



Come join us: Winford Motors' Allan Davies, Dad and Dave Turf's Graeme Colless, Evergreen Turf's Peter Manning, Blakes Marine's Yanna Blake, Hawkesbury Race Club's Vivienne Leggett, Blakes' Anne Blake and Fitzgerald Motors' Murray Hayes with the car, boat and ride-on.

Come and be part of history

by Justine Geake

A GROUP of Hawkesbury businesses and even an interstate business want Hawkesbury residents to come and be part of history by helping start our own cancer treatment centre in our district.

A big ticket auction will be held at a race day next month being run in aid of the Hawkesbury Living Cancer Foundation, with \$50,000 as the goal to help kickstart the foundation's establishment of the cancer centre.

The Evergreen Turf Victoria/Dad and Dave's Turf Race Day on Thursday, February 5, includes a huge corporate lunch (already booked out) as well as the race program, the huge auction and two major raffles.

The items for the auction on the day are a 2009 silver Ford Fiesta from Winford Motors, a Blakes Marine Ally Craft 410 Rhino tinnie, a Semco tractor and two John Deere ride-on

mowers from Fitzgerald Motors. All these items have been provided at cost, so all money raised above the cost of the item is what goes to the foundation.

Also to be auctioned, but without a reserve are 500m2 of Kings Pride soft leaf buffalo donated J & B Buffalo, 1000 metres of Windsor Green lawn, 300m2 of Palmetto buffalo donated by Hi Quality Turf, a \$1200 lawn care package from Millers Turf, a CH230PC pressure pump from Grundfos Pumps, a 2000-litre water tank from Tankmasta, and a jumpstart kit from Repco.

One of the raffles will be conducted in the general race area, with items donated including a TV, heater, designer sunglasses, wine and Skin Fitness gift baskets.

The fundraising lunch in the function room for 380 people will have a separate auction and raffle. Guest speaker on the day will be retired Australian Cricket umpire Darrell Hair, who

will sign autographs on the day, and Darryl Brohman will act as MC.

The Hawkesbury Living Cancer Foundation was formed to help the hundreds of residents who have to travel out of the district for cancer treatment, by bringing the treatment here.

Patron of the foundation was Hobartville resident Erik Hausoul who died in November last year of osteosarcoma. It was one of his wishes to see the foundation established.

The foundation was initiated by Hawkesbury Living and Richmond Club. Club CEO and chairman, Kimberley Talbot asks residents to show their support for all the cancer sufferers they know or have known and take part in the auction and raffles.

General entry on the day is \$10, concession \$3, children free. Gates open 10.30am, with the first race at 12.30pm. Raffles will be drawn at 2.30pm, and the huge auction is on at 4pm.

Fitness Facts with



Stella

When Chrissy Yum Yums equal bigger Tum Tums and Bums!

Ok, be honest... did you turn into a plum pudding over Christmas? Did you finish all of the left over turkey, ham, trifle, cheese cake, pudding, brandy custard and cream only to find that it's reappeared again on your hips?

What about the never ending string of Christmas Parties, complete with cheese, dips, and chips plus the copious amounts of wine, champagne, spirits and beer that almost made your liver convulse? Yeah, I'm hearing ya!

Well, I hope you all had a great Christmas and New Year (I know I did) but for those of us who can now see their celebrations hanging around their tumms and bums, remember one thing... it's a No No to YoYo!

It's a well known fact that ultra strict diets will melt away your extra pudding, but as soon as you return to a relatively normal diet you will only find that all of your hard work and partial starvation will see you regain the weight again.

By following the H.E.L.P plan (Healthy Eating and Lifestyle Plan), and reducing the energy in (food) and increasing the energy out (exercise), you will find that you will lose your post Christmas padding in no time.

So, if you're having problems saying no no to the yoyo, then come in and see me at the new Connect Fitness where you can connect to a healthier new you in the New Year!

Cheers

Stella

Stella is a Fitness Australia registered Personal Trainer, and Manager of Connect Fitness



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For more information go to rta.nsw.gov.au or call 131 865.



New South Wales Government

