

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 27th April 2022



ANZAC DAY IN BARRABA 2022



Dawn Service

By 11am a large crowd had gathered around Barraba's Queen St War Memorial on a perfect autumn day for the 2022 ANZAC Service. It was very pleasing to see a large representation from our two schools, who marched down Queen St with the veterans, led by our trumpet masters David Witton and Phil Hodges.

The MC for the ceremony was the Barraba RSL's Bill Crowley; Anglican Minister Daniel Avenel addressed the gathering as did Rob Sweeney, who paid tribute to Barraba's recently deceased Veteran, Joyce Abra.







See more photos on page 12

Saunders Family Reunion

24 descendants of one of the first settlers of the Barraba district, Sidney Smith William Saunders, gathered together for several days in early April at the Barraba Caravan Park, for a family reunion.

The wife and 7 children (and their families) of Percy Saunders, (son of Fred and Daisy who lived for many years in Barraba) returned to the area to honour a long-held desire by the family to place a headstone at the grave of the 2 eldest sons of Sidney and his wife Harriet, who died on the same day in uncertain circumstances at just 5 and 4 years of age in May, 1861. Their father was away and their mother had the sad task of seeing to the burial of her precious boys in the Woodsreef Cemetery.

Though originally drawn to the district in search of gold, and struggling for many years to eke out a living, the family's fortunes improved when two of Sidney's sons selected Gosenbar and Anglesey.

A simple but moving ceremony was held, with Rita Saunders, a long-term resident and cousin to the family, in attendance.





Laverty Pathology Now Open

Barraba Medical Centre 67821621

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



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

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 \$2,000 2 draws

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM MEMBERSHIP DRAW \$2,000

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



PROPOSED WASTE MANAGEMENT FACILITIES OPERATING HOURS

We are proposing some changes to the operating hours of our rural waste management facilities.

You can review these proposed changes and submit formal feedback by heading to www.tamworth.nsw.gov.au/rwmfhours



Australia COVID	2020	2021	2022
Total Cases	28,407	367,097	5,299,914
Reported Deaths	909	1,331	4,738
Number of Days	340	365	113
Cases Per Day	84	1,006	46,902
Deaths Per Day	2.7	3.6	41.93

The first 113 days of 2022 [data from 23 April, reported on 24 April]

- The number of patients who are receiving care in hospitals has risen from 1,655 on 12 March 2022 to 3,152 up to this reporting date.
- The deaths per day figure has risen from 6 on 1 January 2022 to 41.93.
 At this rate, we are heading for 15,304 deaths for 2022 alone by end of year.

Credit to **Prof Mary-Louise McLaws** for the 2020 and 2021 data. Credit to https://covidlive.com.au/ for the 2022 data.



BARRABA COVID-19 VACCINATION CLINIC

Barraba Hospital

Pfizer Vaccination Clinic Appointment Essential

Paediatric Pfizer Vaccination Clinic 5—11 years

Tuesday 10th May 9.30am to 3pm

Please phone Barraba MPS, 67822500, during office hours to register

Open to those aged $\underline{\text{5 to 11 years}}$ Children $\underline{\text{MUST}}$ be accompanied by a parent/guardian

aged over 18 years

Wear a mask and bring your Medicare Card and ID (licence, student ID)

Contact: Barraba Hospital

Phone: 67 822500

Form 114 (version 4)

Succession Act 2006 s.93, Probate and Administration Act 1898 s 92 and Trustee Act 1925 s 60
NOTICE OF INTENDED DISTRIBUTION.
ESTATE OF PAMELA MARY SILLS

Any person having any claim upon the estate of Pamela Mary Sills, late of Barraba who died on 13th December 2021 must send particulars of the claim to the legal representative for the estate at care of PJK Law, 149 Queen St, Barraba NSW 2347, ref PJK:ms:0936, within 30 days from publication of this notice. After that time the legal representative intends to distribute the property in the estate having regard only to the claims of which the legal representative and notice at the time of distribution.



History Notes

Well, with all the holidays over it is back

to work for everyone - it is a long time since Easter and Anzac Day have been so close together, although a few normal weeks with normal work days and everything open, will get things moving before the frosts arrive.

This week our meeting saw a few more members present and discussion centered not so much around history as menial tasks such as storage, markets and someone to open the museum for tourists passing through.

There has been a request for Golf History and so I referred first to our *Back to Barraba Booklets* for a start, to find that the Golf Club is listed in the directory only in 1946, when C.D.Cook was President and Mr. A. R. Millar was the Secretary. The *Back to Barraba Booklet* in 1983 only has a few lines about the ladies golf. The President was Allan Lynch. Ron Bridges was the secretary. There is certainly more golf history in the files so the search is now on - perhaps there will be more next week.

In the meantime, I am writing this early on Anzac Day and I am sure readers will be able to remember the Anzac Day marches of the past. The march began down at what was Collin's Garage, now Denyer's Garage, with people milling around, getting into the right order behind the Band. The diggers usually out numbering the school children, if they were included in the march. About halfway up the block there were a few older or wheelchair people who joined in there.

Up at the clock there was a big crowd, families of service men and women and residents of the Barraba district. Lots of wreaths were laid at the clock in quite a lengthy service. Who

could forget people like Trixie Garland, Mrs. Baldock and a number of other women who saw to the smooth running of the event.

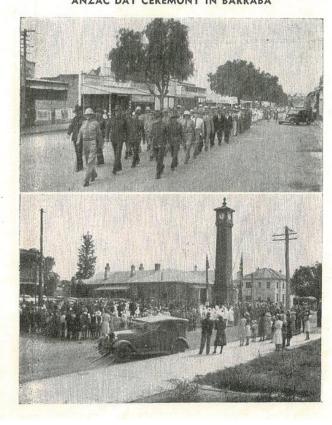
There are lots of photos of the Anzac Day March but I think one of the best is the 1945 March in the 1946 Back to Barraba booklet which lots of people still have in their possession. Even the cars of the era are in the photo and the grass is growing well on the vacant block where the Post Office and St.Vinnies are now.

The Pepper trees in the centre of the street are in their prime but not as shady as the trees we have now.

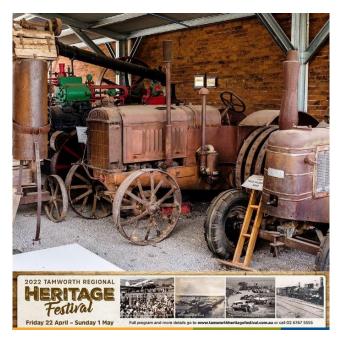
THE SOLDIERS' MEMORIAL

The Memorial Clock erected at the junction of Queen and Maude Streets, visible from all parts of the town, was erected by the Barraba branch of the R.S.S. & A.I.L., and is a fine memorial to those Barraba Soldiers who made the Supreme Sacrifice in World War I., and reflects great credit on the members of the local branch who raised the money to erect it. Bronze tablets containing the names of the fallen soldiers are attached to the base.

ANZAC DAY CEREMONY IN BARRABA



MANILLA HERITAGE AND RURAL MUSEUM SATURDAY 30 APRIL, SUNDAY 1 MAY 2022



Manilla Heritage Museum in Royce Cottage is located at the Manilla Visitor Information Outlet at 197 Manilla Street. The museum is full of historical memorabilia and archives relating to the history of Manilla. Within the complex is Yarramanbully School, a one teacher school operating from the early 1920's and a Chinese Memorial Garden, which commemorates the early Chinese market gardeners and shareholders of the district.

The Manilla Rural Museum in Alexander Lane houses an impressive display of farming machinery and implements of days gone by, including a 1917 Jelbart Tractor and a 1914 Mogul Tractor.

The museum is well worth a visit.

Time: 10am - 2pm

Cost: Adults \$5 Seniors \$4 Child \$2

Contact: Manilla VIO 6785 1207/ Jim Maxwell



From Adam Marshall's webpage -

BUNDARRA FESTIVAL



Northern Tablelands MP Adam Marshall, left, and Uralla Shire Mayor Robert Bell have announced \$10,000 in funding to support two community events in Bundarra this month.

TWO festivals showcasing local food and entertainment will bring the Bundarra community together this month, with Northern Tablelands MP Adam Marshall announcing a \$10,000 State Government grant to support activation events at the new multipurpose courts and in the main street. The funding was provided through the Festival of Place Summer Nights program, aimed at enlivening public spaces in and around local centres post COVID-19 pandemic.

Mr Marshall said the free events, hosted by Uralla Shire Council and Bundarra businesses, are an opportunity to acknowledge the village's progress and enduring community spirit after a difficult five years. "The drought knocked Bundarra to its knees, but in the preceding years a power of work has been done to reinvigorate public facilities and make the village a place families want to live," Mr Marshall said. "With the new sewage system operational, the installation of the multi-purpose courts and updated facilities at the showground, Bundarra is going through a period of serious renewal.

"A second event on Friday 29 April will bring Bundarra's main street to life, with the local business community hosting an exciting Festival of Place family function, with disco, free food and live entertainment. Bundarra is a proud community with so much to offer and I hope these events work to inspire future community get together and events which encourage tourists to visit."

Uralla Shire Mayor Robert Bell said these were great opportunities for the people of Bundarra to celebrate. Bundarra Festival of Place is on Friday, 29 April, from 4pm to 7pm.

From The Conversation

How to brush your teeth properly, according to a dentist

Arosha Weerakoon, Lecturer, General Dentist & PhD Candidate, The University of Queensland

Most of us brush our teeth on autopilot. So let's stop and ask: are you doing it properly? For a full two minutes? Do you use the correct type of brush and toothpaste?

Did you know you're supposed to spit, not rinse after brushing? And brushing soon after eating acidic foods, like citrus, can damage your teeth?

Here, I answer five questions commonly asked at the dentist.

1. Am I brushing correctly?

For starters, make sure you're brushing both teeth and gums at least twice a day.

Brushing removes dental plaque, the grey-white bacterial mass that sticks to the tooth and gum surface.

If left undisturbed for at least a day, plaque bacteria multiply and begin to mature.

Tooth Structure



Plaque can cause damage to the tooth enamel and the dentine underneath.

Mature plaque forms an architecturally complex mass with its own sewerage system.

Plaque feeds on the food we eat, particularly carbohydrates (sweet and savoury) to reinforce and build a complex structure that releases acids and gassy, smelly by-products (plaque sewage). Mature plaque on your teeth and gum surfaces can lead to cavities (holes in our teeth) and gum disease.

Cavities form in our teeth when the mineral in our enamel and eventually, dentine, dissolves to neutralise plaque acids. Over time, the tooth softens and caves in.

Every time you brush, you stop plaque bacteria from feeding on your food, multiplying and maturing. Mature plaque mixed with mineral in your saliva forms calculus or tartar. Calculus can only be removed completely by a dentist or hygienist using special tools.

Not brushing before bed is especially risky; saliva flow reduces and food stuck between your teeth ferments, creating a perfect petri dish for plaque growth. This is where flossing or using tapered interdental cleaners can help.

Make sure you clean the teeth at the back of your mouth, and don't rush. The Australian Dental Association recommends brushing for two minutes morning and night.

2. How do I look after my gums and prevent bad breath?

Bad breath can be caused by gum disease. After two to three weeks of poor brushing, the mature plaque causes the gums to swell, redden and bleed easily.

This is because the gum's blood vessels leak immune fighting cells to try and destroy the plaque.

But the plaque's defence system repels the attack. Everything your body throws at it bounces off and starts to break down the bone that holds your teeth in your head.

This process is known as advanced gum disease or periodontal disease. It happens slowly and painlessly. As the gums recede, teeth appear elongated. Untreated, your teeth may become painful, loosen and even fall out. This is why it's important to have a regular dental checkup and to brush and floss frequently.

3. What kind of toothbrush should I use?

The Australian Dental Association recommends using a toothbrush with a small head and soft bristles.

Some of us are magnificent manual tooth brushers, but many would benefit by using an electric toothbrush.

Why? The same reason we ditched the broom for a vacuum cleaner. It's faster, efficient and does a better job – as long as you hover over the surfaces you need to clean. Aim for teeth as well as gums.

Electric toothbrushes come with various features to suit different budgets and needs. For instance, some have an inbuilt warning signal to prevent you from brushing so hard you abrade (wear away) your teeth and gums.

4. When should I delay brushing?

Generally, wait at least 30 minutes after vomiting or consuming acidic foods and beverages.

If in doubt, check the food label as there are many different acids in our diet. Acids soften the enamel and dentine like soaking dirty saucepans in the sink.

And if we don't give our saliva enough time to mop up the acids, the softened tooth surface scratches away when we brush.

5. What kind of toothpaste should I use?

Keep it simple. Select a toothpaste that contains fluoride. Fluoride fills and reinforces the microscopic gaps in our teeth to create an acid-resistant barrier.

It also forms a non-stick surface to prevent plaque from attaching and maturing.

Do spit and not rinse at the end; avoiding rinsing means you get a fluoride treatment each time you brush.

What about whitening toothpastes? Whitening toothpastes can have strong abrasives that wear the tooth surface to cause sensitivity.

Most stain particles in our natural teeth hide in microscopic gaps in enamel. The most efficient and least destructive way of removing these stains is by using peroxide-based whitening products.

Talk to your dentist about options and be wary of home remedies or gimmicks. And remember, whitening will not change the colour of dentures, crowns, veneers or fillings.

Uniting Church Notices

From Sunday 1st May Service Times

8.45am Please note new time

CATHOLIC CHURCH NOTES

Barraba–1st & 5th Saturday evening 5pm 2nd 3rd & 4th Sunday 9am Upper Horton 3rd Sunday 11am Weekday Mass Wednesday 10am

Barraba Anglican Parish

St Laurence's Barraba: Sunday service at 10.00am Woodsreef: 2nd Sundays 11.30am

Bereen: 4th Sundays 6.00pm

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Barraba

ANNUAL OPEN FOURBALL

Sponsored By

D.J.Kelly & Co Stock & Crop

Sunday 1st May 2022

Mens Open Event: 18 HOLE 4BBB v PAR Nett Winner, Runner up 18 HOLE 4BBB v PAR Scratch Winner, Runner up

Best Nines 1-9, 10-18 Nett, NTPs and Long Drives

Handicap Limit-36, Entry Fee \$30.00 Per Player

*** LAMB SHANKS for LUNCH ***

Text or Email all nominations by Sunday 24th April to:

Ian Cabot Captain Ph 0428 615041 cabotii@hotmail.com

Time Draw will be sent to your club rep by email



Golf Notes

Daniel Anderson carded an 82 off the stick to finish with a 68 net and claim the Mal

Stein and Ron Bridges trophy on Sunday. Runner up with a net 70 was Sam Faint and the ball winners were Amanda Koopman 71, Mike Artis 73, Bill Simpson 74, Campbell Tonkin 74 and Will Sedgwick 74. Des Kelaher claimed NTPs on the 6th and 12th. In the first of our single match play events Bill Simpson defeated Paul Grigg with Bill getting off to a good start and Paul not able to peg him back.

All is in readiness for our three days of golf commencing this Friday 29th April with the Veterans Open day followed by the Mixed Open on Saturday and concluding with the Annual Barraba Fourball Open on Sunday.

The following week Sunday 8th May is the first round of our Club Championship and we will play for a trophy donated by Amanda Koopman

Rifle Club

We had another good roll up at the range on Saturday for both the Centrefire and .22 Benchrest shoots. There were a few possibles shot, with Noah scoring his first in the 100m. Brendan once again missed a perfect score by two, Ronnie also scored another possible, so congratulations to you all. In the morning Centrefire event Darren shot a 300, a big congratulations goes to him, and John also scored a possible in the Centrefire. Sunday saw five Handgun shooters at the range, which is good to see.

And just a reminder that there is a working bee at the range this Saturday 30th April @ 8.00am.

Unlimited 100m

B.McIlrick 100.7, 100.5, 98.6 = 298.18 D.McIlrick 94, 96.3, 94.1 = 284.4

AA Grade 100m

D. Dewson 97.4, 98.2, 98.4 = 293.10

R. Bridges 100.2, 94.1, 96.2 = 290.5

G. Urquhart 93, 90, 97.3 = 280.3

B. Grade 100m

N. Hull 10.2, 96.4, 98.6

J. Moloney 92.2, 94.2, 95.1 = 281.5

Unlimited 50m

B.McIlrick 98.4, 92.3, 95.3= 285.10

D. McIlrick 94.2, 89.2, 91.3 = 274.7

AA Grade 50m

D. Dewson 92.1, 86, 90.1 = 268.2

R. Bridges 88, 87.1, 82.2 = 257.3

G. Urguhart 75, 89.1, 88.1 = 252.2

B. Grade 50m

J. Moloney 89, 79.1, 89 = 257.1

N. Hull 58.1, 87, 90 = 235

Centrefire

D.Dewson 100.8, 100.3, 100.3=300.14

J. Adams 90.1, 96.4, 100.7 = 286.12

B. McIlrick 91.1, 94.2, 93.1 = 278.4

D. McIlrick 91.2, 90.1, 90 = 271.3

J. Moloney 78.1, 85, 65 = 228



From The Conversation

Why do we find making new friends so hard as adults?

Anastasia Hronis, Clinical Psychologist, University of Technology Sydney

If you've ever tried to make new friends as an adult, you'll probably see why loneliness is at an all-time high. Making new friends feels just plain hard.

In school, making friends can be as simple as going on the monkey bars together. But as adults, making, developing and maintaining friendships can be much more difficult.

This matters, because we need friends. And while old friends are golden, nothing stays the same forever. Old friends move away, or have their time taken up by child-rearing or their careers. Without action, loneliness can quietly grow around you. It's worth taking seriously, because evidence now suggests chronic loneliness can be lethal – the equivalent impact of 15 cigarettes a day on mortality rates.

It's not just you, either. In many countries, loneliness is at epidemic proportions. And that was before COVID-19 made it much harder for us to see our friends.

The challenge of trust

Before COVID, around a third of Australians reported feeling at least one episode of loneliness. Since COVID brought widespread disruption to our work and social lives, loneliness has soared. Surveys now find over half (54%) of Australians report experiencing greater loneliness since the start of the pandemic.

As we reach for a new COVID-normal, it's worth taking stock of your friendships – and assess whether you feel your social life is fine, or could use a little help.

When researchers interviewed adults about making friends in a recent study, the most important challenge cited was a lack of trust. That is, people found it harder to put their trust in someone new and fully invest in them as a friend compared to when they were younger.

Perhaps that's why many people try to keep their circle of old friends as long as possible, given the trust they may have built up over many years.

Who found it harder? Women were more likely than men to say they didn't make new friends easily because they struggled to trust others.

So what is it about adulthood? Well, as adults, we have greater self-awareness than children. While that is often a positive, it also means we're more aware of the risks of being judged by others, of not being liked, of being rejected, and of being hurt. Or perhaps it just means we've been through high school and our 20s.

If we've had previous rejections as friends or suffered a breach of trust, we may find it harder to be trusting of others in the future. To trust a new friend means opening ourselves up and being vulnerable, just as we do in relationships.

Friendships need time

After the trust issue comes time. "Lack of time" was the second-most common reason people gave after "lack of trust" when asked why they found it hard to make friends as adults.

This won't be news to many of us. When we have demanding work schedules, very involved family lives or a combination of the two, our time for investing in friendships drops. Even when we meet a promising new friend, it can be hard to carve out time to invest in it. This is a bigger problem for older adults, given most people find their obligations increase with age.

How long does it actually take to make friends? It shouldn't surprise us that closer friendships take longer to build than casual acquaintances. US researchers have tried to quantify this, estimating it takes roughly 50 hours of shared contact to move from acquaintances to casual friends. To be a close friend? More than 200 hours.

What's more, the hours you spend together need to be quality. While you may well put in the time with work colleagues, professional interactions don't count for much. To develop a new friendship, you need personal connection. It doesn't have to be an intimate conversation to strengthen a friendship. Casual check-ins and joking around can be just as important.

There are many other barriers stopping us from having the friendships we want. This can include having an introverted personality, health barriers, personal insecurities, or maintaining a formal facade and not allowing potential friends in.

Older people are more likely to cite illness and disability as a barrier to socialising, while younger adults are more likely to be stopped by introversion and fears of rejection. How can we get better at making friends as adults?

It's entirely possible to overcome these barriers as adults and build meaningful, long-lasting friendships. We don't have to accept loneliness as inevitable. And while you might think everyone else is having a great social life, remember loneliness is widespread.

So how do you do it?

Build friendships for ten minutes a day

You don't have to be climbing mountains or bonding intensely over a shared hobby to solidify a new friendship. If you put in ten minutes a day, you can maintain existing friendships and build new ones. Send a text, forward a meme, add to the group chat or give someone a quick call. Don't get caught up on how much effort, energy and time goes into building friendships. Ten minutes a day may be all you need.

Make the most of any quality time

When you do get to properly spend time with a friend or acquaintance, make the most of it. Avoid distractions if possible, keep Instagram for the couch at home, and be present with your new friend.

Lean into your vulnerability

We're often scared by the idea of being vulnerable. I think we should embrace it. Remember you are in control of how much you trust and how much you open up. If you struggle with trust, consider sharing personal information slowly, rather than all at once.

Yes, there is a risk in being vulnerable – but there is also the potential to connect on a meaningful level with another person who may very well become a good friend. And that is a fine reward.

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Message from the Editor

At *Barraba Community News* we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

Advertise in *News* at a competitive cost and reach 750 households in our area who receive a free copy each week. Contact news@barrabacommunitynews.org.au or drop into the Community College on the corner of Alice and Fitzroy Sts.

Recent Anniversaries

- the Boston Marathon bombings (2013)
- the Notre Dame Cathedral fire, which destroyed its spire and roof (2019)
- the birthdays of silent film star Charlie Chaplin (1889), sketch comic/writer Spike Milligan (1918), composer Henry Mancini (1924), singer Dusty Springfield (1939)
- the publication of the world's first crossword puzzle book, by Simon & Schuster (1924)
- the death of Albert Einstein (1955)
- the marriage of Grace Kelly and Prince Rainier III of Monaco (1956)
- the deaths of Lord Byron (1824) and Charles Darwin (1882)
- Advance Australia Fair being proclaimed as Australia's national anthem, and green and gold becoming the national colours (1984)
- Fidel Castro resigning from the Communist Party of Cuba's central committee after 45 years (2011)
- Captain James Cook arriving in what is now New South Wales (1770)
- Marie and Pierre Curie isolating the radioactive compound radium chloride (1902)
- the birthdays of philosopher Immanuel Kant (1724), Russian revolutionary Vladimir Lenin (1870), artist Sidney Nolan (1917)
- the death of Richard Nixon, 37th President of the USA (1994)
- the signing of the Paris Climate Agreement (2016)
- the crowning of Queen Anne at Westminster Abbey (1702)
- the deaths of writers Shakespeare (1616) and William Wordsworth (1850) and former Russian president Boris Yeltsin (2007)
- the AIDS virus being identified as HTLV-III (acquired immune deficiency syndrome) (1984)
- the world's first malaria vaccine being piloted in Malawi by the WHO (2019)
- the knighting of Winston Churchill by Queen Elizabeth II (1953)
- the publication of Daniel Defoe's Robinson Crusoe (1719)
- Microsoft becoming the third US company to be listed with a market worth of 1 trillion, after Apple and Amazon (2019)
- the Chornobyl nuclear disaster (1986)
- the wedding of Prince Albert Duke of York (King George VI) and Queen Elizabeth, the Queen Mother (1923)



Town Clock opening 1924



Edgar Bragg-Droms David York, David Witten, Martin Unwin, Moira Piggot Ion Witter (behind Moira)

Published by Brian Coote on Barraba Historical Society Facebook page

The band at the Barraba
Hospital Centenary in 1991.
Edgar Bragg on Drums rear,
David York, David Witten,
Martin Unwin, Maura Pigott
and Ian Witten mostly
hidden by Maura.
Shared by David York.

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