



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 7th July 2021



Wonderful weekend at Warm and Woolly

Whilst expectations weren't high, given the circumstances, at the Barraba Potters and Craft Guild the weekend saw a steady stream of visitors to the Gallery.

The Gallery is chock full of interesting items, most reflecting the Winter season. Local artists and artisans had been hard at work creating items for sale and the Gallery has been restocked after the weekend.

The Warm and Woolly Exhibition is still up and includes some new Shutterbug photos, so if you missed last weekend don't hesitate to drop in and browse.

Lots of entries for the 'Most Interesting and Creative Beanie' competition. Unfortunately, with the judge, Hugh McKid, in lockdown in Sydney the judging has been postponed. Alternate options for ensuring the judging can take place as soon as possible will be discussed this week by the coordinators of the competition and the 'beanie makers' will be informed.





2021 NSW Training Awards

Congratulations to the 2021 School Based Apprentice/Trainee of the Year for New England NSW - Jessica Lott.

Jessica is undertaking a Cert II in Agriculture with a well-known stud company, Bowen Pastoral Co, in the small rural town of Barraba. She completes her formal training through TAFENSW and her HSC year at Barraba Central School, where she is School Vice-Captain.

Having grown up on the land and wanting to pursue a career as an Equine Physiotherapist, Jess used her own initiative to start her traineeship, making contact with her then potential employer to show her interest in working in the agriculture sector. Jess has worked through the best and worst seasons, proving she has what it takes to work and thrive in this industry.



Congratulations to Abbey Thomson for qualifying for the Trade Training Awards. Barraba Central School has a number of students currently undertaking School Based Apprenticeships and Traineeship Programs (SBAT) in various industries.

This program requires students to complete a combination of online and face to face TAFE training as well as employment within the relevant industry; one day a week during the school term, including but not limited to blocks or work during school holidays to complete the required hours of employment to receive their respective qualifications.

These SBAT students have to effectively manage their resources, such as time, working commitments, and TAFE studies to achieve competency within their industry. SBAT students also have the added pressures of completing all of their other HSC subjects; in order to receive their HSC.

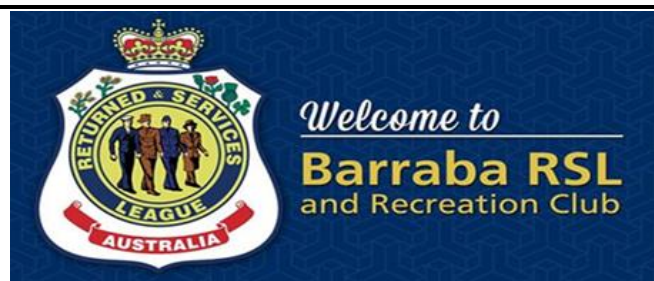
This year two of our students have been nominated for the 2021 TAFE Trade Training Awards for their outstanding efforts and diligence in the SBAT program and will receive their awards on Friday 18 June 2021 at Tamworth.



Pictured above is Abbey Thomson who is undertaking the qualification of Human Services Nursing at Barraba Hospital with her supervisor Mrs Cathy Stein.

Abbey has been nominated for the TTA award. Barraba Central school is proud of Abbey's achievements and would like to thank her host employer and supervisor Cathy Stein and the Hunter New England Health Service for providing Abbey with the opportunity and guidance with the SBAT program.

See 'Across the Desk from the Relieving Principal' on page 7 and 8.



BARRABA RSL & RECREATIONAL CLUB LTD

Phone: 67821379

For the information of members and guests

THIS WEEK:

THURSDAY: 11AM-

ANGLERS CLUB RAFFLES

MULTISCREEN DRAW-THIS WEEK \$6,000

FRIDAY: 11AM-

MEAT/FRUIT/VEG RAFFLES 6PM

MEMBERSHIP DRAW-THIS WEEK \$1,300.00

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM-3PM

MEMBERSHIP DRAW-THIS WEEK \$2,000 (3 draws)

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM

BINGO 11.30AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS Phone 0427330808

CLOSED MON/TUES

WEDNESDAY: LUNCH 12-2PM

THURS/FRI/SAT: LUNCH 12-2PM

DINNER 6-8.30PM

SUNDAY: LUNCH 12-2PM

DINE AND DISCOVER VOUCHERS ACCEPTED

Barraba Show Community Information Night



Come and learn about how your local show is organised and how you may be able to help. We need lots of people to contribute in lots of ways if the show is to keep going!

6pm Tuesday 13th July Barraba Bowling Club.

Limits on numbers and other restrictions may be imposed at short notice in accordance with Covid rules.



Oxley Community Transport is looking for volunteer drivers with their own cars to transport our clients to appointments. The trips may be local or to Tamworth.

Volunteers will be supplied with a uniform and full training. A per kilometre rate re-imbursement and lunch allowance will be paid (this is tax free)

All vehicles must be fully insured and drivers must have a full licence.

For further information, please call Kylie on 1800 951 770



Queen Street Café
82a Queen St. Barraba
Ph 0267822106

Dine in or takeaway.
Open 7 days



POPULAR SCHEME EXTENSION WELCOMED BY NEW ENGLAND MP

Deputy Prime Minister and Member for New England, Barnaby Joyce has enthusiastically welcomed an extension of the On-farm Emergency Water Infrastructure Rebate Scheme through to 30 June next year.

Mr Joyce, who is also the Minister for Infrastructure, Transport and Regional Development said the extension is great news for the farming sector, and farmers are encouraged to apply as soon as possible for their share of an extra \$50 million.

"This important scheme delivers positive outcomes through helping farmers take proactive steps to make their properties more drought resilient.

I have lobbied hard on behalf of local producers, who have contacted me calling for this scheme to be extended.

The Coalition Government has listened and that is why Federal funding, in co-contribution with the NSW State Government, has been extended and is available right now," Mr Joyce said.

"This has been a hugely popular program that's made a real difference for thousands of Australian farmers facing the devastating challenges of drought."

Mr Joyce said. "I've heard and seen firsthand how drought affected livestock producers and horticulturalists with permanent plantings have put in bores, dams and pipes – and now, even more farmers will have this opportunity."

Federal Minister for Resources and Water, Keith Pitt said the Australian Government's commitment of another \$50 million in October last year brought the total Federal contribution to support farmers to \$100 million.

"The scheme can be used to fund small scale, on-farm drought proofing water projects, including buying and

laying pipes, installing water storage devices, such as tanks and troughs associated with stock watering and desilting dams and water bores," Mr Pitt said.

"We know farmers value the rebate because it helps them manage the here-and-now when it comes to keeping livestock watered and permanent plantings alive in a drought.

Most importantly however, it also improves productivity so they are better prepared for the next inevitable drought at some point in the future.

This program is about helping farmers being drought prepared and drought resilient," Mr Pitt said.

The Emergency Water Infrastructure Rebate (EWIR) scheme is jointly funded by the Australian and NSW Governments, administered by the Rural Assistance Authority.



HART RURAL
AGENCIES

WEEKLY SPECIALS

BACK IN STOCK

- 10KG YELLOW BAIT BLOCKS
- 3KG YELLOW BAIT BOCKS
- 1KG YELLOW BAIT BLOCKS
- 200GM YELLOW BAIT BLOCKS
- 10KG BLUE PELLETS
- 3KG BLUE PELLETS
- 125KG ZINC GRAIN BAIT
- 15KG ZINC GRAIN BAIT
- BAIT STATIONS ASSORTED SIZES
- MOUSE GLUE BOARDS
- MOUSE GLUE PADS

Barraba: 6782 1006 Manilla: 6785 1911

THE NATIONALS

FEDERAL MEMBER FOR NEW ENGLAND

Barnaby JOYCE MP



THE NATIONALS

for Regional Australia

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BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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NSW Government COVID-19 Response

Use of the **Service NSW QR code** will be **mandatory** at all workplaces and retail businesses **from Monday, 12 July**. For visitors without a digital device, other check-in forms must be available.

This applies to the following businesses:

- Retail businesses and supermarkets
- Individual shops within shopping centres
- Shopping centres will also be asked to display QR codes at entry points where practicable
- Gyms
- Offices, including call centres
- Manufacturing and warehousing
- Schools including teachers and visitors (such as parents and contractors) but excluding students
- Universities and TAFE

Failure to comply may result in fines, or in case of flagrant breaches, temporary closure orders

Register at nsw.gov.au/register-your-business-as-covid-safe

A trip down memory lane...

Currently on display at Bingara IGA & Hardware are incredible photos depicting the history of H.Fay & Sons compiled by Susan Hutton (nee Fay) for the community to enjoy.

You will find them between the Electrical and Hardware Departments. Enjoy!



NAIDOC WEEK EXHIBITIONS in TAMWORTH

Heal Country Photographic Exhibition

The exhibition highlights and recognises the efforts of outstanding Indigenous community members of all ages, who continuously strive to make our local area a better place for now and the future. Many of our nominees are quietly serving community and the exhibition is a way for community to acknowledge and thank them for their humble contribution. Each person featured in the exhibition has been nominated by a community member, they will be photographed by Gamilaroi man and Tamworth local Danny Dalton. 4-11 July at Ray Walsh House Gallery. Entry Free. Suitable all ages

Buluuy Mirrii Designer Dresses from the Honey Ant Collection

Gomeroi fashion designer, Colleen Tighe-Johnson uses her talents to harness the spirit of her ancestors and revive Gomeroi Dreaming Stories through each design. Her label, Buluuy Mirrii (Black Star in her Gamilaraay language) has been featured on international runways around the world. 4-11 July at Tamworth Regional Gallery. Entry Free. Suitable all ages.

THE GREAT INTERNATIONAL CRAFT SHOW



Friday 9 July – Sunday 11 July 2021

Tamworth Regional Entertainment and Conference Centre
Greg Norman Drive Tamworth

CraftAlive is in Tamworth for 3 big days!

Featuring both local and interstate craft experts, the show is packed full of the latest craft supplies, kits and equipment. CraftAlive is a hands-on event. A chance to learn from world class specialists with interactive classes on Friday, Saturday and Sunday.

Class details are on our website.

Please note – entry tickets are not day specific.

Class bookings are day and time specific. We recommend booking ahead to secure your spot.

PRICES:

Adult **\$15**

*pre-purchase online for social distancing & express guaranteed entry

Adult **Concession /** **Student** **\$14**

*available online, concession card will be required for entry

Multi-day **\$25**

Children (14 and under) – free

Tickets available at www.craftalive.com.au

The 'lockdown' has caused a halt on several activities and the markets are a part of that – they have been deferred until 17th July – but the meeting remains the same at this stage on the 21st July. These dates could easily be changed if the virus changes – keep in touch.

It has been tempting to follow up the church history with the Post Office but have decided to air one of Trevor Wearne's stories of the Cobbadah area. Trevor's grandfather was John Capel, who lived with his family at Piedmont Woolshed on the Upper Bingara road near the present day Tarakan.

The Cobbadah Pub was a small slab building in the 1870's and the site of a post office at the junction of the Horton and Bingara roads. Trevor lamented in 1967 that "the old Cobbadah 'pub' has gone, like to many other roadside hotels and wineshops!" He then went on with the following story:-

Why is it that today's 'D.T.'s (the horrors), are so much more rare than they used to be? In those earlier days cases of "the horrors" were comparatively common. I remember one old station cook at Piedmont – old Anderson.

Anderson was a tall, thin man, a good cook and always clean and tidy, but he would regularly develop a tremendous thirst, which could only be cured by a good "bender" at Cobbadah.

He came back one afternoon from one of these "sprees" looking very sick and miserable and was too shaky to do the washing up after tea or even use a tea towel.

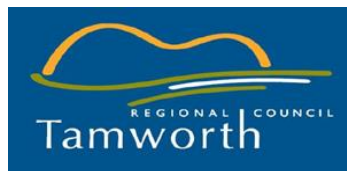
One of my young aunts washed up and then handed the big tin dish to Anderson with instructions to throw out the dish water – no sinks or drain pipes in those days.

Anderson went shakily down the kitchen steps into the dark and then there was a tremendous clatter as he dropped dish and all onto the ground and came tearing back into the

kitchen as though all the devils in hell were on his heels.

He made straight for one of my aunts, yelling "Oh, Miss Capel, save me. Save me. They're after me;" then he got her between him and the door and cowered behind her with a look of stark terror on his face. One of my uncles came and took charge of him and gave him a good stiff nip of rum, but the poor old chap must have put in a bad night.

Trevor Wearne was a wonderful story teller with a keen interest in history and we loved to visit him to hear some stories. He wrote a History of Bingara based on history rather than family stories but fortunately he also wrote family stories in the local papers.



Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council on Tuesday 29th June 2021:

1. Councillors tonight did not support a notice of motion from Cr Mark Rodda calling for a Constitutional referendum be held with the Local Government Elections in September this year to determine if local electors want to choose their mayor by popular vote. Under the current arrangements, the Tamworth Region Mayor is decided through a majority vote of councillors every two years in September. Cr Rodda spoke to his motion and explained "some electors believe that the position of mayor should be chosen by the people rather than Councillors". He said a referendum is a "democratic and transparent tool to determine what method they would like to select their Mayor". Councillors discussed Cr Rodda's motion for some time and expressed a variety of views about the two methods for choosing a mayor.

2. Tamworth Regional Council will spend a total of \$251 million across its general, water and sewerage funds in 2021/22 while

collecting \$76.4 in income from rates and annual charges and delivering a \$106.4 million capital works program to improve local facilities and infrastructure. Councillors at tonight's Ordinary Meeting adopted the 2021/22 Annual Operational Plan which sets out the service delivery, projects and works council will carry out in the coming year along with the schedule of rates, fees and charges. The overall income from Ordinary Rates will increase by 2 per cent in 2021/22 which is the maximum increase set by the Independent Pricing and Regulatory Tribunal. There is a 10% increase in the residential waste service rate from July 1 2021 and increased and decreased fees and charges for the disposal of waste at the region's nine waste management sites. Income from Water Supply Service Availability Charges and Sewerage Services will both increase by 2 per cent. The adopted 2021-22 Annual Operational Plan has a strong focus on delivering the objectives set by Blueprint 100, a future-focused strategy that will help develop infrastructure and build services to cater for a growing community. Key programs funded in the budget include: Sealed roads - \$21,348,779; Unsealed roads - \$5,126,917; Bridges - \$3,821,762; Quality parks, gardens, reserves, showgrounds and open spaces - \$4,797,015; Active sporting facilities and grounds - \$4,025,694. Plan, construct, maintain and manage wastewater infrastructure - \$18,026,654; Waste management and resource recovery - \$17,810,580; and, Plan, construct, maintain and manage water infrastructure - \$21,294,363.

3. Further actions from the Tamworth CBD Parking Strategy were adopted at tonight's meeting. A number of parking zones will change in the Tamworth CBD to help improve availability of parking spaces for drivers. These changes will take effect on Monday 5 July, and will involve new time limits for parking between Peel and Marius streets on Bourke Street (two hours free to become two hours metered), Fitzroy Street (four hours metered to two

hours metered), White Street (four hours metered to two hours metered) and the Town Hall Car Park (all day parking to become two hours metered parking). The availability of convenient, safe and appropriately priced parking spaces in the Tamworth CBD was identified as a priority following community consultation early 2020. These changes will coincide with the opening of the White Street carpark extension which has 40 additional parking spaces.

For more information, see the full reports at www.tamworth.nsw.gov.au/business-papers

Full details of waste fee changes can be found here.

Watch the video report here <https://www.facebook.com/TamworthRegionalCouncil>



Across the Desk from the Relieving Principal Kirsty Ebzery

I trust you enjoyed the Queen's Birthday long weekend. It was a fantastic opportunity for our students to relax with their families and loved ones, knowing they had only nine school days until the semester break.

Barraba Central School is extremely jubilant of Year 12 Student Jessica Lott and would like to celebrate her success for winning 2021 School Based Apprentice/Trainee of the Year for New England NSW. Barraba Central School has a number of students currently undertaking School Based Apprenticeships and Traineeship Programs (SBAT) in various industries. This year two of our students Jessica Lott and Abbey Thomson were nominated for the 2021 TAFE Trade Training Awards for their outstanding efforts and diligence in the SBAT program.

Jessica is undertaking a Cert II in Agriculture with a well-known stud company, Bowen Pastoral Co, in the small rural town of Barraba. Abbey is undertaking the qualification of

Human Services Nursing at Barraba Hospital with her supervisor Mrs Cathy Stein. They are completing their formal training through TAFENSW.

Having grown up on the land and wanting to pursue a career as an Equine Physiotherapist, Jessica used her own initiative to start her traineeship in term 3 2019, contacting her then potential employer Stephen Peake to show her interest in working in the agriculture sector. With guidance and assistance from the SBAT Coordinator Mrs Ebzery, her SBAT was established allowing for early commencement in term 4 of 2019. Barraba Central School is proud of Jessica's achievements and would like to thank her host employer and supervisor Stephen Peake for providing Jessica the opportunity, guidance and on the job training with the SBAT program.

Jessica has effectively managed her resources, such as time management, working commitments and TAFE studies to achieve success within her industry. She also has the added pressures of completing all of her other HSC subjects; in order to receive the HSC. Jessica has worked through the best and worst seasons, proving she has what it takes to work and thrive in this industry.

Congratulations Jessica, this is an amazing accomplishment and we at Barraba Central School are certain you will continue to strive within this industry to reach all goals you set for yourself now and into the future.

Week 9 and 10 has continued to be jammed packed with activities, excursions and events across K-12. Parents will have received their child's semester one progress reports. The infants and primary staff have been conducting parent meetings during week 10 to discuss student's progress. As part of the PDHPE program, Years 4, 5 and 6 engaged in a CPR session. Students had the opportunity to practice CPR, placing dummy patients into recovery positions and learning the process to follow in the event of an emergency.

NAIDOC Celebrations at the Secondary campus was held on Wednesday 16 June 2021. Thanks to the efforts of all staff, in particular Shane Maloney, Jennifer Middlemiss and external support agencies including the Opportunity Hub – Tamworth Local Aboriginal Lands Council Futures Mentor Eedi Jennar and Local Landcare Coordinator Penny Kelly for organising such a wonderful event. The feedback from students is that they particularly enjoyed the hand print painting on the new fire pit. In preparation of the event students who have been attending the Opportunity Hub Program have been working on projects around the school. These included; the bark mulch around the bush tucker garden and planting of the mat rushes, including the new water feature which will include an addition of totem poles to be dug in ready for painting by start of next term. Penny Kelly was so impressed by the day's events she commented 'thank you so much for the opportunity to be involved'. The day was spectacular and really was in keeping with the theme of NAIDOC week, 'Heal Country!'

Congratulations to Hope Dawson on your selection to represent North West. Hope will travel to Sydney Motorsport Park Eastern Creek to participate in the 2021 NSWCHSSA Cross Country State Championships on Friday 16 July 2021 (week 1 term 3). We wish you the best of luck in your upcoming cross-country event.

The P&C have initiated a delicious fundraiser for all students, staff and wider community to participate in. Billy G's Cookie Dough has an expected delivery on Thursday 24 June 2021. I suspect we will all be cooking a lot of cookies during the holiday period. This Friday 25 June 2021 students from Kindergarten to Year 6 are asked to support an SRC fundraiser; by providing a gold coin donation and wearing their pyjam'as to school.

Congratulations to all the students who participated in the Barraba Central School Athletics Carnival on Wednesday 23 June 2021. It was wonderful to see the outstanding sportsmanship of all the students in

both track and field events. Well done to the Copeton House who was the champion house and congratulations to all of the age champions we are very proud of sporting abilities. We would like to thank all the parents and carers for abiding by the COVID safety plan. It is this commitment to following these restrictions which allows us to plan for COVID safe events within the school. I wish all of the students who have qualified the best of luck at the Tamworth Zone Athletics Trials on Friday 23 July 2021 (Secondary) and Friday 16 July 2021 (Primary). I am confident you all will represent our school to the best of your abilities with valour and pride.

Secondary staff have been recording uniform non-compliance each day. Students who are compliant and wear their uniform with pride will go into a draw each fortnight to win a \$50 voucher at Lowes, this will be drawn at the Secondary PBL Assembly. The winner for Term 2, week 10 uniform compliance was Jack Coombes.

Congratulations to the Secondary PBL Assembly Dream Awards recipients Riley Payne, Gemma White, Kane Jones, Matilda Kennerson-Brewer, Hannah Walker, Cody Graves; your commitment to learning and school community is to be celebrated and commended. We certainly appreciate your contribution to the school and its community, thank you. As part of the PBL initiatives 7-12, students who have met the requirements for positive behaviour attended the Rewards Excursion to Newcastle on Friday 18 June to Sunday 20 June 2021. Mr Good, Mrs Gorton, Mr Frost and Ms Russell organised and supported the students during the excursion. Mr Good expressed the Tree Tops High ropes course was the highlight of the trip. It is fantastic to see the students being rewarded for consistent effort and positive behaviour at school. Have a lovely, relaxing and safe mid-year holiday break. Students are expected to return to school for term 3, on Tuesday 13 July 2021.

Kirsty Ebzery
Relieving Principal

LETTER TO THE EDITOR

Barraba Show Information Night "Help please"

As the local community is aware, the Barraba Show is a significant annual event and there are many people involved doing many and varied voluntary jobs. Volunteers are the lifeblood of the Show – they may be taking entries, setting up displays, helping in the horse rings, recording results, organising stable bookings, being on the organising committee, helping clean the pavilion, maintaining the grounds... the list goes on. There are more things to be done at the time of the show and in the weeks leading up to the show, but there is plenty to do all year. Sections have to be organised. Chief stewards need to ensure they have enough stewards who in turn need to work out their programme for the next show. What worked well last year? What could we do differently? What new things can we try?

The show needs more volunteers if it is going to keep going. Some people have moved on, others have health challenges and no one is getting younger. If you think you might like to help – or even if you are just curious about how it's done – please come along to meet some of the current volunteers and have a chat.

When? TUESDAY 13th JULY at 6pm.

Where? Barraba Bowling Club.

More details from Julie

Looking forward to seeing you there!

Julie Williams

Secretary

Barraba PA & H Association

PO Box 108 Barraba NSW 2347

0447 222 347

www.barrabashow.com.au

CATHOLIC CHURCH NOTES

Barraba – 1st & 5th Sunday 5pm
2nd 3rd & 4th Sunday 9am.
Upper Horton – 3rd Sunday – 11am.
Weekday Mass – Wednes - 10am.

Uniting Church Notices

Sunday 11th July

Preparation time 10.30am

Service time 10.45am

All Welcome

Barraba Anglican Parish

Sunday Service Times

9am – St Laurence's

Barraba

11:30am 2nd Sunday -

St John's Woods Reef

11:30am 4th Sunday -

St Mark's Bereen



APPLICATIONS NOW OPEN FOR CLUBGRANTS

INFRASTRUCTURE FUNDING

Local organizations in Tamworth Electorate can now apply for funding to support local community projects under the NSW Government's Infrastructure Grants program, Member for Tamworth, Kevin Anderson said today.

Mr Anderson said the impacts of COVID-19 are still being widely felt and support for struggling community organizations will remain a priority for this latest round.

"\$12.5 million is available in 2021/22 for new or upgraded facilities across sport and recreation, arts and culture, disaster readiness and community infrastructure," Mr Anderson said.

"Our region saw \$100,000 from last

Continued page 9

year's round of Clubgrants and this is another opportunity for local organizations to apply for funding for projects that will provide long-term benefits to the community.

"Infrastructure Grants can fund construction, alteration, renovation, completion and fit-out of buildings and community infrastructure. Projects funded may include new or upgraded sports grounds, museums, theatres, homeless shelters and evacuation centres."

Mr Anderson said community infrastructure is now a standalone category and it can be used for spaces like halls and meeting rooms, community transport, and infrastructure that supports youth, disability, mental health, homelessness, and domestic violence services.

"This is about connecting the community, fostering participation in sport, recreation and arts, and boosting social inclusion and disaster resilience," Mr Anderson said.

Since 2015, the NSW Government has funded more than 441 community projects worth \$73 million under the Infrastructure Grants program.

These grants are made possible by the Clubgrants Category 3 Fund which re-invests profits from registered clubs' gaming machines into community projects. Funding is available for infrastructure projects in the following areas:

- Arts & Culture
- Disaster Readiness
- Community Infrastructure
- Sport & Recreation

Applications for the second round of funding for 2019/20 are open from Monday 5 July to Monday 26 July. To find out more information or to apply, please visit responsiblegambling.nsw.gov.au

What is daydreaming? Parts of the brain show sleep-like activity when your mind wanders

Thomas Andrillon, Chercheur en neurosciences à l'ICM, Inserm
Jennifer Windt, Senior Research Fellow, Monash University
Naotsugu Tsuchiya, Professor, Monash University

Our attention is a powerful lens, allowing our brains to pick out the relevant details out of the overwhelming flow of information reaching us every second.

However, scientists estimate we spend up to half our waking lives thinking about something other than the task at hand: our minds are wandering. This is striking considering the potential negative consequences, from decreased school or work performance to tragic traffic accidents.

We also know that mind-wandering and lapses of attention are more common when we are sleep-deprived, which suggests they may happen when the neurons in our brain start behaving in a way that resembles sleep. We tested the relationship between sleep and lapses of attention in new research published in *Nature Communications*.

By monitoring people's brainwaves against their self-reported states of attention, we found that mind-wandering seems to happen when parts of the brain fall asleep while most of it remains awake.

Parts of the brain can sleep while you're awake

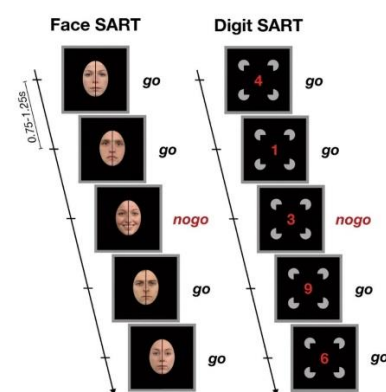
Directing our attention inwards can be very useful. It can let us focus on our inner thoughts, manipulate abstract concepts, retrieve memories, or discover creative solutions. But the ideal balance between focusing on the outer and inner worlds is hard to strike, and our

ability to stay focused on a given task is surprisingly limited.

When we get tired, our control of attention goes awry. At the same time, our brains start showing local activity that resembles sleep while most of the brain appears clearly awake. This phenomenon, known as "local sleep", was first seen in sleep-deprived animals and then in humans.

We wanted to investigate whether local sleep might also happen in well-rested people, and whether it could trigger shifts in attention.

Wandering minds and blank minds



*The Sustained Attention to Response Tasks (SARTs) in the experiment asked participants to view a stream of either faces or digits, and press a button if the face was smiling or the digit was a 3. At the same time, their brainwaves were recorded and they were asked at random intervals about whether they were paying attention. Andrillon et al, *Nature Communications* (2021), Author provided*

To better understand the relationship between brain activity and lapses of attention, we asked healthy young volunteers to perform a rather boring task requiring continuous attention. As anticipated, their attention frequently shifted away from the task. And when their attention lapsed, their performance decreased.

But we also wanted to know what exactly was going through their minds when their attention was not

on the task. So we interrupted them at random intervals and asked them what they were thinking about at that moment.

Participants could indicate whether they were focusing on the task, their mind was wandering (thinking about something other than the task), or their mind was blank (not thinking about anything at all).

In parallel, we recorded their brain activity with an electroencephalogram, which consists of a set of sensors placed on the head that can monitor the rhythms of the brain. Thanks to this non-invasive brain imaging technique, we could search for signs of sleep within wakefulness during the entire task.

In particular, we focused on “slow waves”, a hallmark of sleep involving brief silences from assemblies of neurons. Our hypothesis was that these lapses in neuron activity could explain lapses in attention.

We found local slow waves could predict episodes of mind wandering and mind blanking as well as changes in participants’ behaviour during these lapses of attention.

Importantly, the location of slow waves distinguished whether participants were mind wandering or blanking. When slow waves occurred in the front of the brain, participants had the tendency to be more impulsive and to mind wander. When slow waves occurred in the back of the brain, participants were more sluggish, missed responses and mind blanked.

Sleep-like brainwaves predicts failure of attention

These results can easily be understood through the concept of local sleep. If sleep-like slow waves really do correspond to local bouts of sleep in people who are otherwise awake, the effect of the slow waves should depend on where they occur in the brain and the function of those brain regions as we have found.

This suggests that a single phenomenon – local sleep intrusions during waking hours – could explain a broad range of attentional lapses, from mind-wandering and impulsivity to “going blank” and sluggishness.

Furthermore, our results suggest that local sleep might represent an everyday phenomenon that can affect us all, even if we are not particularly sleep-deprived. Our participants were simply going about the task at hand. Yet, without realising it, parts of their brains seemed to go offline repeatedly throughout the experiment.

Local sleep and attentional deficits

We are currently exploring whether this phenomenon of local sleep could be exacerbated in some individuals. For example, most people suffering from attentional deficits and/or hyperactivity disorders (ADHD) also report disrupted sleep. This may result in an increase in local sleep episodes during the day and could explain part of their attentional problems.

Finally, this new study reaffirms how sleep and wakefulness can be intermingled in the human brain. It parallels studies in sleep showing how the brain can locally “wake up” in order to process sensory information coming from the environment. Here, we show the opposite phenomenon and how sleep intrusions during wakefulness can make our minds wander somewhere or nowhere.



Regional Dam Levels from Water NSW

Chaffey 82.0% Copeton 51.6%
Keepit 80.5% Split Rock 32.0%

Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 7 July
Summary Max 17
Sunny

Chance of rain: 0%



Thursday 8 July
Summary Min -2 Max 18
Morning frost, partly cloudy
Chance of any rain: 30%



Friday 9 July
Summary Min 5 Max 16
Rain
Chance of any rain: 100%



Saturday 10 July
Summary Min 2 Max 15
Partly cloudy
Chance of rain: 5%



Sunday 11 July
Summary Min 0 Max 16
Partly cloudy
Chance of any rain: 0%



Monday 12 July
Summary Min 0 Max 17
Morning frost, mostly sunny
Chance of any rain: 5%



Tuesday 13 July
Summary Min 1 Max 17
Mostly sunny
Chance of any rain: 5%



Kid: I'm hungry.
Dad: Hi hungry, I'm Dad!
Kid: I'll call you later.
Dad: Don't call me later, call me Dad

Rifle Club

Saturday was a bit better for shooting and we had five for both Centrefire and the Benchrest events. HESSIE was the winner of the Centrefire this week, she is shooting very well so the boys might have another female to watch out for. Congratulations to Brendan for shooting two possible in the 100m, he was only two points off a perfect score. Darren scored two 99's and Brendan also scored a 99 in the 50m. Steve and Garry were on a par this week with each other and Adam was not far behind them either.

Unlimited 50m

B. McIlrick 97.3, 96.4, 99.6 = 292.13

AA Grade 50m

D. Dewson 95.5, 99.4, 99.6 = 293.15

G. Urquhart 90.1, 93, 92.4 = 275.5

A Grade 50m

S. Ely 91.1, 89.2, 95.2 = 275.5

B. Grade 50m

A. Spence 94.2, 88, 86.2 = 268.4

Unlimited 100m

B. McIlrick 100.7, 100.6, 98.3 = 298.16

AA Grade 100m

D. Dewson 98.2, 98.3, 97.6 = 293.11

G. Urquhart 98.3, 96.3, 95.1 = 289.7

A Grade 100m

S. Ely 76, 80, 87 = 243

B. Grade 100m

A. Spence 90, 95.1, 98.4 = 283.4

Centrefire

H. Clark 92, 96.4, 97.1 = 285.5

D. Dewson 92.3, 94.2, 93.2 = 279.7

B. McIlrick 24, 94.1, 94.1 = 212.2

N. Clark 47, 69, 48.1 = 164.1



Golf Notes

We played our Foursomes Championships last week kindly sponsored by Peter York and Alan Yates for the scratch and Kevin Kelaher and Rob Sweeney for the net. It was the old pairing of Will Sedgwick and Ian Cabot that claimed the scratch championship on a countback from Firman Allan and Daniel Anderson with an 81. Will and Ian had a 43 on the front nine but came home with 38 on the back while Firman and Ando had 40 and 41. Coming in third was the pairing of Dave Capes and Kevin Kelaher with 86. Firman and Ando then went onto win the net with 72.75.

Next week we are playing an Individual V Par for Ando's trophy while a few will head to Gunnedah for their Mens Open. The following week is a club championship round. Happy Golfing

Rod Bonner

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Recent Anniversaries:

- Charles Goodyear obtaining his first rubber patent (1837)
- the Statue of Liberty arriving in New York aboard French ship Isere (1885)
- the last public guillotining in France (1939)
- the formation of the Salvation Army in London (1880)
- the premiere of Alfred Hitchcock's Psycho (1960)
- Russia's Valentina Tereshkova becoming the first woman in space (1963)
- the Battle of Waterloo, which saw Napoleon defeated by Britain (1815)
- Amelia Earhart becoming the first woman to fly across the Atlantic Ocean (1928)
- the UN Commission on Human Rights adopting the International Declaration of Human Rights (1948)
- Sally Ride becoming the first US woman in space (1983)
- the first celebration of Father's Day in Washington state (1910)
- the British Royal Family renouncing its German names and titles and adopting the name of Windsor (1917)
- Queen Victoria ascending the British throne at 18yo following the death of her uncle King William IV (1837)
- Samuel Morse patenting his telegraph (1840)
- Galileo Galilei being forced to recant his view that the Earth orbits the Sun by the Pope (1633)
- Anniversary of Princess Elizabeth meeting future husband Prince Philip of Greece (1939)
- Nazi Germany invading the Soviet Union during WWII (1941)
- the deaths of Judy Garland (1969) and Fred Astaire (1987)
- Julia Gillard becoming Australia's 27th Prime Minister (2010)
- the longest match in tennis history, where American John Isner defeated France's Nicolas Mahut at Wimbledon after 11 hours, 5 minutes of play over 3 days (2010)
- the resignation of UK PM David Cameron after the Brexit referendum supported leaving the EU (2016)
- the coronation of Queen Victoria in Westminster Abbey (1838)

PHIL DENYER

MECHANICAL REPAIRS

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NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

History

1920 – 1930

Before the 1920s, Aboriginal rights groups boycotted Australia Day (26 January) in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware that the broader Australian public were largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Several organisations emerged to fill this role, particularly the Australian Aborigines Progressive Association (AAPA) in 1924 and the Australian Aborigines League (AAL) in 1932. Their efforts were largely overlooked, and due to police harassment, the AAPA abandoned their work in 1927.

In 1935, William Cooper, founder of the AAL, drafted a petition to send to King George V, asking for special Aboriginal electorates in Federal Parliament. The Australian Government believed that the petition fell outside its constitutional responsibilities.

1938 On Australia Day, 1938, protestors marched through the streets of Sydney, followed by a congress attended by over a thousand people. One of the first major civil rights gatherings in the world, it was known as the Day of Mourning.

Following the congress, a deputation led by William Cooper presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people. This was again rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

In 1939 William Cooper wrote to the National Missionary Council of Australia to seek their assistance in supporting and promoting an annual event.

1940 – 1955

From 1940 until 1955, the Day of Mourning was held annually on the Sunday before Australia Day and was known as Aborigines Day. In 1955 Aborigines Day was shifted to the first Sunday in July after it was decided the day should become not simply a protest day but also a celebration of Aboriginal culture.

1956 – 1990

Major Aboriginal organisations, state and federal governments, and a number of church groups all supported the formation of, the National Aborigines Day Observance Committee (NADOC). At the same time, the second Sunday in July became a day of remembrance for Aboriginal people and their heritage.

In 1972, the Department of Aboriginal Affairs was formed, as a major outcome of the 1967 referendum.

In 1974, the NADOC committee was composed entirely of Aboriginal members for the first time. The following year, it was decided that the event should cover a week, from the first to second Sunday in July.

In 1984, NADOC asked that National Aborigines Day be made a national public holiday, to help celebrate and recognise the rich cultural history that makes Australia unique. While this has not happened, other groups have echoed the call.

1991 – Present

With a growing awareness of the distinct cultural histories of Aboriginal and Torres Strait Islander peoples, NADOC was expanded to recognise Torres Strait Islander people and culture. The committee then became known as the National Aborigines and Islanders Day Observance Committee (NAIDOC). This new name has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC Week.

During the mid-1990s, the Aboriginal and Torres Strait Islander Commission (ATSIC) took over the management of NAIDOC until ATSIC was disbanded on 15 April 2004.

Over the period from 2004 to 2005 there were interim arrangements, with former Senator Aden Ridgeway chairing the Committee until 2008.

Anne Martin and Ben Mitchell served as co-chairs of the National NAIDOC Committee from 2008 to 2018, when Patricia Thompson and John Paul Janke were elected the Co-Chairs.

The National NAIDOC Committee has made key decisions on national celebrations each year and has representatives from most Australian states and territories.