg and lettuce	\$5
Chicken, lettuce + mayonaise	\$5
Chicken or ham + salad	\$6
Toasted cheese	\$4
Toasted ham + cheese	\$4
Toasted spaghetti	\$4

## WRAPS

Chicken, lettuce and mayonaise	\$5
Chicken or ham + salad	\$6
Chicken caesar salad	\$6

## HOT FOOD

Cheese Muffin	\$1.50
Muffin pizza	\$2
Fried Rice	\$4
<b>NEW</b> Cheesy pasta	\$4
Cheeseburger - Small	\$4.50
Cheeseburger - Large	\$6
<b>NEW</b> Chicken tender slider	\$4.50
<b>NEW</b> Pumpkin soup	\$4.50
<b>NEW</b> Chicken noodle soup	\$4.50
+ bread & butter (2) with soup	\$2
Spaghetti bolognese	\$5
Taco bowl with corn chips	\$5.50
Chicken korma & rice	\$6.50
<b>NEW</b> Butter chicken & rice	\$6.50
Hamburger	\$7
<b>NEW</b> Lasagne	\$7

## SALADS

Garden Salad	\$4.50
Garden Salad with chicken or ham	\$6.00
Chicken caesar salad + egg	\$6.00

## SNACKS

Banana, Apple or Mandarin	\$1
Seasonal Fruit Cup	\$1
Custard	\$1
Yoghurt - berry or vanilla	\$1
Pikelet and jam	\$1
Fruit Cake	\$1
Brownie	\$1.50

## SPECIALS

Wednesday - sushi	\$4
Thursday - Hot dog	\$5
Friday - Plain pie	\$5.50
Sauce - BBQ or Tomato	50c

## DRINKS

200ml 100% Juice Popper	\$2
300ml water	\$1
600ml water	\$2
300ml strawberry milk	\$2
300ml chocolate milk	\$2
Smoothie - berry or mango or banana	\$5

## DRINKS - SECONDARY ONLY

500ml strawberry milk	\$3.50
500ml chocolate milk	\$3.50
500ml vanilla malt milk	\$3.50
500ml caramel milk	\$3.50

- EFTPOS AVAILABLE
- ORDER ONLINE VIA SENTRAL APP (OPTIONAL)
- ORDERS MUST BE PLACED BY 9.00 AM EACH DAY



# DIGITAL NOTES

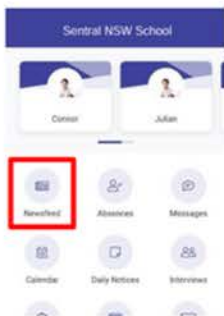
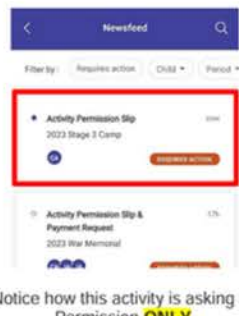


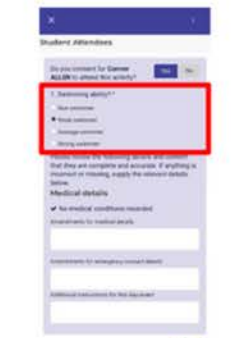
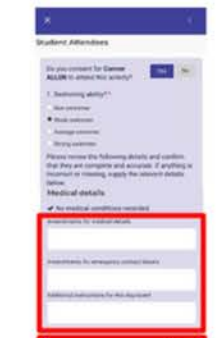
## ARE HERE!

## SO SIMPLE

Ashford Central School has introduced digital permission notes. No more lost notes and phone calls when children forget to return their permission notes. Providing permission using the Sentral Parent App is easy and only takes a moment.

To ensure you notice when digital notes appear in the Parent App, please ensure you have enabled notifications in your phone settings.

We trust all families will work towards using digital permission notes, saving everyone time and a lot of paper wastage and printing costs! If you need any support in using the App or setting it up, please contact the school office for assistance.

<p>1. Open the <b>Sentral for Parents</b> App and click on the <b>Newsfeed</b> tile.</p> 	<p>2. Search for the Activity you wish to give permission for and click on it.</p>  <p>Notice how this activity is asking for Permission <b>ONLY</b>.</p>	<p>3. Read through the information provided carefully.</p> 
<p>4. Scroll down to the bottom of the screen to give your consent.</p> 	<p>5. IF the school has requested for questions to be answered, please provide responses.</p> 	<p>6. Add any important amendments to your <b>contact details</b> or your child's <b>medical details</b> for THIS ACTIVITY ONLY and click <b>Submit</b>.</p> 

***This quick guide shows parents how to provide permission via the Sentral Parent App.***

***Also remember that absences, future absences and payments can all be made via the Sentral Parent App as well.***

# SAVE TIME MONEY & PAPER

**AVOID  
UNNECESSARY  
PHONE CALLS  
ABOUT MISSING  
NOTES**

## REMEMBER YOU CAN ORDER SCHOOL LUNCHES VIA THE APP AS WELL!





**SUNDAY 11TH MAY**



## RIDDLE

### *Of the Week*

What has one eye, but can't see?

Answer on the back page

## UPCOMING COMMUNITY EVENTS

### **SUN MAY 11**

New England Soloist Autumn Concert.  
2:30pm at the Inverell Art Gallery

### **THU MAY 15**

Fresh produce pop-up shop, supplied by Foodbank  
NSW & ACT, and Joblink Plus.

Starting 8:30am at the Joblink Plus carpark, 184  
Sweaney Street, Inverell

### **SAT MAY 17**

The Big Chill Festival, Armidale Showground

### **SUN MAY 18**

Sapphire City Markets, Inverell

### **SUN MAY 25**

Inverell & District Lapidary Club Open Day  
10:00am- 3:00pm at the Inverell & District Lapidary  
Club, Mcilveen Steet, Inverell

### **FRI MAY 30**

Rural Women's Lunch, including guest speakers  
10:30am start at the Delungra Sports Ground

### **SUN JUN 1**

Sapphire City Markets, Inverell

### **SUN JUN 8**

Myall Creek Massacre Memorial gathering  
9:00am-1:00pm

### **SAT JUL 5**

Orange Festival 2025  
Maitland Street, Bingara

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](mailto:ashford-c.school@det.nsw.edu.au)



The Inverell Music Appreciation Group Inc proudly presents ~

*The New England Soloists At -*

## The GALLERY AUTUMN CONCERT

2.30 pm, Sunday 11th May, 2025,  
Inverell Art Gallery 5 Evans Street, Inverell

A varied programme of classical music  
including works by Handel, Haydn, Quilter,  
de la Guerre, Elgar and Beach



Matthew Ardern -  
piano/harpsichord

Joanna Fairs-Wu -  
violin



Rob Manley - cello



Hester Wright - soprano



Tickets @ \$25 per person, \$5 each for 18yr old and under,  
including afternoon tea.

Tickets can be purchased at the door.

Check the Inverell Music Appreciation Group Facebook Page



JOBLINKplus

## Inverell

### Foodbank NSW & ACT and Joblink Plus FRESH PRODUCE POP-UP

Supplying free food and veggies  
for people in need.

**THURSDAY 15TH  
MAY @ 8:30AM**

**JOBLINK PLUS  
CARPARK  
184 SWEANEY  
STREET**

Come along and fill your reusable  
bags with fresh produce.



Inverell & District Lapidary Club Inc.  
(Est. 1961)

## OPEN DAY

25 May 2025

10:00 am — 3:00 pm

End of McIlveen Street, INVERELL

### Items for Sale

Local handcrafted jewellery - Miscellaneous Books  
Rough Gem Stones & Rocks - Cut Rocks & Gem Stones - Shells

### See Our Club Displays

Gem Stones - Rocks - Minerals - Fossils - Shells

### Watch Demonstrations

Slab Cutting - Faceting - Cabochon - Designing and polishing

### Activities

Rock Painting

### Food and Refreshments (Open Day)

(\$3) Morning Tea - Tea, Coffee, Sandwiches, Cake and Scones  
(\$5) BBQ Lunch - Sausage, Rissolis, Onion and Coleslaw

### Join Our Club

(\$30) Joining Membership Fee  
(\$10) Per day for access to machines during opening hours

## THE BIG CHILL FESTIVAL

### LIVE AND LOCAL

**SATURDAY 17 MAY '25**

**ARMIDALE SHOWGROUND**

**THE CHAM CHAM  
SOMETHING ABOUT MIDNIGHT  
OH MA SOUL • MORGAN TUCKER  
JESSIE MAY • BLAKK DYNASTY  
SIDE BY SIDE CHOIR  
AND THE GOOD NOTES**

ARMIDALE  
Regional Council





# RURAL WOMEN'S *Lunch*

A social day celebrating and connecting rural women together



**GUEST SPEAKERS**



**FREE EVENT**

**FRIDAY 30<sup>TH</sup> MAY 2025 10AM (10.30AM START)  
DELUNGRA SPORTS GROUND – GWYDIR HWY**

**GUEST SPEAKER:**  
Marlene Brewer and dog Hudson (From recent season of ABC Muster dogs)

Marlene and Hudson will be doing a demonstration for participants

**RSVP:**  
**EMAIL:** lee@gwymac.landcare.net.au  
**PHONE:** 6721 4398

**LUNCH TALKS INCLUDE**

- Marlene Brewer
- Kylie Hawkins  
Glen Industries
- Susan Hendry  
Native Angus Beef
- Sharyn  
Wyoming Lavender

**MORNING TEA** will be provided by CWA Delungra Branch

**LUNCH CATERING** is passionately provided by Glen Industries, a not for profit social enterprise supporting employment and skill development for people with disability, in collaboration with the Danthonia Community along with their two Year 10 culinary students, who in April were awarded the prestigious Silver Medal in the 2025 Secondary Schools Culinary Challenge in Sydney.

**LUNCH** featuring Native Angus Beef

# BINGARA *orange* festival

Bingara, Now and Then

**SATURDAY 5 JULY 2025**  
**10am | Street Parade 2pm**

MEMPHIS MOOVERS | SWING KATZ | VINTAGE CAR DISPLAY | MARKET STALLS  
*Rodeo* | AMUSEMENT RIDES & ATTRACTIONS | FOOD TRUCKS  
TOURS OF THE ROXY THEATRE AND *Happy Days Theme*



Bingara, NSW

GWYDIR

For further event details, local attractions and accommodation visit [www.visitgwydir.com.au](http://www.visitgwydir.com.au)

# 25TH ANNIVERSARY MEMORIAL GATHERING



## Myall Creek Massacre Memorial

Sunday 8 June, 2025  
9am–1pm  
June Long Weekend  
[myallcreek.org](http://myallcreek.org)

**Dhiirranhi ngiyani ganunga**  
WE REMEMBER THEM







*Stuart's*

# **FIREWOOD**

**7 X 4 BOX TRAILER  
SPLIT IRONBARK  
STACKED LOAD**

*Includes a free bag of pine kindling*



**PHONE  
0400 141 548  
FOR ENQUIRIES**

**\$150  
PER LOAD**

**DELIVERED TO ASHFORD**



 **AT THE ASHFORD RURAL TRANSACTION CENTRE**

Organised by Ashford Rural Transaction Centre

**EVERYONE  
WELCOME****WEDNESDAY 2.30- 4.30PM****OPENING HOURS**

The Villiage Table is open at the Ashford Rural Transaction Centre every Wednesday between 2.30pm and 4.30pm.

**LOW COST GROCERIES**

With the ever increasing cost of living, why not give your household budget a helping hand and utilise some of the low cost groceries available every week.

**FREE FRESH FOODS**

In addition, a selection of fresh food such as fruit, vegetables, breads and baked treats are available each Wednesday. Whilst the selection of fresh foods varies from week to week, there is always a good variety. Fresh foods are free if you purchase a low cost grocery item, or available for a gold coin donation otherwise. You can fill a bag for \$5!

**HOMEMADE PRE-COOKED MEALS**

The Villiage Table also cooks meals using fresh produce. Enjoy a night off cooking and support this community service by purchasing a ready-made home cooked meal.

**SUPPORT  
LOCAL**



 AT THE ASHFORD RURAL TRANSACTION CENTRE



# LOW COST GROCERIES

EVERYONE WELCOME

This is just a sample of the many products available in store.

**WEDNESDAY 2.30- 4.30PM**



**Coconut Milk**  
150g  
**\$1**



**Corn Flakes**  
890g  
**\$4.50**



**Biscuit Varieties**  
Chocolate or  
Custard Creams  
**\$1.50**



**Uncle Tobys Cheerios**  
450g  
**\$1**



**Vetta Pasta Varieties**  
Spaghetti or  
Macaroni  
**90c**



**Tea**  
Black, Peppermint  
or Lemongrass  
**\$2**



**Potatoes**  
Brushed  
**Gold Coin Donation or FREE with any grocery purchase**



**Leggo's Sauces**  
Various Flavours  
**\$1.50**



**Chicken Tonight**  
Butter Chicken or  
Honey Mustard  
Chicken  
485g  
**\$1.50**





**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 Luckett	0458 404 765

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**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:**

EVERY 3RD SATURDAY  
3:30PM

### 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 Coote*  
**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

# ADVERTISING SPACE

(FEES APPLY)



## 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

## 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!





## FLAVOURS FROM EASTERN EUROPE

### RUSSIA



#### CABBAGE MEATBALL SOUP

##### Ingredient list:

- 10 - 12 cups water
- 3 potatoes peeled and chopped (about 2 ½ cups)
- ½ cabbage head shredded
- ½ - 1 Tablespoon butter or oil (to sauté veggies)
- 1 large onion chopped
- 2 carrots peeled and julienned or grated
- 2 celery stalks sliced
- 2-4 garlic cloves minced
- 2-3 tomatoes seeded and chopped (juice reserved)
- 2-3 mini bell peppers or ½ of a large bell pepper, julienned

##### Meatballs:

- 1 lb ground chicken or ground turkey, ground pork, ground beef
- ⅓ cup panko bread crumbs
- ¼-1/3 cup milk - just enough to cover the breadcrumbs
- 1 ½ Tablespoons sour cream
- ½ small onion grated, or finely minced and sautéed until cooked through
- 1 garlic clove optional (grated with the onion or minced) (you can use ½ teaspoon of garlic powder instead)
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon dry herbs and spices

##### To Serve:

- 1 Tablespoon fresh herbs minced (dill, parsley, green onions)
- Sour cream to serve with the soup, optional

##### Method:

- Prep the veggies: Shred cabbage, chop potatoes, dice onions, slice celery, cut carrots and bell peppers into matchsticks, and dice tomatoes (reserve juice).
- Make meatballs: In a bowl, mix ground meat with meatball ingredients. Form into meatballs. (Can prep ahead or while veggies cook.)
- Cook aromatics: Heat butter or oil in a large pot over medium heat. Add onions, carrots, and celery. Season with salt and pepper. Sauté 6-8 minutes until tender.
- Add peppers, tomatoes, and garlic: Stir in bell peppers, tomatoes (with juice), and garlic. Season and cook 5 minutes.
- Add water and bring to a boil: Pour in water, bring to a boil. Season broth to taste and add bay leaves (optional).
- Simmer potatoes: Add potatoes and simmer for 5 minutes.
- Add cabbage and meatballs: Stir in shredded cabbage and meatballs. Simmer 5-10 minutes until meatballs are cooked and vegetables are tender.
- Serve: Garnish with fresh herbs (dill, parsley, or green onions). Optional: Serve with a dollop of sour cream





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

