



ASHFORD CENTRAL SCHOOL NEWSLETTER

6
June
2025

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AROUND THE SCHOOL



UPCOMING EVENTS

THU JUN 12

NW Primary and Secondary Cross Country Trials

THU JUN 12

P&C meeting at the Ashford Bowling Club starting at 4:00pm

FRI JUN 13

Inverell Careers Expo

MON JUN 16 - WED JUN 18

TVET Animal Care - Tamworth

TUE JUN 17

After School Sewing for Charity

WED JUN 25

STUDEC PJ Disco

TUE JUL 1

After School Sewing for Charity

WED JUL 2

Principal's Assembly and Community Lunch

FRI JUL 4

Term 2 Rewards Excursion

FRI JUL 4

Last Day of Term 2



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

Yesterday I had the absolute pleasure of attending our annual athletics carnival. It was so great to see so many of our parents, carers and community members in attendance to cheer on and support our students, as they pushed themselves to achieve great results. It was also exciting to see that we had a number of school records broken on the day. Congratulations to our overall champions and we hope to have a number of students qualify for the next rounds of competition later in the term.

A large thanks go to Mrs Alexander for her overall organisation of the day. With special thanks to Tony our groundsman, Joel our farm assistant, Trudy our canteen assistant, Shano our AEO and Miss MacKay our SAM for their additional work to make the day a great success. Thank you to all of our staff who supported our students throughout the day to make it so successful. All of your efforts are greatly appreciated.

Last Tuesday our K - 6 students had their annual visit from Life Education (Healthy Harold Van). They participated in lessons linked with their class learning around topics such as, healthy eating, healthy lifestyles, positive relationships and body systems. This is a fabulous opportunity for our students to have expert teachers to support their learning.

Last Thursday afternoon in the lead up to our athletics carnival, students had the opportunity to compete in the 1500m race. It was great to see a number of students turn up to try their best at this event. All of the students tried their best and finished the race with a smile. Well done to all of the students who competed in this event.

Last Friday, our primary students who qualified for Zone Cross Country travelled to Bingara to race against other students from across the region. Well done to all of the students who turned up for the competition. We are very proud of your efforts. Thank you to Mrs Thibault for being their on the day as our staff representative.

Last Friday our community said goodbye to an icon. Mrs Hills' funeral was held in the school hall. Her family has supplied a fitting tribute later in the newsletter. Thank you to our school community for your support of our minimum supervision arrangements that allowed our staff to pay tribute to her life and contribution to our school and community.

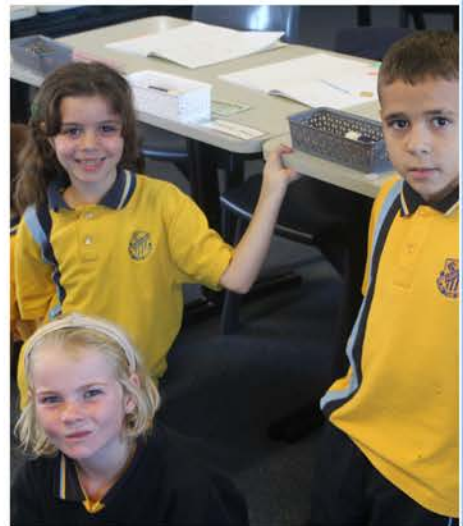


On Monday, our student leaders held an assembly to pay tribute to National Sorry Day and Reconciliation Week. They ran a great assembly informing our school community of the significance of the week and how we can work towards mending relationships and forging a strong and harmonious community. The assembly was followed by a community sausage sizzle. Thank you to all of our students, community members and staff who attended, your participation is greatly appreciated.

Thank you to Mrs Luckett and her amazing team of helpers who ran After School Sewing again this week. It was also great to see some extra participants turn up as they work towards their Duke of Edinburgh award, by gaining service hours to the community. Well done to everyone involved, this is an amazing community project that teaches our students the power of giving.

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.

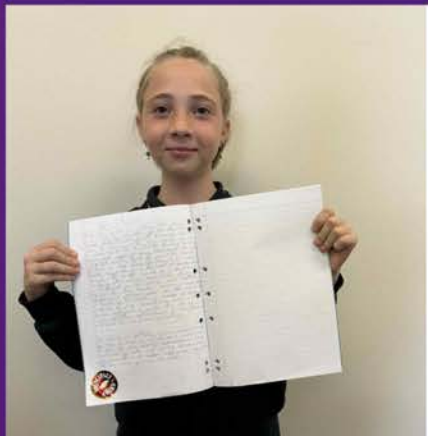
Mr Wrobel





PRINCIPAL'S SPOTLIGHT

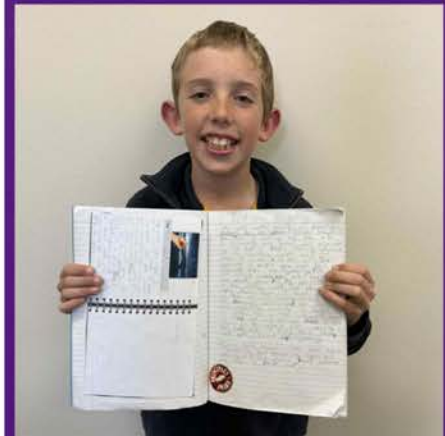
Each fortnight teachers have been asked to send students with great learning growth or an exceptional piece of learning to my office for positive reinforcement. When students arrive, we discuss what they were learning, why they think they were chosen by their teacher and how good it makes them feel to 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:



INDIGO BATTY



MAE DONEY



THOMAS GRABHAM

YEAR 7 FOOD TECHNOLOGY

Year 7 Food Technology students, were busy making and eating a delicious Tex Mex Chicken Burgers and a Heavenly Blueberry Smoothie, as part of their Class Choice Practical.



IN REMEMBRANCE OF DENISE MARIA HILLS

CONTRIBUTED BY THE FAMILY OF MRS HILLS

**"NOW CHILDREN
LET'S START AT THE VERY BEGINNING.
A VERY GOOD PLACE TO START....."**

***LIFE WITH DENISE HILLS WAS SOMETIMES
LIKE THE SOUND OF MUSIC.***

Oliver Wendell Holmes, a teacher and author from the 19th century, said, "Alas for those that never sing, but die with all their music in them."

Denise Hills did not die with all her music in her, she shared her talent, her love and her music. She always sang. She sang with her children, her friends, with choirs and the community. For those who received the gifts she shared, were truly blessed!

Her life was a blessing!



MRS HILLS 1940 - 2025

"If School walls could talk, there would be a thousand and one stories about an extraordinary woman. Mrs Denise Hills was a remarkable person. An educator, a keeper of local knowledge, a mother, a wife, friend, staunch supporter of her community and strong in her faith.

She was a mentor to many teachers (including a former Kindergarten student who became her School Principal...Michael Lewis). Her teaching style combined compassion with common sense and a love of imparting knowledge, even if it had to be at times drummed into a reluctant audience. She had the knack of giving each child the right amount of encouragement to foster confidence for their continued learning." (Jacquie Hahn, 2025).

Laurie and Doris (OAM), Coleman had four children. Denise Maria was the eldest, then Martin, Walter and her youngest brother Gilbert. As Denise was born during the 2nd World War, one of her earliest memories was being lifted up onto a bar by her father in a pub, as she sang to loud cheers of celebration as the war ended.

Denise received scholarships throughout her school years. The first was to a convent in Gunnedah and at age 9, she left the family for boarding school. It was here that she saw the real Von Trap Family after they'd escaped the Nazi's in Austria before their story was turned into The Sound of Music.

It was here Denise also gained a good command of language, learning Latin and French. This would also help her later in her teaching career, when teaching the Ashford School Choir to sing Italian Songs.

A love of music had always been fostered by her mother, who loved to sing. Denise and her mother, had a strong bond, a bond that shaped Denise's strong faith in God, her fierce protection and loyalty to family and a deep sense of responsibility for community.



While her own family was so instrumental in Denise's life, perhaps it was the Von Traps that planted the seed for her to have her own family of singers and after another scholarship, this time to Teachers college in Armidale, she got her first teaching job at Ashford. She met and fell in love with Cecil Hills, got married and had four children, Deanna, Michael, Nicholina and Pauletta.

Years ago, after her retirement, Denise was asked to speak at a function for International Women's Day to share stories of her life and career. In Denise's own words she tells us how she was feeling about those times that changed her life.

"In 1957, I accepted a scholarship to attend Armidale Teachers College. In those days, when a scholarship was accepted, each student was bonded for 5 years. Under the terms of the bond, we could not marry, fall pregnant or get in trouble with the law. It also meant we had to go wherever the department sent us for at least three years. If we failed any of the requirements, we were dismissed and the scholarship was to be paid back in full.

In January 1959 - College was over and my appointment arrived. I misread Ashford and saw it as Ashfield in Sydney. I was devastated. I had already been lost in Sydney twice and I dreaded the thought of living down there. When I looked again - there it was ASHFORD!

Of course, I didn't know where Ashford was, but I soon found this little spot on the map. I travelled out on a Monday afternoon to Ashford, in an old truck which was a goods van, with a double cabin for passengers. When we arrived at Bukkulla the driver got my luggage out, deposited it on the side of the road and told me we had reached Ashford. After looking around quickly, I told him I would be returning to Inverell with him. The rest of the passengers burst out laughing and I realised I had been tricked!

Arriving at Ashford Central School at the age of 18 with a kindergarten class of 63 children was a shock to my system."

Mrs Hills taught up to three generations of children for over 40 years. Many people will have their memories of being taught by her. No doubt they will also share stories of the discipline she handed out. Oh, how she loved discipline. Not one child was spoiled, as she did not spare the rod. It's not so much that she loved discipline, she just expected people to do the right bloody thing and if they didn't, she would gladly, sometimes harshly, show them the right way, to do the right thing! "Her daily attire included gum boots in winter and thongs in summer both handy for slapping naked legs should she see the need to correct unsatisfactory behaviour or other forms of discipline were the ear twist, which really hurt or a ruler. Once was usually enough". (Jacquie Hahn, 2025).

Mrs Hills's style of teaching would raise a few eyebrows today but, in those days, you knew where you stood!

The discipline was no different at home, probably just a little tougher, as testament to this, the back yard of the family home is littered with buried broken one metre rulers, wooden spoons, rubber thongs and feather dusters.

Denise could not cook but taught her children how to cook. Her go to dish was a 'mince mess', on special occasions, she would cook minute steaks for a good half hour and if left to her own devices, there could be burnt pies on a Friday night because as she used to say, "Charcoal's good for your teeth".

However, Mrs Hills could sing, she had a powerful voice and a powerful presence. She conducted the Ashford School Choir for over 40 years, teaching countless children, countless songs. She even taught those who could not sing, how to perform.

She taught children and adults to pronounce, project and enunciate, to sing from their diaphragm, to smile and most importantly, to open their mouths. For those who didn't she would shove her two fingers in their mouth, between their teeth, so their mouth was opened at the right space.

She gave extra lessons at home to those with talent and she expected, dare I say, demanded, those who could sing, to sing up loud and proud! She said, "If God had blessed you with a talent, you had a duty to use it".

For those who didn't have talent but were enthusiastic, they could and perhaps should, mouth the words in silence but they still had to do it with "Gusto".

Music could be heard coming from the Hills' house, all day, every day. From the moment her children could talk, they learnt to sing. They sang for fun with their mum, they gathered round the piano at home and sang, they sang when they cleaned, when they cooked, when they put on shows for Denise and Cec and the neighbours in the back yard.

Denise gave her children a wide range of music appreciation from Pavarotti to The Seekers and from Slim dusty to Doris Day. The family watched movie musicals like South Pacific, Oklahoma, 7 Brides for 7 Brothers and Calamity Jane. Many of these movies became inspiration for the shows Denise would put on, for the end of year town concerts.

Concerts which saw young lads and grown men nervously putting on rouge and red lipstick as they were forced to smile and enjoy every moment of the performance. Not many teachers would have the foreboding expectation to generate this kind of fear and excitement.

Every year, the school participated in eisteddfods, choral festivals and talent quests. All of these shows would be a time of excitement, intrepidation, Vicks Vapour Rub, Strepsils and Valium. The Valium was for Mrs Hills.

As the concerts faded into memory, many a rendition of the songs could be heard coming from the pub and club after one too many. There are not many places, where the townsfolk, albeit a little inebriated, could burst into song from a movie musical or indeed The Ashford School Song.



Mrs Hills
1963

The Ashford School Song was written by Denise. The music is an historical Welsh tune from the 1700's but the words are from Denise's heart.

***"Rolling hills surround us, Seven ripples near us.
Staunch and true in all we do, comrades all around us
As the years goes rolling by, we'll remember ideals high.
Let our voices reach the sky, Ashford Play the Game."***

And Play the Game she did. She worked hard, sang strong and laughed loud! Denise was recognised with various awards and honours, including a Premiers Community award and being nominated to carry the Olympic Torch in the year 2000. She was 60 years of age when told of this honour and she took it seriously and began training, walking and even running in the back yard. She respected the sense of occasion and carried the torch with dignity and gratitude for the recognition she received from the community.

Apart from music, Denise's other great passion was reading, she loved poetry and romance books. The hallway at the family home had floor to ceiling bookshelves from Shakespeare to Shelly, Byron to Banjo but well over 90 % of the books are romantic novels - Mills and Boons. She could recite poetry from memory and pluck out names and dates from history if her children needed help with schoolwork or just in conversation. Although Denise read thousands of books, she always read the end of the book first and if it had a sad ending, she would not read it.

Eating like reading was also done in reverse, as Denise would eat her dessert first. Once when she ordered her dessert first in a posh restaurant in Sydney, the waiter came back and said that was not appropriate and Denise responded with "Well I'm paying for it son, so it **is** appropriate" and she got her dessert first!

Apart from food, reading, music, movies and teaching, Denise loved her community, this community, this town and its people. Being the cultural matriarch, nothing was too difficult to organise or contribute to, for her commitment to the community was absolute. This is self-evident by what she did with, and for the community. Town gatherings like New Years Eve and Debutante balls, wool shed dances and Anzac Day were made all the more moving and memorable because of Denise's leadership, community spirit, marching drills, ball room dance lessons and conducting of the school choir. Echoes of

"Left, left, left, right, left." and **"Slide, slide, Step across and feet together."** And **"slow, slow, quick quick"** are imprinted on the memories of many.



In her later years Denise found herself on the other side of the learning curve as the proud and occasionally rogue driver of a mobility gopher around the streets of Inverell. With her trademark determination and no-nonsense attitude, she tackled footpaths, shop entrances and narrow aisles like a woman on a mission. Local shopkeepers learnt to move their signs, pedestrians side-stepped carefully and more than a few toes were sacrificed along the way. She may have traded chalk for a throttle, her feather duster for her walking stick but her presence was just as powerful and just as impossible to ignore. As her health declined, she remained fiercely independent finding joy in her routines and continuing to be part of the community in her own unforgettable way. Her gopher became a symbol of her grit resilience and a cheeky sense of humour that never left her.

In this community, she lived a loving life, she loved her work, her friends, her community and above all, Denise loved her family. She often said her greatest joy in life was having her 4 children and being blessed with grandchildren and great-grandchildren.

Denise was known as a disciplinarian, who had hallmark sayings that could still be heard on the playground today. You might remember such classics as,

"ALL HANDS-ON DECK!"

"STOP PROCRASTINATING!"

"UNCURL YOUR LIP!"

"YOU PRAWN OF A CHILD!"

"MODULATE YOUR VOICE!"



AND WHO CAN FORGET, "A LITTLE BIT OF COMMON SENSE GOES A LONG BLOODY WAY!"

However, she really was a gentle, loving soul. No one could give a better cuddle when you needed one! As one of her students said, "In all of my times with Mrs Hills, I felt seen, heard, understood, strong and capable." (Holly Johnson, 2025).

Her children said of their mother "Mum was one of the most intelligent, talented, courageous, kindest, caring, loving women, we have ever known. We treasure every moment we spent with her and every memory we have of her, is a moment we treasure." In the words of C.S. Lewis "Her absence is like the sky, spread over everything."

As we say farewell to Mrs Hills, one last time, we think of her conducting her choir of Angels.



HEALTHY HAROLD

Despite a heavy downpour making it a wet walk to the van, our students enjoyed an exciting day with Healthy Harold! Each class explored important life skills through fun and interactive sessions designed to support their personal and social growth.

Our youngest learners in K/1/2 got moving with the session "Ready, Steady, Go," where they learned about staying active and healthy. Years 3 and 4 explored "Healthy Body," examining how our circulatory, respiratory, and neurological systems work together to keep us healthy. Years 5 and 6 participated in the "Healthy Lungs, Healthy Me" session, learning about the serious health problems caused by smoking and vaping.

It was fantastic to see students having fun and learning essential life lessons despite the rainy weather. Thanks, Healthy Harold, for another wonderful visit!



AFTER SCHOOL SEWING

Another busy week creating beautiful items and having lots of fun!!





LOCAL HISTORY YEAR 1/2

Year 1/2 students have been delving into local history with Miss Mackay, enjoying a fascinating tour of our school's rich past. Through engaging stories and historical photographs, students learned about our school's past from 1868 onwards. Highlights included discovering the original location of the "island room" and the trenches dug during World War II as bomb shelters. A particular favourite was ringing the old school bell and seeing just how close the road was to the school in days gone by. Thank you, Miss Mackay, for making history come alive!





PRIMARY ZONE CROSS COUNTRY

Primary Zone Cross Country Trials took place in Bingara on Friday, 30th May. Five ACS students did their best in their respective age groups. Unfortunately no one made it to the next level but they all ran really well and showed admirable sportsmanship.



PRIMARY TOUCH FOOTBALL TRIALS

6 boys and 6 girls attended the Primary touch football trials in Inverell on Monday 26th May. They played three games and although no Ashford children were chosen for the zone team, I witnessed some beautiful team work which made me very proud. They all had a great time making new friends when not on the field.

Mrs Thibault





ACS ATHLETICS CARNIVAL

Our Athletics Carnival took place on Thursday, 5th June. The students participated in many different activities including running, long jump, high jump, discuss, javelin, shot put, triple jump as well as novelty events. It was a great day full of sun, exercise and fun.

Congratulations to the following winners:

Records:

Hunter Ryan - 11 Years Discus 14.88m
Hunter Ryan - 11 Years Shot Put 5.49m
Izayah Allen - 11 Years Long Jump 2.48m
Izaiah Dever - 50m run 5 Years - 11.35sec
Jaxon Charles - 50m run 7 Years - 9.47sec
Letti Irving - 11 years Discus - 19.73m
Letti Irving - 11 years Shot Putt - 9m

Primary Champions:

Minor Primary Boy: Jaxon Charles
Minor Primary Girl: Ruby Taylor
Junior Primary Boy: Leonard Irving
Junior Primary Girl: Kytiana Irving and Kymarni Allen
11 Yrs Primary Boy: Izayah Allen
11 Yrs Primary Girl: Letti Irving
Senior Primary Boy: Johnathan Hillhouse
Senior Primary Girl: Amelia Murphy

Secondary Champions:

Junior Secondary Boy: Cody Young
Junior Secondary Girl: Kaleia MacDonald
Senior Secondary Boy: Michael Collison
Senior Secondary Girl: Lilly Taylor
Open Secondary Boy: Flynn Cook
Open Secondary Girl: Michayla Schneider

House Points:

Macintyre: 512
Severn: 434
Fraser: 413





ATHLETICS CARNIVAL

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ATHLETICS CARNIVAL

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TOP SCHOOL ATTENDERS

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

CONGRATULATIONS!

Kymarni ALLEN	Allakae-Jet HILLHOUSE
Alaynah ARCHER	Jacob HILLHOUSE
Lincoln ARCHER	Johnathan HILLHOUSE
Tiarnie BATTY	Leonard IRVING
Duke BEVERIDGE	Kytiana IRVING
Theo BOYD	Claye LAVENDER
Stuart BRADLEY	Lucas MACKAY
Tyrus CHARLES	Jack MACKAY
Kurt CHARLES	Lexi MARTINEZ
Duncan CRAFAR	Jack MURPHY
Lillie-Anne DELL	Sophie RODDA
Izaiah DEVER	Xavier ROLLINSON
Adam DONEY	Bonnie SARA
Mae DONEY	Tyler SCHUMANN
Ethan ELPHICK	Kyson SHORT
Bailey FOELZ	Nina SUNDERLAND
Ella GRABHAM	Madeline THOMAS
Thomas GRABHAM	Harriette THOMAS

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
11/6, 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 or scan the QR code for further information about wellbeing nurses.



Wellbeing and Health In-reach
Nurse Coordinator program



Raising Healthy Minds

Do parents have questions about their child's behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help parents raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support children's social and emotional wellbeing from birth to age 12.



Download the app from Google Play or the App Store.



Find out more about Raising Healthy Minds at
raisingchildren.net.au/rhm



STAR TICKET CANTEEN VOUCHER WINNERS

CONGRATULATIONS

Kinder	Colt Murphy	Nina Sunderland
1/2	Ruby Taylor	Hailee-Mae Murphy
3/4	Bonnie Sara	Tyler Schumann
5/6	Thomas Grabham	Jacob Hillhouse
Secondary	Zane Charles	Joe Beveridge

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.

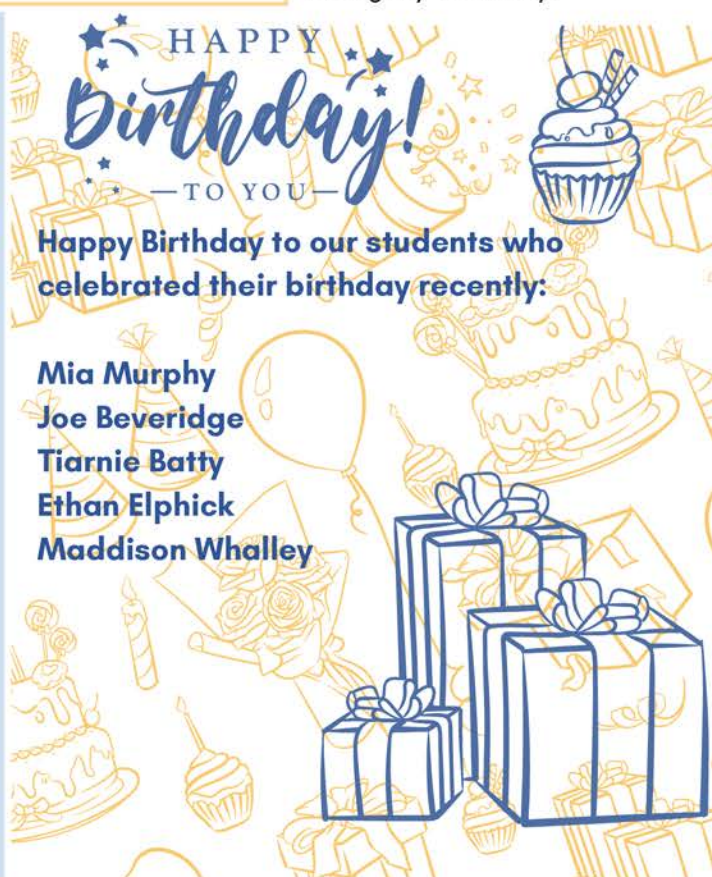
TOP MERIT AWARD RECIPIENTS

PRIMARY

Ella Grabham
Izaiah Dever
Noah Ryan
Nina Sunderland
Leonard Irving
Tyrus Charles
Ruby Taylor
Theo Boyd
Kash Wilde
Codie Morley
Thomas Grabham
Ayla Davis

SECONDARY

Esther Wright
Joe Beveridge
Tiarnie Batty
Bailey Foelz
Jaidean Connors
Duke Beveridge
Mahalia Allen
Hunter Irwin
Ellie Foley
Cody Young
Kaleia MacDonald
Joy Doney



Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

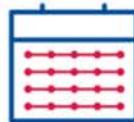
they miss weeks per year

and years over their school life

1 day per fortnight
 M ~~W~~ T F
 M T W T F

=

4 weeks



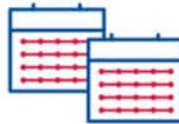
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Over **1** year missed

1 day per week
 M ~~W~~ T F
 M T W ~~F~~

=

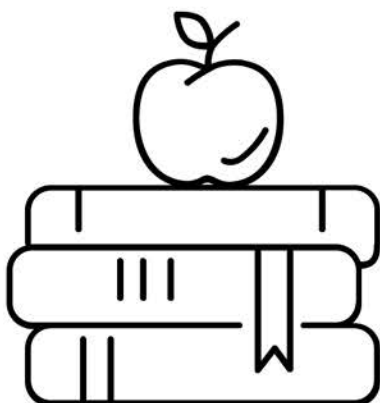
8 weeks



=

Over **2.5** years missed

education.nsw.gov.au



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
NEW	Cheesy pasta	\$4
NEW	Ham and cheese pasta	\$5
	Cheeseburger - Small	\$4.50
	Cheeseburger - Large	\$6
NEW	Chicken tender slider	\$4.50
	Pumpkin soup	\$4.50
NEW	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
NEW	Butter chicken & rice	\$6.50
	Hamburger	\$7
NEW	Lasagne	\$7

SALADS

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

SNACKS

Apple or Mandarin	\$1
Seasonal Fruit Cup	\$1
Custard	\$1
Yoghurt	\$1
Pikelet and jam	\$1
Fruit Cake	\$1
Brownie	\$1.50

SPECIALS

Wednesday - sushi	\$4
Thursday - Hot dog	\$5
Friday - Plain pie	\$6
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 mars bar milk	\$3.50

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



INVERELL YOUTH THINK TANK TEAM'S
BATTLE ON THE BANK
FRIDAY 20TH JUNE 5.00PM - 9.00PM, CAMPBELL PARK, INVERELL

CLAIM THE DATE & REGISTER AT

FOOD TRUCKS

CASH PRIZES
FOR
BANDS & SOLOISTS
aged 12 - 24
Apply to enter at:



AN ALCOHOL-FREE & DRUG-FREE COMMUNITY EVENT

FEATURING SPECIAL GUESTS:
TERRA FIRMA

FREE

LADYBUG PROJECTS
NSW GOVERNMENT
REGIONAL COMMUNITY BUILDERS

Enquiries: yttt@ladybugprojects.com.au

UPCOMING COMMUNITY EVENTS

SAT JUN 7

Deepwater Car Boot Market
At the School of Arts Hall, Deepwater

SUN JUN 8

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

WED JUN 11

Australia's Biggest Morning Tea, 9:00am-12:00noon
at the Inverell Aquatic Centre

THU JUN 12

P&C Meeting, 4:00pm at the Ashford Bowling Club

SUN JUN 15

Sapphire City Markets, Inverell

FRI JUN 20

Battle on the Bank
Music and food stalls, FREE event
5:00pm-9:00pm, Campbell Park, Inverell

SAT JUL 5

Orange Festival 2025
Maitland Street, Bingara

FRI JUL 11

3 on 3 Basketball Tournament
Inverell Skate Park, 2:00pm start

SAT AUG 16

Annual Bingara Races
Bingara Showground and Racecourse

RIDDLE

Of the Week

What kind of band never plays
music??

Answer on the back page

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



BIRANG ENTERPRISE
DEVELOPMENT COMPANY LTD



DRIVER LICENCE ACCESS PROGRAM

GLEN INNES



Scan QR Code to get a
head start on your
Licensing Journey



Need assistance through the licensing Process?
Birrang will be back in your community delivering our
FREE Driver Licence Access Program Mondays to
Fridays.*

Registration Information

Venue: Local Aboriginal Land Council
Address: 180 Lang Street
Contact: Alison Brown - 0461 512 178



*Eligibility Conditions Apply



TRANSPORT 6722 5853
MEAL ORDERS 6722 1951
SOCIAL GROUP 6722 5888

Servicing Ashford and Neighbouring Communities

- Transport to Medical Appointments
- Shopping trips to Inverell
- Tuesday Craft & Social Activities
- Meals on Wheels



The Ashford office is open on Tuesdays 9am - 2pm

We rely on Volunteers and therefore can only provide transport based on driver availabilities.

OPEN TO 14YRS +

3 ON 3 BASKETBALL

TOURNAMENT

11TH JULY 2025

FREE EVENT

VENUE:
INVERELL SKATE PARK - 2PM START
OLD BUNDARRA ROAD INVERELL

- FREE BBQ / DRINKS PROVIDED ON THE DAY
- INFORMATION STALLS FROM LOCAL SERVICE PROVIDERS

NOMINATION FORMS AVAILABLE FROM SPORTSPower INVERELL
REGISTRATION CLOSES 27TH JUNE. RULES ATTACHED TO NOMINATION FORM

For more information, contact Matthew Cutmore on 6722 0599 or
Brandon Livermore 0427 011 302

EVENT SPONSORED BY

Australia's Biggest Morning Tea

Brighter Access and the Inverell Aquatic Centre have partnered to host Australia's Biggest Morning Tea on June 11, raising funds for the Cancer Council...

JOIN US FOR:



Cupcake
decorating



Morning
tea

FREE

First 50 pool
entries free



Games and
pool activities



Prizes to
be won

Bake off judging
by a mystery
guest judge!



And so much
more!!!

When: 11th June 2025 | 9am - 12pm

Where: Inverell Aquatic Centre

Who: Everyone is invited to attend!

Bonus: The Council for Intellectual Disability will be in attendance to talk about self-advocacy & rights



TRIVIA NIGHT

OPERATION
OPERATING ROOM LTD

WHERE: INVERELL RSM CLUB AUDITORIUM

WHEN: SATURDAY 21ST JUNE 2025

TIME: 6 FOR 6.30PM SHARP START

COST: \$10 PER PERSON (TABLES OF 8)

BOOKINGS: PHONE OR TEXT KERRY 0412 087 433
BY 13TH JUNE 2025

PIZZAS WILL BE AVAILABLE FROM 'LITTLE ITALY' AT THE RSM
LIMITED NUMBERS SO BOOK EARLY

DESIGN & PRINTING by Print Anything



**THE NEXT
GENERATION:
STRENGTH,
VISION &
LEGACY**
6-13 JULY 2025

NAIDOC Week art exhibit with morning tea opening
will be held at the Inverell Art Gallery from
10am Monday 7th July & concludes Friday 18th July

To help make this a great NAIDOC week for the Inverell community
we would love to invite artists to display artworks in the
Inverell Art Gallery during this week.

KEY DATES

ARTWORKS IN THE GALLERY BY:

Tuesday 1st July 4pm see next page for requirements

PICK UP ARTWORKS:

10am Tues 22nd -25th July 4pm

for more information contact
Inverell Art Gallery 67 224 983
info@inverellartgallery.com.au

25TH ANNIVERSARY MEMORIAL GATHERING



Myall Creek Massacre Memorial

Sunday 8 June, 2025

9am-1pm

June Long Weekend

myallcreek.org

Dhiirranhi ngiyani ganunga
WE REMEMBER THEM



Available 24/7 across the country



Confidential & anonymous



Aboriginal & Torres Strait Islander Crisis Supporters



Accessible by any phone in Australia



Culturally Safe Space



First national support line for Aboriginal & Torres Strait Islander people in crisis

CONTACT US

For all general enquiries, please email enquiries@13yarn.org.au

For all media enquiries, please email media@13yarn.org.au



This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gayaa Dhuwi



13 YARN
"Our Story, Our Healing"

Feeling worried or no good?

We will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13 92 76



13YARN [Thirteen YARN] is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13 YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

This is your story; your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

Our vision is to achieve a nation free of suicide. We know the current statistics for suicide and self-harm for Aboriginal people are disproportionately high. To tackle this problem head-on, this service will be led by an Aboriginal and Torres Strait Islander Advisory Board and employ professionals in suicide prevention and crisis support utilising Lifeline's extensive experience and infrastructure.



We take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13YARN is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

We have co-designed this line using Lifeline expertise with several Aboriginal mental health professionals including NACCHO, Black Dog Institute Aboriginal Lived Experience team and the Centre for Excellence in Suicide Prevention along with input from Torres Strait Islander, remote, regional, and urban peoples with lived experience.

We work to explore options for ongoing support and community members will always be reassured they will be connected to another Aboriginal and Torres Strait Islander person who will understand where they are coming from and value knowing HOW to listen, without judgement or shame.

Call us for a YARN 13 92 76

 AT THE ASHFORD RURAL TRANSACTION CENTRE

THE VILLAGE TABLE - ASHFORD

CELEBRATING ONE YEAR OF COMMUNITY, KINDNESS AND CARE

This month marks a truly special milestone for our small rural town – it's been **one full year** since the launch of *The Village Table – Ashford*, our local foodbank and community outreach hub.

In just 12 months, we've:

- Distributed hundreds of nutritious food hampers to local families
- Rescued surplus produce from local farmers and businesses
- Supported children, seniors, and vulnerable individuals
- Built meaningful partnerships across the community

We are so proud of what we've achieved together, and we invite you to help us celebrate!

THANK YOU TO OUR SUPPORTERS

A heartfelt thank you to our volunteers, local farmers, school partners, donors, and organisations like SecondBite and the Farmer Food Rescue Program. You have made this work possible.

Let's continue building a stronger, more caring Ashford together.

#TheVillageTableAshford
#AshfordCommunity

#FoodbankAnniversary
#KindnessInAction

#OneYearOfGiving

 AT THE ASHFORD RURAL TRANSACTION CENTRE



COMMUNITY AFTERNOON TEA

TO MARK OUR ONEYEAR ANNIVERSARY



WEDNESDAY 18TH JUNE

2.30 PM

32 ALBURY STREET, ASHFORD

(OUTSIDE THE VILLIAGE TABLE)

ENJOY:

- A FREE SAUSAGE SIZZLE
- MUSIC
- STALLS WITH FREE GIFTS INCLUDING:
 - LADIES BAGS FILLED WITH GOODIES
 - MUM & BUB CARE BAGS
 - TOYS AND CLOTHING

REGISTER

**TO RECEIVE
YOUR FREE GIFT**

PLEASE REGISTER
BEFORE THE DAY TO
RECEIVE YOUR FREE GIFT
BY CALLING OR TEXTING
0400 681 368.

 **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

27 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
3:00PM

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**

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



**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



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

**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!



WINTER DINNER IDEAS

SOUP

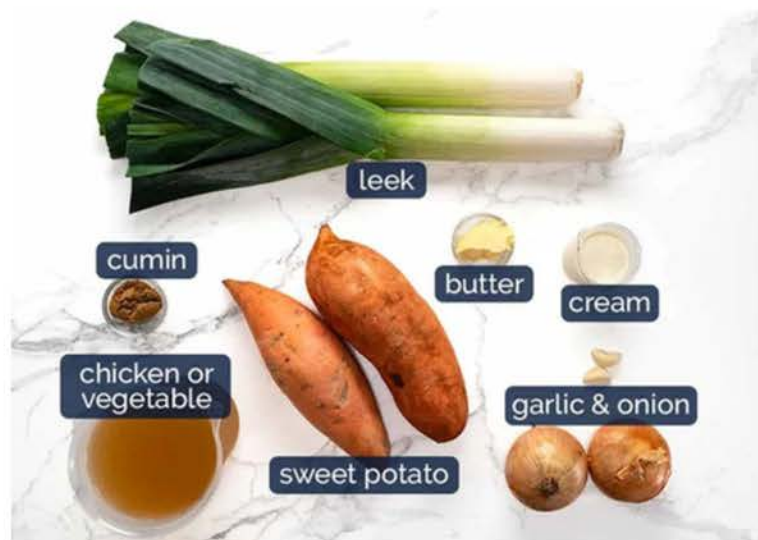
SWEET POTATP SOUP

Ingredient list:

- 2 tbsp extra virgin olive oil
- 30g / 2 tbsp unsalted butter - or more oil
- 2 onions , diced
- 2 leeks , white and pale green part only, quartered, cut into 1cm / 1/2" slices
- 2 garlic cloves , chopped
- 1 kg/ 2 lb sweet potato , peeled, quartered lengthwise, cut into 2cm / 0.8" chunks
- 1 tbsp cumin powder
- 1.25 litre / 1.25 quarts chicken or vegetable stock , low sodium
- 1.5 tsp cooking salt
- 1 tsp black pepper
- 1/3 cup cream (any type) or an extra knob of butter
- Garnishes (Note 3)
- Something to drizzle / dollop - extra virgin olive oil, cream, yogurt, sour cream
- Something crunchy - flatbread strips, croutons, pistachios, pepitas, crispy fried shallots

Method:

- Sauté aromatics - Heat the oil and melt the butter in a large heavy based pot over medium heat. Cook the onion, leek and garlic for 5 minutes until softened.
- Add the sweet potato and cumin, cook for another 3 minutes, stirring regularly.
- Simmer 20 minutes - Add the stock, salt and pepper. Bring to a simmer, then cook for 20 minutes at a gentle simmer until the sweet potato is very tender (no lid).
- Blitz - Remove the pot from the stove. Blitz with a hand-held stick until smooth. (Note 4 for blender) Stir in cream.
- Garnish - Ladle into bowls. Drizzle with yogurt, cream or olive oil with a sprinkle of something crunchy - pictured with pistachios and crispy flatbread strips



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

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

