



# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 13<sup>th</sup> April 2022

## Conversations with the Councillors

At last Saturday's Markets, the Historical Society hosted 6 Councillors from TRC at the first 'Meet the Councillors' since the last Council elections. This was an initiative of the 'About Barraba' business group and many locals took the opportunity to browse the Markets and catch a few minutes with the Councillors to talk local issues.

The Councillors who came to the Markets were Mark Rodda, Judy Coates, Brooke Southwell, Steven Mears, Bede Bourke and Helen Tickle.

Some of the feedback the Councillors heard from locals was; trialling subsidies for new businesses in town, ongoing road improvements between Bingara and Tamworth for day trippers from Tamworth, inconsistencies between GPS and road names, tourism promotion, more street art, additional storage needs for the Historical Society, old railway land needs more frequent mowing, town clock/war memorial repairs, unkept shop fronts in the main street and youth activities and support services.

Councillor Helen Tickle, when a local resident told her of the difficulty directly contacting council staff based in Tamworth, advised that the best way to start was to use the TRC app. As one local said "this is very good and seems to have been successful. May it become a regular event."





**BARRABA RSL & RECREATIONAL CLUB LTD**

Phone: 67821379

For the information of members and guests

**WE ARE A COVID-19 SAFE CLUB**

**ALL NSW HEALTH REGULATIONS APPLY**

**GOOD FRIDAY**

**EASTER EGGS/MEAT/FRUIT/VEG**

**BISTRO: \$20PH 2 COURSE MEAL (KIDS \$12PH)**

**THIS WEEK:**

**THURSDAY: 11AM-**

MULTISCREEN DRAW-SUSPENDED UNTIL FURTHER NOTICE

**FRIDAY: 11AM-**

MEAT/VEG RAFFLES 6PM

EXTRA DRAW AFTER EACH RAFFLE FOR A BONUS PRIZE  
MEMBERSHIP DRAW \$1,900

**SATURDAY: 10AM-**

**SUNDAY: 10AM-5.30PM**

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,800

**MONDAY: CLOSED**

**TUESDAY: 11AM-5.30PM**

BINGO 11AM

**WEDNESDAY: 11AM-5.30PM**

**HAPPY HOUR: 11am-1pm Wed & Fri**

**BISTRO HOURS**

Phone 0427330808

CLOSED MON/TUES/WED

**THURS/FRI/SAT: LUNCH 12-2PM DINNER 6-8.00PM**

**SUNDAY: LUNCH 12-2PM**

**DINE AND DISCOVER VOUCHERS ACCEPTED**

## Looking for a Mother's Day Gift?



**Come and browse at the Fuller Gallery.**

**You're sure to find something that says**

**"happy Mother's Day mum"**

## Garage Sale

17 Weigall Street Barraba

23<sup>rd</sup> April 2022 – 9am-4pm

Items include Patchwork Materials, Patchwork Kits,  
Haberdashery and lots of Sewing Materials

## Garage Sale

**Saturday 23rd April from 8am**

**22 Flynn Avenue, Barraba.**



## ANZAC DAY MILITARY DISPLAY BARRABA 2022

This year's Anzac Day exhibition will be held in the 3 shops on Queen Street, opposite NAB Bank. Between IGA and David Kelly's accountancy. The exhibit will run from Tuesday, 19<sup>th</sup> April to Saturday, 30<sup>th</sup> April.

For those that saw last year's exhibit and appreciated it, this year's will be larger and includes exhibits from the Boer War, WW1, WW2, Korean, Vietnam, Timor and Afghanistan wars.

LEST WE FORGET.

Steve Roberts



**Lavery Pathology Now Open**

**Barraba Medical Centre 67821621**

**Tues/Weds/Thurs 8:30am -1:30pm**



**Cobbadah Flowers**

**Marnie Crowley**

**0267822045**

**0429878788**



## Across the Desk from the Principal Patrick Sullivan

As term one ends, I would like to thank all staff, students, parents and carers for a beautiful start to the year. I've been privileged to see all the hard work in the classrooms. From Kindergarten with Mrs Sweeney to Years 7 & 8, learning Italian with Prof Screnci from the Sydney School of Languages. Our Year 11 Business Studies has been part of the Rural Learning Exchange linking with four other schools across the state. As you look through the pages of this newsletter, you will see our students have participated in some fantastic events. The visit to Sydney of our school captains, some great sporting trips and our 4/5/6 leadership camp at Lake Keepit highlight such a busy term. I want to thank all our teachers that have taken extra classes this term when people have been sick or away on excursions; the school could not run without this goodwill. A thank you also to the seven staff from the Tamworth Office that came and taught our students when staff were off with COVID. The term was capped off with a colourful Easter hat parade at the primary. It was tremendous to see all the parents and our pre-schoolers enjoy such a great event. However, it did take a lot of work to get the glitter out of my beard from Miss Hook's sparkly Easter Egg Bucket. ANZAC day this year sees the march return down the main street of Barraba to commemorate this important day. All students (K-12) and staff are invited to represent the school in the local procession. On Monday, 25 April 2022, students and staff are to assemble near Babes in the Bush in Queen Street Barraba at 10.40 am. All students are to be in FULL SUMMER UNIFORM. I wish everyone a Happy Easter and a safe holiday. School starts back for students on Wednesday, 27 April. Patrick Sullivan Principal

### Government House Leadership Visit

On Thursday 24 March 2022 Kane Ward and Eloise Chandler as part of the School Leadership Team visited Government House as part of the Secondary Schools Leadership Program. On the day the students met with the Governor of New South Wales, Her Excellency Margaret Beazley at Government House in Sydney. The students as part of the group were invited to ask questions and learn more about the role of the Governor. The students visited Parliament House to learn how laws are created and the role of both houses at a state government level. The group then met with local representatives to ask questions about regional issues. Both Kane and Eloise represented the school in a commendable fashion and found the experience interesting and rewarding. Mr Good



### Science with Mr Good

As part of the Weather Unit being studied by the MSSC group, the students were investigating thunderstorms and lightning. As part of the investigations the students were able to observe how electric charge can build up and jump from one area of charge to another.

Scott Good



### Kamilaroi Culture

Year 3 and 4 have been learning about the Kamilaroi culture. One of the traditions of the first people of this area were tree engravings to mark ceremonial areas. Many of these trees have been stolen or cut down. We thought it would be respectful to show the school how these engravings may have looked. We used old photos to copy the images. Mr Teunis 3/4 Teacher





# Barraba Preschool

## NOTICE OF ANNUAL GENERAL MEETING

### Special Resolution Notification:

Adopt the updated version of the model  
constitution

**Thursday 28<sup>th</sup> April, 2022**  
**5:30pm**

**Location: Barraba Preschool**

**148 Queen St, Barraba, NSW, 2347**

**All members are encouraged to attend**



## History Notes

Although there were a couple of stalls missing on Saturday, the market was very successful with quite a lot of visitors and almost all the Tamworth Regional Councillors were present for at least part of the morning. There were good sales of preserves, honey, plants and vegetables and most stalls had some sales. Several visitors took the opportunity to inspect the museum during the morning.

Apart from the markets the week has been quiet – one visitor called in and was so impressed that he will be back to have another look in the future. The big map showing the old County boundaries in the Barraba Shire attracted much attention and we did eventually trace the Horton River from its source to the village of Upper Horton.

Today, (Monday) we actually have visitors from the Lands Department to look at the Court House and decide what has to be done to keep this very old building standing. The white ants are on the way out and the wooden section which has been added will probably be removed to help with the complete removability of the pests.

The Court House is the oldest brick building in town having been built in the early 1880's along with the School down in Cherry Street. There are a couple of wooden buildings of the same era – the Museum and the Mechanic's Institute come to mind as being built in the 1800's but there are not many left.

The Court House functioned for many years and there are records, especially in the Witten Diaries, of many residents summoned for small misdemeanours such as cutting down fruit trees, shooting in private paddocks, as well as rape, murder etc. There was little privacy and most residents knew who had been to court – I'm sure some people will remember seeing that photo of a prisoner being dragged across the street to the Court House.

The back section of the Court House served as a home for the 2<sup>nd</sup> Police Officer and his family as the Policeman in charge of Barraba lived in the house on the corner of Cherry Street and Maude Street. The Police office/station was in the building attached to the north side of the building and customers for licences etc. entered via the driveway.

Eventually the department built the Police Station in Maude Street and then the second police house beside it – thus the Court House was just that and the Department did not take very long to close it. It has been used by a few groups but has remained empty now for more than ten years. Can anybody suggest a use for this building – a Gallery perhaps?

Come along to Bingara's

# BIG HEART BARBECUE

Return the support Bangalow and Mullumbimby provided us through the drought. All funds raised on the night go directly to those affected in these communities.

**Saturday 16 April**  
**Starts 6:00pm**  
**Gwydir Oval**  
**Free Entry**  
**BYO Alcohol (no glass)**

Bring a chair, bring a rug, bring your family and bring a donation!

Don't forget to donate

All entertainment funded by the Bingara Lions Club, Vision 2020, the Bingara Op-Shop and the Gwydir Shire Council

## From the Catholic Church

The time of Easter, and for Christians the passion and resurrection of Christ is just about with us, and it's great that families are more able this year than last or even the year before, to get together due to previous restrictions on travel.

So there's lots happening, and the challenge is to find time to celebrate holy week and Easter properly even though we do enjoy sports fixtures as well, and there's nothing wrong with that, as long as they don't get in the road of some time of worship, especially Good Friday when many churches have a memorial liturgy at 3 PM or other times to remember the actual day when Jesus Christ gave up his life for his followers and for us.

And of course, there is Easter! We don't really appreciate Easter unless we appreciate Jesus' passion and death, and the things that led up to them.

Easter eggs are very much on sale at the moment, and any children you have in your family need to be taught the real meaning of Easter; one way of doing this is to ask your children, when they break open their Easter egg, what do they find inside? They might say, just air, or they might say "nothing".

So, you as parents can tell them that when people looked in Jesus' tomb they also found nothing. Why?? Because he has risen from the dead; "he is not here, he is risen".

That's the message of Easter and I hope that we all take some joy and hope for the future through what happened on that first Easter Day. You and I have the opportunity not just to remember that God raised Jesus from the dead, but to know that you are destined for eternal life with him.

Let's keep continuing to pray for Ukraine, and also the huge nation of Russia, that people will realise that

war achieves nothing, and begin to stop the madness of destruction.

Have a very happy Easter and may God bless you all.

Fr John Curran

St John's Catholic Parish

### Holy Week Schedule

Holy Thursday 14 April - Mass 5.00pm

Good Friday 15 April - Stations of The Cross 10.00am

Easter Sunday 17 April - Mass 9.00am

### CATHOLIC CHURCH NOTES

Barraba—1st & 5th Sunday 5pm

2nd 3rd & 4th Sunday 9am

Upper Horton 3rd Sunday 11am

Weekday Mass Wednesday 10am

## From the Anglican Church

### "Christ is Risen – He is Risen Indeed!"

The gospels are an account of the life and times of the greatest figure in human history—God but also man, sinless but fully alive, pure but with profound depths, the Judge of the world but with bottomless compassion, the fulfillment of all Jewish hopes but with a global appeal, a man in time but a man for all times. A Hero with heart-melting kindness yet steely determination, who blasts the self-righteous and befriends sinners. His ethical teaching is sublime—the kind that builds civilizations. His miracles are extraordinary—the kind that would have been noticed (and could therefore be contradicted) by the generation to which the gospels were written. His life and words are impeccably righteous, yet nonetheless he is condemned as a blasphemer. And what is written of

him stands up to scrutiny: scriptural, theological, geographic, linguistic, literary, and historical. And the gospels are believable both near and far, now and later, for those who've lived through these times and for all generations to come.

Is it any wonder that Jordan Peterson finds it so difficult to believe that "human beings invented this unbelievably preposterous story." It is, in his words, an "impossible" task. When you read the Gospels for yourself, you begin to ask, "Which genius comes up with this?" There is genius here. There is enough genius in the Jesus story to remake the world. But we need to ask: does the genius reside in the authors, or have the authors basically reported the genius of their Hero, Jesus? Both options are somewhat "miraculous," but one of them involves a Miracle Maker who can explain the feat.

Whatever your views about miracles, everyone must grapple with an extraordinary "life from the dead" occurrence in the first century. No one who had seen Jesus's followers on the day after his death—dejected, scared, leaderless, hiding from authorities—would have expected their movement to shape history in the way it has. Something was unleashed on the world 20 centuries ago such that, from an ignominious death, life has burst out.

The resurrection is not a miracle that adds to the absurdity of our world. Rather it explains what would otherwise be even more absurd. To embrace the miracle is to make sense of life. Resurrection explains why Christianity didn't die when Jesus died. Resurrection explains why Christianity continued its unlikely growth through many deadly trials. Resurrection explains why the Victim has come to be Victor. Resurrection explains why, far from being a

tragedy, the cross has represented healing and hope. Resurrection explains why the pattern of all great stories—and the pattern of the meaningful life is, triumph *through* sacrifice. Most of all, resurrection explains Jesus. It explains why the one famous for his death has been encountered by billions as the one most fully alive.

Daniel Avenell

Vicar of Barraba Anglican Parish

### **Easter at St Laurence's Anglican - Barraba**

Good Friday at **9am**  
Easter Sunday at **9am**

### **Snippets from St Laurence's**

I was just settling into my chair to write Snippets when my mobile hot water bottle decided I needed her to sit on my lap. Isn't God thoughtful to give us pets! Such loving trust – surely that is how we should be with him.

On Friday we celebrate Christ's death for us and on Sunday the empty tomb, the proof that death is not the end of everything. Please remember that services at St Laurence's on both days will be at 9am.

The next meeting of Parish Council will be on Sunday 15<sup>th</sup> May, with a working bee on 14<sup>th</sup>. The year is rushing past.

Think about these words from Paul's letter to the Romans, chapter 6, verses 9 to 11: "For we know that since Christ was raised from the dead, he cannot die again: death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus."

### **2022 - Easter Message**

#### **Barraba Uniting Church.**

What are your plans for Easter many people ask? So often, the reply is found in what we are planning to do. Having a quiet time at home, going away for a few days, having the family over for Sunday lunch, or simply, I'll probably over-indulge in chocolate again.

For some people, their thought is focused on themselves as people who are "life-savers", only focusing on what they are doing for themselves.

Easter is more than a few days from work. Easter is a time to appreciate what we been given through Jesus that will transform our lives from being "life-savers" to being "life-givers." To have a life that bring hope, comfort, peace, and love to others unconditionally.

*"For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? Matthew 16:25-26*

Easter points us to the ultimate fulfilment of the above verses from Matthew. Jesus informs his disciples of what is expected of them if they wish to experience God's Kingdom. Easter is the time where each of us are called to reconsider what we are doing with our lives. Have we become inward looking, a "life saver", or do we use our gifts as a "life spender" ... using our lives for good?

Retreat Director, Margaret Silf, poses this critical question in her book *The Other Side of Chaos – Will you save your life or spend it?* She says "... we are invited to follow a man, who, every moment and in every way, spends himself for others and for truth and justice, a man who invites

us also to become life spenders ... to become a people on a quest not for rescue but for transformation." How will you spend your Easter? Easter ... the time of remembering what Jesus has given to you ... salvation.

Rev Jim Furze.

### **Uniting Church Notices for Easter**

15<sup>th</sup> Good Friday Service at 10am

17<sup>th</sup> Easter Sunday Service at 10.45am

24<sup>th</sup> Pre Anzac Service at 8.45am

From Sunday 1<sup>st</sup> May Service Times  
8.45am Please note new time

### **BARRABA COMMUNITY NEWS**

COMMUNITY OWNED AND EDITED

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Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn

0447165008

Office: 02 67821662

Email

[news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)

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### FUNDING BOOST FOR LOCAL LIBRARIES

Four small town libraries in the region are slated for upgrades after Tamworth Regional Council received \$170,792 in funding from the NSW Government's Public Library Infrastructure Grant program.

Libraries in Barraba, Kootingal, Manilla and Nundle will share in the funding that sees improvements to shelving, seating and furniture and the introduction of Aboriginal placemaking elements.

Member for Tamworth Kevin Anderson said libraries were key community assets in smaller regional centres and this funding would create a more welcoming environment for visitors.

"Libraries mean more to our smaller communities, offering books, magazines, CDs and DVDs, computers, internet access and access to photocopying and printing facilities," Mr Anderson said.

"They're a place to go and learn and they're also a place to meet so its great news that these four libraries will now be fitted out to better meet community needs."

Tamworth Region Mayor Russell Webb said the funding would be used to improve facilities.

"This grant funding is an exciting opportunity for Council to create new facilities and enhance those existing in some of our smaller communities," said Tamworth Region Mayor, Russell Webb.

"We know that creating welcoming spaces for our residents is important, linking back to Council's Blueprint 100 vision for the Tamworth region."

### ANDERSON CONTINUES HIS PUSH FOR MORE POLICE

Member for Tamworth Kevin Anderson will continue his push for more police in the Oxley Police District following meetings with the community and local police.

Mr Anderson said he had been contacted by concerned community members who have expressed their support for more police and their concern about recent crime.

"Our police do an outstanding job and I will continue to support them and push for more resources to assist in keeping our communities safe.

As a result, I have met and had conversations with the community, local police, and the NSW Police Western Region Commander and I have written to the police minister seeking his support.

This is important as police highlight they need additional support for the Proactive Crime Team. This will allow police to stay in front of crime and potentially prevent anti-social behaviour, crime related incidents and drive down crime.

The community have also highlighted the need for police stations in smaller centres to maintain their police presence, because at times their local police officer will be called away to a larger centre. More local police will help prevent this from happening.

To further our case for more police for the Oxley Police district I have invited the Western Regional Commander to return to Tamworth to discuss these issues including concerns raised by the Gunnedah community about 24 hour policing.

What is very clear is that our area has to be at the top of the list when it comes to increasing police numbers and I look forward to working with the Police Association and Commander Greentree to continue to put the case forward for more police in our region." Mr Anderson said.



### LOCAL GRANTS FOR KOALA CONSERVATION

Community projects in New England will be eligible for grant funding to support the recovery and protection of local Koala populations.

Grants of up to \$200,000 will be offered for on-ground community projects and local activities that support the recovery and protection of the nationally listed Koala populations of Queensland, New South Wales and the Australian Capital Territory.

**Deputy Prime Minister and Member for New England, Barnaby Joyce, said that the grants were another example of the Coalition Government working with communities to deliver practical on-ground programs.**

"The New England community are proud of the local environment and care strongly about Koala populations," the Deputy Prime Minister said.

"I encourage individuals or eligible groups to start preparing their ideas ahead of the grant round opening later this year."

The guidelines highlight 3 key goals:

1. improve the extent, quality and connectivity of Koala habitat and reduce local threats,
2. increase understanding and management of disease and injury affecting Koala health and lift capability in on-ground care, treatment and triage of koalas, and
3. improve data and knowledge of Koala populations and health across their range, to support effective decision making and conservation action.

Grant guidelines:

<https://business.gov.au/grants-and-programs/koala-conservation-and-protection-community-grants-round-1>

## Election Workers

The Australian Electoral Commission needs around 100,000 workers in metro, regional and remote areas across Australia for the 2022 federal election.

All jobs are paid. Most are on election day, and some are before and after the election for several weeks.

Jobs include working in polling places, counting votes and helping with administration and logistics.

Learn more about roles, pay and conditions, or register your interest, at [aec.gov.au/electionjobs](https://aec.gov.au/electionjobs)



**100,000 temporary jobs**

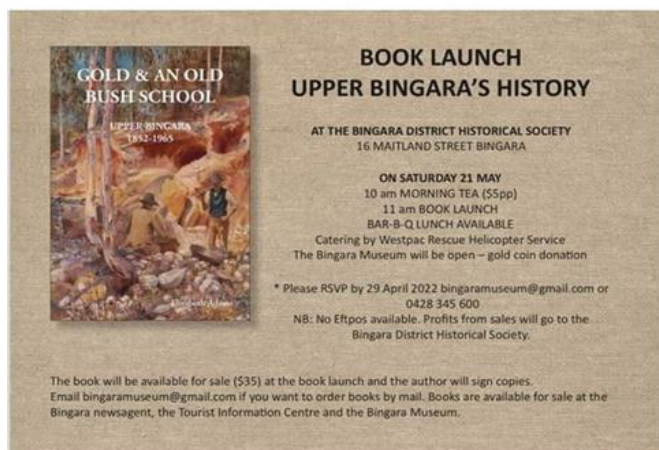
 Earn extra money  Training is provided, no experience required

**Register your interest to work at the 2022 federal election.**

[aec.gov.au/electionjobs](https://aec.gov.au/electionjobs) 

Authorised by the Electoral Commissioner, Canberra

The Upper Bingara book is available now in Bingara and by emailing [bingaramuseum@gmail.com](mailto:bingaramuseum@gmail.com). It has 194 pages and over 300 photos, illustrations, maps and documents which capture the history of Upper Bingara - its origins, life as it was at 'The Top', the people who settled there as well as the one teacher school, its teachers and pupils from 1892. The book launch is on 21 May. and books will be signed there. Details of extra activities will be posted soon.



**GOLD & AN OLD BUSH SCHOOL**  
UPPER BINGARA  
1892-1965

**BOOK LAUNCH  
UPPER BINGARA'S HISTORY**

AT THE BINGARA DISTRICT HISTORICAL SOCIETY  
16 MAITLAND STREET BINGARA

**ON SATURDAY 21 MAY**  
10 am MORNING TEA (\$5pp)  
11 am BOOK LAUNCH  
BAR-B-Q LUNCH AVAILABLE  
Catering by Westpac Rescue Helicopter Service  
The Bingara Museum will be open - gold coin donation

\* Please RSVP by 29 April 2022 [bingaramuseum@gmail.com](mailto:bingaramuseum@gmail.com) or 0428 345 600  
NB: No Eftpos available. Profits from sales will go to the Bingara District Historical Society.

The book will be available for sale (\$35) at the book launch and the author will sign copies. Email [bingaramuseum@gmail.com](mailto:bingaramuseum@gmail.com) if you want to order books by mail. Books are available for sale at the Bingara newsagent, the Tourist Information Centre and the Bingara Museum.

## RECENT ANNIVERSARIES

- the first Easter, according to calendar maker Dionysius Exiguus (31)
- abolishing the slave trade throughout the British Empire (1807)
- the birthday of Aretha Franklin (1942)
- the deaths of Beethoven (1827) and poet Walt Whitman (1892),
- Boris Yeltsin becoming Russia's first President (1989)
- the Schengen Treaty going into effect (1995)
- filmmaker James Cameron becoming the first person to visit Challenger Deep, the deepest point on Earth, in more than 50 years (2012)
- the patenting of kerosene (1855)
- Billie Holiday playing in front of a sold-out crowd at Carnegie Hall 11 days after being released from prison (1948)
- Suharto officially succeeding Sukarno as president of Indonesia (1968)
- the worst aviation disaster in history when two Boeing 747s collided in Spain, killing 583 people (1977)
- the Lourve being opened to the public (1794)
- the end of the Spanish Civil War (1939)
- the world's largest dinosaur footprint found in Western Australia (2017)
- North Korean leader Kim Jong Un meeting Chinese President Xi Jinping in Beijing. It was Kim's first trip outside of North Korea since coming to power in 2011 (2018)
- the official opening of Royal Albert Hall by Queen Victoria (1871)
- Australia's first federal election leading to Edmund Barton being elected Prime Minister (1901)
- Nelson Mandela being acquitted of treason after a 4.5-year trial (1961)
- the discovery of the Terracotta Warriors in Xian, China (1974)
- the US buying Alaska from Russia (1867)
- US President Ronald Reagan being shot and wounded in an assassination attempt (1981)
- the death of Queen Elizabeth, the Queen Mother (2002)
- the Morrison Government announcing the introduction of the JobKeeper payment (2020)
- the deaths of Isaac Newtown (1727), Charlotte Brontë (1855)
- Oliver Cromwell being offered the crown by the English Parliament (he declines) (1657)
- the Eiffel Tower officially opening in Paris (1889)
- Harry and Meghan officially stepping down from royal duties (2020)

## The PLAYHOUSE HOTEL

### From the Big Smoke to the Bush

In the 'digital' age, when anyone can hear any song at the press of a button, is it still possible for a musician to make a living through touring?

That's the question Luke Morton, known as "Choppers Morton", is setting out to answer as he launches his From the Big Smoke to the Bush tour at The Playhouse Hotel at 6.15 pm on Saturday 23 April.

A passionate student of guitar and vocals since boyhood, especially the styles of blues, folk and traditional Australian ballads, Luke took a job at a major Sydney booking agency, where he devoted 15 years to organising tours for other artists, including some of the biggest names in showbiz. Occasionally he was able to play support for well-known bands such as The Divinyls, but this didn't satisfy him. Four years ago, he quit his secure job and, with a stack of original songs in his back pocket, took his own act on the road. The gamble paid off, because since then he hasn't stopped working. In 2019 alone, he performed in 130 different venues!



It's this inspiring story of one man following his dream that Morton Choppers will share with us in From the Big Smoke to the Bush, via an evening of songs, poems, stories and jokes, all illustrated by big screen projections.

Tickets to the performance are \$30. The Playhouse Hotel is also offering an optional two-course dinner afterwards for

\$45 a person. Dinner will be Maple and Dijon Chicken with crispy roast potatoes and steamed greens or Beef Cheeks in Shiraz with herby polenta and steamed green beans. Puddings will be Apple and Raspberry crumbles with vanilla bean ice cream or Sticky Date Pudding with butterscotch sauce and vanilla bean ice cream. Speak to the Hotel about any special dietary requirements as Chef Shelley Austin will be happy to help.

The Playhouse Hotel is the only place in town where you can use the Service NSW Discover vouchers. The Hotel also takes the Dine vouchers. Sarah at the front desk is always happy to help with vouchers. Get in touch on 6782 1109 or [play@playhousehotel.com](mailto:play@playhousehotel.com) to book.

### Night Under the Stars – Len Waters

19 April @ 8:00 pm - 10:00 pm



Discover the region's Aboriginal heritage and stories at a truly unique event at the Tamworth Regional Astronomy and Science Centre.

Join Len Waters and his team under the night sky as they explore Aboriginal astronomy in the 'big sky' country of Tamworth. The night sky will be brought to life with stories, music and dancing in a truly unique cultural showcase. Artists will include: Mark Atkins, one of Australia's finest didgeridoo players, Buddy Knox a Multi-award-winning Blues musician; Quarralia Knox, Noah Overs and performances from Milan Dhiyaan Dancers. Guests will also have the opportunity to tour the Astronomy Centre prior to the event.

#### Tamworth Regional Astronomy and Science Centre

Piper Street, North Tamworth

Tickets: Adult \$25 | Children \$15 | Family of 4 \$60

Tickets are limited and bookings are essential!

Book now at: <https://entertainmentvenues.com.au/len-waters—night...>

This project was made possible by the Australian Government's Regional Arts Fund, which supports the arts in regional and remote Australia.



## Golf Notes

Carding an 81 off the stick

Peter York and Amanda Koopman took out the 2022 Mixed Foursomes Championships on Sunday winning the L & V Bridges Memorial trophy. Runners up were Campbell Tonkin and Lib Thompson on 86. The net winners Campbell Tonkin and Lib Thompson net 70.25 won the Lions Club trophy from Peter York and Amanda Koopman with a net 75. For players unable to find a partner for the mixed event there was an 18 hole individual stableford for a trophy kindly donated by Bill and Gail Simpson. The winner on 36 Stableford points was Tom Mellor with David Kelly runner up on 33 points. Ian Cabot won an NTP on the 18th.

Next Sunday 17th April we will play an Individual Stableford for a trophy kindly donated by Gary and Sandra Allen.

The following Sunday 24th April there is an 18 hole stroke for the Mal Stein and Ron Bridges trophy.

Just a heads up to ask players to carry a sand bucket in their group to repair any divots on the tees or fairways.

On Sunday the Club held its AGM where Will Sedgwick was again elected President. Will thanked everyone for their continued support and highlighted the great work of all our club volunteers.



## Rugby Union News

The season kicked off last Saturday with

Barraba travelling to Narrabri for two games in very hot and humid conditions, which made things difficult, sapping the players energy.

The girls took on the locals in the early game and came up against a very hot outfit on the day, they tried hard and never gave up, much to their credit. Best on the day was Kiah Newell, 3 points, 2 points to Emily Kelso and 1 point to

Jemma McDouall. The 'Players Player' went to Kiah Newell. This award is voted on by your team mates.

In the men's game, under similar conditions, the first quarter of the game was a 'no quarter given' by both teams as play was centered around the midfield until the locals were able to cross for points. Narrabri proved a bit too strong for the Barraba/Gwydir combination.

Points were awarded to Connor Rodgers, 3 points; J. Batchelor, 2 points; 1 point to Jack McCarthy and Jack Robinson. 'Players Player' went to Will Robertson narrowly from Connor Rodgers.

With the bye over the weekend the Club will not be playing until the 23<sup>rd</sup> April and that game will be play at Bingara. The following week the Club has a bye.

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## Barraba 7 day Forecast from the Bureau of Meteorology



### Wednesday 13 April

**Summary** Max 24

**Possible shower**

Chance of any rain: 40%



### Thursday 14 April

**Summary** Min 9 Max 23

**Mostly sunny**

Chance of rain: 0%



### Friday 15 April

**Summary** Min 8 Max 24

**Sunny**

Chance of any rain: 0%



### Saturday 16 April

**Summary** Min 8 Max 24

**Mostly sunny**

Chance of any rain: 0%



### Sunday 17 April

**Summary** Min 9 Max 24

**Mostly sunny**

Chance of rain: 0%



### Monday 18 April

**Summary** Min 9 Max 25

**Sunny**

Chance of any rain: 0%



### Tuesday 19 April

**Summary** Min 10 Max 26

**Partly cloudy**

Chance of any rain: 10%

### Regional Dam Levels from Water NSW

Chaffey 100.1%

Copeton 96.8%

Keepit 99.4%

Split Rock 71.4%

## Remind me again, why is salt bad for you?

*Evangeline Mantzioris, Program Director of Nutrition and Food Sciences, University of South Australia*

Despite most of us knowing we should cut down on salt, Australians consume on average almost twice the recommended daily maximum per day. Salt has been used in food preservation for centuries, and idioms like “worth your weight in salt” indicate how valuable it was for preserving food to ensure survival. Salt draws moisture out of foods, which limits bacterial growth that would otherwise spoil food and cause gastrointestinal illnesses. Today, salt is still added as a preservative, but it also improves the taste of foods.

Salt is a chemical compound made of sodium and chloride, and this is the main form in which we consume it in our diet. Of these two elements, it's the sodium we need to worry about.

### So, what does sodium do in our bodies?

The major concern of consuming too much sodium is the well-established link to the increased risk of high blood pressure (or hypertension). High blood pressure is in turn a risk factor for heart disease and stroke, a major cause of severe illness and death in Australia. High blood pressure is also a cause of kidney disease.



The exact processes that lead to high blood pressure from eating large amounts of sodium are not fully understood. However, we do know it's due to physiological changes that occur in the body to tightly control the body's

fluid and sodium levels. This involves changes in how the kidneys, heart, nervous system and fluid-regulating hormones respond to increasing sodium levels in our body.

Maintaining tight control on sodium levels is necessary because sodium affects the membranes of all the individual cells in your body. Healthy membranes allow for the movement of:

- nutrients in and out of the cells
- signals through the nervous system (for example, messages from the brain to other parts of your body).

Dietary salt is needed for these processes. However, most of us consume much, much more than we need.

When we eat too much salt, this increases sodium levels in the blood. The body responds by drawing more fluid into the blood to keep the sodium concentration at the right level. However, by increasing the fluid volume, the pressure against the blood vessel walls is increased, leading to high blood pressure.

High blood pressure makes the heart work harder, which can lead to disease of the heart and blood vessels, including heart attack and heart failure.

While there is some controversy around the effect of salt on blood pressure, most of the literature indicates there is a progressive association, which means the more sodium you consume, the more likely you are to die prematurely.

**What to watch out for.** Certain groups of people are more affected by high-salt diets than others. These people are referred to as “salt-sensitive”, and are more likely to get high blood pressure from salt consumption.

Those most at risk include older people, those who already have high blood pressure, people of African-American background, those who have chronic kidney disease, those with a history of pre-eclampsia (high blood pressure

during pregnancy), and those who had a low birth weight.

It is important to be aware of your blood pressure, so next time you visit your doctor make sure you get it checked. Your blood pressure is given as two figures: highest (systolic) over lowest (diastolic). Systolic is the pressure in the artery as the heart contracts and pushes the blood through your body. The diastolic pressure in the artery is when the heart is relaxing and being filled with blood.

Optimal blood pressure is below 120/80. Blood pressure is considered high if the reading is over 140/90. If you have other risk factors for heart disease, diabetes or kidney disease, a lower target may be set by your doctor.

**How to reduce salt intake.** Reducing salt in your diet is a good strategy to reduce your blood pressure, and avoiding processed and ultra-processed foods, which is where about 75% of our daily salt intake comes from, is the first step.



*Try to use less salt in your cooking, but home prepared meals are not the worst culprit.*

Increasing your intake of fruit and vegetables to at least seven serves per day may also be effective in reducing your blood pressure, as they contain potassium, which helps our blood vessels relax.

Increasing physical activity, stopping smoking, maintaining a healthy weight and limiting your alcohol intake will also help to maintain a healthy blood pressure. Blood pressure reducing medications are also available if blood pressure cannot be reduced initially by lifestyle changes.

## 1964 Floods *Published by Brian Coote*



A copy of another Richard Cummins photo of the 1964 flood in Barraba from David York's album.

The level of flood water over the deck of the bridge can give just a small idea of the power and speed of the flood in the centre of the river here in the upper reaches of the Manilla river.

Our thanks to Richard for taking these excellent photos.



The 1964 Flood from Cherry St. with Heywood's house on the other bank.

The Heywood family had one of the two dairies across the river at that time the other being Albert Brodbeck a little further downriver.

This photo was taken by Richard Cummins and David York had a copy in his album.

### Latest Covid Cases in our district

Cases in the postcode

**2347**

Banoon, Barraba, Cobbadah, Gulf Creek, Gundamulda, Ironbark, Lindesay, Longarm, Mayvale, Red Hill, Thirlidene, Upper Horton, Woodsreef

Part of Tamworth Regional Council

**0**

today

**6**

this week

**185**

total cases

