



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 22nd June 2022



The Barraba Health Service and Richardson House
invite our indigenous and extended community to

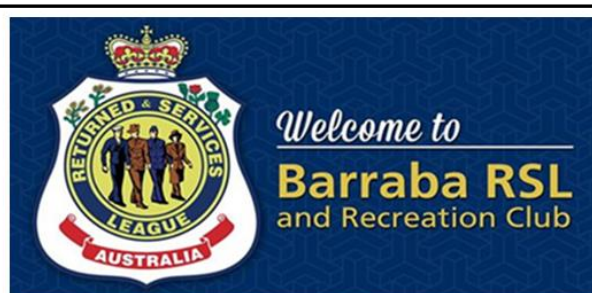
**Come and celebrate
NAIDOC Week 2022 with us.
Tuesday 28th June 2022
10:30 am in the Sensory Garden**

Celebrations will include a Welcome to Country, Smoking
Ceremony and Story Telling followed by a
morning tea.

Join the Elders to celebrate the rich history
of the First Nations people of our district.



**GET UP!
STAND UP!
SHOW UP!**



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 \$1,500

SATURDAY: 10AM-
SUNDAY: 10AM-5.30PM
ANGLERS CLUB RAFFLES 1PM
MEMBERSHIP DRAW \$1,200

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



Cobbadah Flowers
Marnie Crowley
0267822045
0429878788



BARRABA MEN'S SHED

The Executive Committee of the Barraba Men's Shed wish to advise all members that the AGM will be held on Friday 8 July at 10am, being held at the Shed in Clifton Lane.



WINTER BLOWS INTO BARRABA FOR EXHIBITION

The mercury dropped and the cold winds blew for the “Fireside Yarns” Winter Exhibition hosted by Barraba Potters and Craft Guild at the Fuller Gallery over the June long weekend.

Members and helpers did a tremendous job of putting together an eye-catching art and craft exhibition and preparing food.

Approximately 25, predominately local, members and guests attended the opening night on Friday 10th June. It was a pleasant evening of yarns by the crackling fires, whilst sipping a drink (or two) and enjoying delicious finger food in good company.

The long weekend saw visitors call in from near and far to browse, make purchases and enjoy morning tea or lunch. We had visitors from Sydney, Melbourne, Tamworth, Manilla, Macksville, Coffs Harbour and Armidale – just to name a few. Some visitors were following the Silo Art Trail, others were visiting family or friends and others were just travelling through and stopped for a break in Barraba.



Whilst we missed the busy trade that Frost Over Barraba or the Saturday markets would normally bring to our Winter Exhibition, the Guild Committee were very happy with the success of the Exhibition. It was nice to be able to host another exhibition after being “COVID affected” for the past couple of years.

The Winter Exhibition is a credit to all those local art and craft members who display their works and several Guild

members who spend numerous hours arranging it into a stunning display. Many favourable comments were made by our visitors on both the eye-catching display and the quality of the items for sale. If you haven’t had a chance to have a look yet, pop down and see it for yourself.

As usual, the ladies of the Guild cooked up a storm providing visitors with delicious morning teas or soup and roll lunches. A huge thank you to everyone who helped to make the exhibition a success.

The Barraba Potters and Craft Guild will be hold street stalls on **Friday 1st July and Friday 7th October from 9am**. Cakes, slices, biscuits, plants, vegetables, small items of arts/craft and much more will be available for purchase. Make sure you come out and support the Guild.



SEE PAGE 12 FOR FULL FESTIVAL PROGRAM

History Notes

The society held a 'well attended' meeting last week but there is always room for more members to attend. We have also had more visitors than usual which shows interest in our town and its history. This week we may have a visit from a Reading descendant which will be interesting. To finish the 1937/39 folder the snippets on education are interesting. An earlier note remarked on their being 700 children at the Coronation Celebrations, but this included pupils from the bush schools such as Woodsreef, Cobbadah, Upper Horton to name a few. Also reading through the results we find Ken Randall from Cobbadah won the high jump (4ft 5 inches) for his age group, while Betty Reading, Barraba Public School won the skipping race for 10 years and under. Una Heywood won a foot race for 9 year old girls.

In July 1937 a meeting of the local P. and C. mentions that the very cold weather means that the school supply of fuel was running very low. Miss Eckert, a teacher in Barraba, had been moved to Bingara and without a replacement being made, much re-organisation was necessary. At the end of the year the headmaster, Mr Fitzhenry, reported that the inspector had completed his visit. Mr D. Clifton wished to give the children a Christmas treat – a free picture show and ice creams. He suggested one day for town children and one for the country. Barraba school children would be taking part in the 150th Anniversary celebrations in Tamworth on 29th March, 1038.

Continued page 4

Thank you Brian Coote

Another excellent photo record loaned at the time by Mrs Gwen Perry / McVicar (Urquhart)



BARRABA CENTRAL SCHOOL. 1st. Class 1947.

Rear: Michael Wetherall, Arthur Jobson, Trevor Brodbeck, Jim Grant, ???, Vorn Ervine, Frank Darlington, Warren Brodbeck.

2nd: Geoff Cook ?, John Ford ?, Don Elliott, Ivan O'Dell, Neil Walsh, John Spencer, Trevor Derrick, John Lillis, Don Launt.

3rd: Nerida Witten, Vonnelle Chad, Pam? Holgate, Ann Perry, ???, Fay Willoughby, Alison ??, ???, Doreen Howell, Gwen Urquhart, Valerie Myers.

Front: Lenore Russell, Betty Bell, Jenny Bowman, Wendy Elliott, Ann Duffy, Janice Bowman, Dawn Kingdom, Pam Robinson, Aileen Darlington, Colleen/Collette Gardiner.

[Photo:Gwen Perry.]

Pam Reed photo



BARRABA SECONDARY. Year 8. 1948

David York, Kevin Geoghan, Ray McCusker, Bob Driscoll, Kevin Daley, John Smith, Frank Collins. Ben Myers, Noel Faulkner, Peg Urquhart, Judy Wetherall, Brenda Corcoran, Joan Campbell, Gwen Reading,

Trevor Smith, Rex Launt.

Marie Flynn, Sybil Corcoran, Robyn Wallace, Jan Flynn, Elinor Brodbeck, Shirley Taylor, Joan Halloran. Bert Hawkins, Max Urquhart, Maurice Reed, Artie Chester, Kevin Carter.

Continued from page 3

They were to travel free on the train to take part in the Maypole dancing, flag drill and physical exercises.

The headmaster noted that electrical lights and power points were to be installed at the school.

Several lists of pupils passing end of year exams are also published in the newspaper. Unfortunately, most of the pupils have now passed on but I did note Norman Urquhart in the very young ones.

There is a history of small schools in the making and of course the history of the Barraba School itself has been published some years ago. If you attended School in the Barraba area, you should be mentioned somewhere.

Just to finish there is a snippet on a different subject which I found unusual. On October 11th, 1938, about 80 couples attended a "Night in Cairo" at the Barraba Bowling Club. Dancing on the green was indulged in an excellent buffet supper was served. Music was supplied by C.B. Leard. Hopefully the green was about to be replaced!



Westpac Helicopter

Around 4:40 p.m. yesterday afternoon the Westpac Rescue Helicopter was tasked by New South Wales Ambulance on a primary mission to Mount Borah, north-west of Tamworth, to a paragliding accident. A 44 year old male sustained spinal injuries after landing heavily.

The patient was treated on scene by NSW paramedics and the Helicopter Critical Care Medical Team prior to airlifting him to Royal North Shore Hospital for specialist treatment. He was in a serious but stable condition.



BARRABA CENTRAL SCHOOL. 4th. Class 1950.

Back: Warren Brodbeck, Trevor Derrick, Neil Walsh, Arthur Jobson, John Spencer, ??, John Lillis, David Hobson.
2nd: Janice Bowman, Valerie Myers, Faye Willoughby, Ann Perry, Aileen Darlington, Betty Bell, Gwen Urquhart, Jenny Lancaster, Janice Tonks.
3rd: Don Elliott, Bob Orchard, Trevor Brodbeck, Geoff Cooke, Ivan O'Dell, Don Launt ?, Noru Ervine, John Luxford, Frank Darlington, Eddie Ervine.
Front: Jim Grant, Nerida Witten, Helen Groth, Vonette Chad, Dawn Kingdom, Doreen Howell, Michael Wetherall.

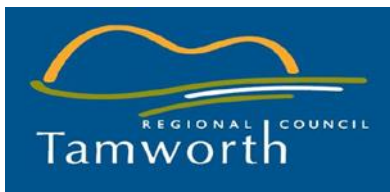
[Photo: Julie Frost.]

BCS Athletics Team 1950 Pam Reed photo



BARRABA ATHLETIC TEAM. 1950.

Rear: Barry Howell, Ross Brodbeck, Brian Walsh, Briab Hatherly, Rex Eckert, Bob Elliott, Ross Garske, Bevan Kingdom, Jack Mackerall (Teacher)
2nd. Barry Corcoran, Esme Parry, Aileen Reading, Robyn Williams, Pat Reed, Phyllis Corcoran, Shirley Park, Jack Briggs.
3rd. Kay Reading, Shirley Urquhart, Pam Jenner, Lynette Faddy, Dorothy White, Jan Flynn, Gwen Russell.
4th. Trevor Derrick, Warren Brodbeck, John(Doc) Riley, Elwyn Howell, Walter Chad, ? Jobson, Douglas Head, Julie Elliott.
Front: Noeline Rumsby, Beth O'Keefe, Lola Shearer, Bessie Corcoran, Daphne Taylor, Lorna Starr.



**Here is an overview of
outcomes Tamworth Regional
Council Ordinary Meeting on
Tuesday 14th June 2022:**

To support Barraba's emerging arts scene, Councillors approved measures to prevent the visual obstruction of the 'Beyond the Wall' mural on the Treloar Building that depicts Horton's 'Little Falls'. This includes the installation of a No Parking zone immediately in front of the artwork and appropriate signage at 77 Alice Street Barraba.

The recommendations of the 'Audit of Non-Residential Sewer Charging' report were tonight considered by Councillors, which found that of the 2602 non-residential properties connected to Council's sewer systems, 2,299 properties sewer charges were correctly applied and 303 properties had the incorrect charge being applied for the 21-22 financial year. For properties identified as being undercharged in the 21-22 financial year, the correct charges will be applied from 1 July 2022. Where properties have been overcharged, Council will provide refunds or billing adjustments where necessary for the 21-22 financial year.

The Tamworth Community Men's Shed will soon be the beneficiary of Council funded improvements of their facility at the Victoria Park Precinct. To make the facility more comfortable for this community group, a new sewer connection and associated remediation works will be

funded by Council at a cost of \$23,000.

Councillors have tonight determined to write to the NSW Member for Tamworth, the Hon. Kevin Anderson MP, to request his assistance in securing additional funding from the NSW State Government for the construction of the Organics Recycling Facility. The new facility is proposed to be built on Council owned land on Gidley Appleby Road, for which Council has already secured \$3 million from the NSW Environmental Trust (the NSW Waste Less Recycle More Initiative Organics Infrastructure (Large and Small) Grants Program). The Organics Recycling Facility will provide the means for our region to operate more sustainably when it comes to food waste, and avoid this organic material filling up Council's landfill sites. Additionally, the facility will be capable of processing industrial quantities of Class III organics material.

After asking for community feedback about the opening hours of Council's rural waste facilities, Councillors tonight agreed to amend the opening hours schedule across all facilities, with the exception of Forest Road Landfill. Changes include standardising the number of opening hours across facilities by size category, the optimisation of start and finish times to assist with staffing requirements, and ensuring that all facilities have at least one weekday and one weekend opening.

Following the discontinuation of the regular kerbside Bulky Household Waste Collection service in 2019, a new proposal about the introduction of a modified Bulky Household Waste Collection service will go on Public

Exhibition for a period of 28 days in mid-July 2022. Council is proposing to offer an on-call verge side service, whereby residents would be able to make bookings to have a box trailer load of bulky waste collected from their verge. If adopted, this proposal would assist residents currently unable to transport bulky waste to a waste transfer facility, while also providing a solution that makes better use of Council resources. This proposal includes a 50% reduction in collection fees for pensioners and those with a disability card.

A letter of congratulations from The Mayor of Sannohe, Japan was recently received congratulating Tamworth on the success of the 50th Tamworth Country Music Festival. While unable to attend in person, Mayor Matsuo congratulated the community of Tamworth for what he described as a remarkable feat of staging 50 Festivals and the "extraordinary effort and devotion" of the organisers and the people of Tamworth. Sannohe and Tamworth have a long-standing Sister City relationship.

The Councillors endorsed the 2022-23 Regional Events Marketing Support Program budget which helps events in the region with funding and in-kind marketing support for their events. This program provides much needed support for events which create an economic and tourism benefit for the Tamworth region. Previous recipients of funding through the program include The Great Nundle Dog Race, the Bendemeer Grey Fergie Tractor Muster and various events held at the AELEC just to name a few. Program applicants will be notified shortly as to the outcome of their applications.



BUDGET BOOST TO ADDRESS REGIONS HEALTH WORKFORCE

Member for Tamworth Kevin Anderson has welcomed the NSW Government's announcement yesterday that it will implement a major regional health workforce incentive scheme, the largest of its kind.

Mr Anderson said the scheme will be delivered alongside new training and recruitment pathways to build a pipeline of regionally based workers that will better support existing, new and future health infrastructure in the region.

"This new announcement is very welcome news for our communities who have welcomed the investment in new infrastructure but have been keen to see more workers in the bush," Mr Anderson said.

"We have some great health projects underway like the Gunnedah Hospital redevelopment and the Better Banksia project and this announcement will help support those projects as well as existing health facilities in attracting and retaining staff."

Deputy Premier and Minister for Regional NSW Paul Toole said \$883 million will be spent over the next four years to attract and retain staff in rural and regional NSW by transforming the way health clinicians are incentivised in the bush.

"This package delivers on the NSW Government's commitment to strengthen the regional health workforce, ensuring that more than three million people who live, work and play in rural and regional NSW continue to have access to high quality healthcare well into the future," Mr Toole said. "These incentive packages will be tailored to not only attract more clinicians to these services but help retain those hard working staff and encourage them to put down roots."

The package will target critical and hard to fill roles to ensure the operation of regional health facilities, including nurses and midwives, paramedics, pathologists and scientific staff, pharmacists and allied health professionals, as well as support and ancillary staff.

The \$883 million investment will include funding for:

- Tailored incentive programs for healthcare staff to take up and retain positions in regional, rural and remote NSW – which can include a tailored incentive package of up to \$10,000 plus additional leave, relocation reimbursement, professional development and study assistance;
- Increased training positions for nursing graduates, nurse practitioners and medical interns;
- Expanding rural generalist and procedural training positions;
- Career development and secondment opportunities for healthcare workers based in regional, rural and remote NSW, including for those based in metropolitan areas to 'try out' working in regional NSW;
- Increased numbers of Aboriginal nurse cadships, and
- HECS incentive package for allied health professionals.

NEW AD CAMPAIGN ON GAMBLING RISKS LAUNCHED IN TAMWORTH

A NSW Government advertising campaign highlighting the potential impacts of risky gambling behaviour has been launched in Tamworth today by Member for Tamworth and Minister for Hospitality and Racing Kevin Anderson.

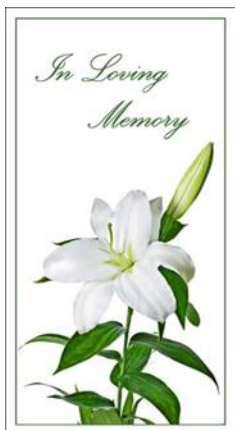
Mr Anderson joined Office of Responsible Gambling Director Natalie Wright and the local GambleAware service to unveil the three-month TV, radio and digital campaign, which promotes the Government's new GambleAware one-stop shop for information, education, support and treatment.

Mr Anderson said "The campaign focuses on the potential impacts of risky gambling behaviour on jobs, relationships and children and encourages people to reach out and get the support they need sooner rather than later."

The Tamworth region has 31 pubs and clubs that operate a total of 720 gaming machines. All venues with gaming machines must adhere to strict harm minimisation measures such as making available self-exclusion schemes for patrons who want to stop gambling.

Mr Anderson said with nearly one in 10 gamblers in NSW considered at risk of harm, there are thousands of people in regional communities such as Tamworth who could benefit from the wide range of services offered through GambleAware.

More information can be found at www.gambleaware.nsw.gov.au which has tools and resources to help people check in on their gambling, learn how to gamble safely, support their loved ones or exclude themselves from gambling altogether.



In Memoriam

Bill Ingles

28-8-1926 – 20-6-2005

We have lots of treasured memories of a loving Husband, Father and Grandfather. Iris, David, Stewart, Peter, Lorraine, Phillip, Mark and their families.

St Laurence's Barraba

Sunday service at 10.00am
Woodsreef: 2nd Sundays 11.30am
Bereen: 4th Sundays 11.30am

Uniting Church Notices

Sunday 26th June
services return to 8.45am

CATHOLIC CHURCH NOTES

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

From The Conversation

Why dingoes should be considered native to mainland Australia – even though humans introduced them.

Peter Banks, Professor of Conservation Biology, School of Life and Environmental Sciences, University of Sydney

Dingoes are often demonised as a danger to livestock, while many consider them a natural and essential part of the environment. But is our most controversial wild species actually native to Australia?

Dingoes were brought to Australia by humans from Southeast Asia some 4,000 years ago. Technically, this means they are an introduced species, and an “alien” species by classic ecological definitions. By contrast, most legal definitions consider dingoes native, because they were here before Europeans arrived.

Though it sounds academic, the controversy has real consequences for this ancient dog lineage. In 2018, the Western Australian government declared dingoes were not native fauna due to crossbreeding with domestic dogs. This potentially makes it easier to control their numbers.

In a new research paper, I find dingoes do indeed fit the bill as an Australian native species, using three new criteria I propose. These criteria can help us answer questions over whether alien species can ever be considered native, and if so, over what time frame.

Why does alien or native status matter?

Humans have been moving animal species around for millennia. Thousands of years ago, neolithic settlers moved rabbits to Mediterranean islands, traders unwittingly took black rats from India to Europe and Indigenous Southeast Asian people took pigs to Papua New Guinea.

The rate of species introductions has ramped up with the movement and spread of people, with many recent arrivals posing a major threat to biodiversity.

Researchers often distinguish between alien and native using the year the species was introduced. There are obvious problems with this, given the dates used can be arbitrary and the fact perceptions of nativeness can be based on how much humans like the species, rather than its ecological impact. For example, there has been strong opposition to killing “friendly” hedgehogs in areas of Scotland where they are introduced, but less cute animals like American mink get no such consideration.

For conservationists, alien status certainly matters. Alien species act differently to native species in their new environments, which can give them an advantage over locals in terms of competition for food, predation and spreading new diseases. This can cause native population declines and extinctions.

As a result, species considered alien in their ecosystems are often targets for control and eradication. But species considered native are usually protected even if they have extended their range significantly, like eastern water dragons or the Australian white ibis.

Native status is, of course, a human construct. Past definitions of nativeness have not directly considered the ecological reasons for concern about alien species.

This is what my new research seeks to address.

An ecological definition of nativeness

What I propose are three staged criteria to determine when an introduced species becomes native:

1. has the introduced species evolved in its new environment?
2. do native species recognise and respond to the introduced species as they do other local species?
3. are the interactions between introduced and established native species similar to interactions between native species (that is, their impacts on local species are not negative and exaggerated)?

For dingoes on mainland Australia, the answer is yes for all three criteria. We should consider them native.

Firstly, dingoes are not the same dogs first brought here. Dingoes are now quite different to their close ancestors in Southeast Asia, in terms of behaviour, how they reproduce and how they look. These differences have a genetic basis, suggesting they have evolved since their arrival in Australia. Their heads are now shaped differently, they breed less often and have better problem solving skills than other close dog relatives.

Second, it is well established that native prey species on mainland Australia recognise and respond to dingoes as dangerous predators – which they are.

Finally, dingo impacts on prey species are not devastating like those of alien predators such as feral cats and foxes. While hunting by dingoes does suppress prey numbers, they don't keep them as low (and at greater risk of extinction) as do foxes and cats.

Of course, dingo impacts were unlikely to have always been so benign. Dingoes are linked to the extinction of Tasmanian tigers (Thylacines), Tasmanian devils and the Tasmanian flightless hen, which disappeared from mainland Australia soon after the dingo arrived.

In my paper, I argue such impacts no longer occur because of evolutionary change in both dingoes and their prey. We can see this in Tasmania, which dingoes never reached. There, prey species like bandicoots still show naiveté towards dogs. That means we should not consider dingoes to be native to Tasmania.



Alien today, native tomorrow?

This idea challenges the dogma alien species remain alien forever. This is an unsettling concept for ecologists dealing with the major and ongoing damage done by newer arrivals. Some argue we should never embrace alien species into natural ecosystems.

This makes no sense for long-established introduced species, which might now be playing a positive role in ecosystems. But it's a different story for recently introduced species like cats, given not enough time has passed to get past the exaggerated impacts on local species.

These ideas are not about considering all species present in an ecosystem to be native. Introduced species should still be considered alien until proven native.



Cats are a bigger threat to Australian wildlife than dingoes. Shutterstock

This approach suggests ways of classifying species which might be native to a country but have moved to new places within the country through mechanisms like climate change or re-wilding. For example, we can't simply assume returning Tasmanian devils to mainland Australia more than 3,000 years after dingoes drove them extinct there would count as reintroducing a native species.

Defining nativeness in this ecological way will help resolve some of the heated and long-running debates over how to distinguish alien and native species.

How? Because it targets the key reason conservationists were worried about alien species in the first place – the damage they can do.

We're live on the web

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updated more frequently by going to
www.barrabacommunitynews.org.au**

If you cry while watching movies, it is probably a sign of your emotional strength

Debra Rickwood, Professor of Psychology, University of Canberra

You have probably found yourself weeping quietly, or even suddenly sobbing uncontrollably, while watching a movie. Common culprits include *Marley and Me*, *The Color Purple*, *Schindler's List* and *The Lion King*.

You may have tried to blubber discretely so your dry-eyed companions didn't think you were a sook (and no doubt you had a sneaky look sideways to see if they were glassy-eyed too), or you may have boldly sobbed away.

Why do we cry in movies? Is this a sign of emotional weakness (hence hiding it from your friends) or an indicator of strength – evidence of emotional intelligence?

Good movies are carefully crafted to engage us and be deeply absorbing. They transport us into the world of their characters: to see as they see, feel as they feel, and even totally identify with a character in some cases. We know movies are not real, but we are so engrossed that we emotionally react as though they are.

Some are based on true stories, and knowing this makes them even more potent. The emotional power of some movies is especially captivating: they're not called tearjerkers for nothing.

The love hormone

Neuroscientist Paul Zak has studied the effects of compelling stories, showing watching them can cause the release of oxytocin.

Oxytocin is best known for its role in childbirth and breast feeding, increasing contractions during labour and stimulating the milk ducts. It is also released in response to positive physical contact – hugging, kissing, sexual intimacy and even petting animals – as well as through positive social interactions. Consequently, it has been called the “love hormone”.

As social animals, our survival depends on social bonding, and oxytocin is critical. It helps us to identify and attach with our essential caregivers and protective social groups.

According to another neuroscientist, Robert Froemke, recent research shows oxytocin has an even broader impact and acts as a “volume dial”, amplifying brain activity related to whatever a person is currently experiencing. So, although oxytocin may be targeted biologically at ensuring strong social bonds, it also serves to enhance emotional responses.

Crying in the movies is a sign that oxytocin has been triggered by the connections you feel due to vicarious social experience. Your attention is captured and emotions elicited by the movie's story.

Oxytocin is then associated with heightened feelings of empathy and compassion, further intensifying feelings of social connectedness and you pay even further attention to the social cues of the characters in the movie. Hence the sudden emotional outpour!

Empathy is a sign of strength

Empathy is a key component of emotional intelligence.

Emotional intelligence is the ability to identify and regulate your own emotions and to understand and manage the emotions of others.

According to psychologist Daniel Goleman, empathy is one of five key emotional intelligence characteristics, along with self-awareness, self-regulation, motivation and social skills.



High emotional intelligence has been shown to be associated with effective leadership, professional success and academic achievement, as well as better social and intimate relationships. It is linked to with psychological and physical health and well-being, and greater emotional intelligence helps to deal with stress and conflict.

Crying in response to a movie reveals high empathy, social awareness and connection – all aspects of emotional intelligence. As such, it is an indicator of personal strength rather than weakness. Sobbing openly may be a particular

sign of strength, as it shows that a person is unafraid to display their emotional reaction to others.

Crying is not a sign of weakness

A reason why crying in movies has been viewed as a sign of emotional weakness is that crying, especially crying in response to the pain of others, is seen as a stereotypically female behaviour.

Add in that oxytocin, and its relationship with empathy and social bonding, is strongly associated with child-bearing, and the crying = female = weak connection is established.

But there is nothing weak about demonstrating your emotional intelligence. Emotional crying is a uniquely human behaviour. Good movies embed us in another world, eliciting powerful emotions and triggering biological processes in our brain.

Suddenly being awash in tears shows a strong empathy response. Blubber away and be proud of your emotional intelligence – and maybe search out tearjerker movies to check out the emotional response of your friends.



Rugby Union News

Saturday saw Walcha travel to Barraba to give both clubs a run but they turned up a couple of players short of a full team. A number of

First Grade players not wanting to take the field did not please coach Barry Hay. With the advantage of the extra players it was made easier for Barraba/Gwydir to find the gaps in the defence to score 6 tries in the first half to Preston, Stains, Layton, Sloan, Rogers and Ward, with Rafter converting 2 of them for a 34-0 at half time.

Barraba/Gwydir loaned Walcha 3 players for the 2nd half. J. McCarthy, J Bachelor and Z. Mallise who made a big difference to their defence. Barry thanked the home club for their help and thanks must go to the 3 players for their effort. Walcha scored first in the 2nd half to their winger which was converted for a 43-7 score. Two further tries to Preston and Sherwood and a Rafter conversion made the score 46-7.

Players	Player
	R. Stains
3 rd	A. Crouch
2 nd	J. Sloan
1 st	J. Rogers

This coming weekend Barraba/Gwydir will be home to Narrabri under lights in Bingara. The Girls' game to start at 5pm and the Men's game to follow at 6pm.

More information on the NSW Country Rugby Union titles shows the number of Barraba players who represented the Central North Zone at the annual Country Week.

In the under 13 boys/girls team Macey Cabot was the only girl who held her own amongst the boys. The under 13 boys saw Justin Hiscock named player of the tournament in his age group.

The under 15's boys saw Sullivan Taber make the NSW Country side, and Will Kelly represented in his age group. The under 16 Girls saw Regan Simpson and Zahlia Cabot play, with Simpson being selected in the country squad.

Under 18's girls saw Gemma McDouall and Kiah Gillogoly take part while senior girls Nat Phillpot, Amie Middlemiss and Emily Kelso were selected and winning their 3 games on day 1, to score nil and meet last year's Central West in the final. They went down 23-0, but produced some top rugby. Ash Crouch made the seniors who beat Mid-North Coast 41-7 to win the Richardson Shield, which put them into the top tier for next year and a chance for Caldwell Cup.

Congratulations to all of the above who have done the town proud with your performances.

This coming Friday the under 16 boys will be playing here to start about 4pm.

A date to remember for the ladies is July 2nd which has been set aside for Ladies Day, which proves very popular with the female players and followers.

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COMMUNITY OWNED AND EDITED

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Golf Notes

This week players contested both an Individual Stableford for Phil Hiscock's trophy and also formed teams of three to play a 3 BBB (3 Ball Best Ball) for the SAND trophy. The trophy is donated by a number of our twilight lady golfers including Stacey Sedgwick, Ann Smith, Nan Bowman and Dimity McMurtrie.

Peter Simpson had a great day scoring 41 stableford points to win Phil Hiscock's trophy and also anchor his 3BBB team with Daniel Anderson and Ian Cabot to win the SAND trophy. Runner up in the individual event were David York, Paul Grigg and Will Sedgwick all on 35 points with balls also going to Josh Austin 34, Craig Rutley 33 and Kevin Kelaher 33 points.

In the 3BBB SAND event Peter Simpson, Daniel Anderson and Ian Cabot finished on 46 points with Craig Rutley, Tom Mellor and Josh Austin runners up on 45 points and Campbell Tonkin, Will Sedgwick and Shane Middlemiss third on 44 points.

Firmen Allan claimed an NTP on the 3rd.

Next week we will play a Bisque Par for a trophy kindly donated by Ian and Brenda McColl.

WHAT HAS THE LARGEST ANT IN THE WORLD?

ELEPHANT

HOW MANY MONTHS HAVE 28 DAYS?

ALL

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BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Advertise in Barraba Community News and reach 750 households in our local area.

Contact 0447165008 or news@barrabacommunitynews.org.au for the best advertising rates in the region.

Or drop into the Community College on the corner of Alice and Fitzroy Sts.

Barraba 7 day Forecast from the Bureau of Meteorology

Wednesday 22 June



Summary Max 18

Sunny

Chance of any rain: 5%

Thursday 23 June



Summary Min 0 Max 18

Morning frost, sunny

Chance of rain: 0%

Friday 24 June



Summary Min 0 Max 17

Morning frost, mostly sunny

Chance of any rain: 5%

Saturday 25 June



Summary Min 0 Max 18

Morning frost, sunny

Chance of any rain: 5%

Sunday 26 June



Summary Min 1 Max 19

Morning frost, mostly sunny

Chance of rain: 5%

Monday 27 June



Summary Min 1 Max 18

Morning frost, partly cloudy

Chance of any rain: 20%

Tuesday 28 June



Summary Min 4 Max 17

Partly cloudy

Chance of any rain: 20%

Regional Dam Levels from Water NSW

Chaffey 100.2%

Copeton 99.5%

Keepit 99.8%

Split Rock 73.3%



For over half a century the community of Bingara has celebrated its Orange Trees. Planted as a living memorial to Bingara's fallen in World Wars I and II, the trees and the annual harvesting of the

fruit by the local school children happens on only one day of the year.

The festival which started in 1998 has now become an important part of Bingara's Orange Tree Memorial tradition.

The festival is a must see for those who love rock n roll and the 50s and 60s era, with screenings of 50s and 60s show reels in the historic Roxy Theatre, retro stalls, car displays, rock n roll music, dance demonstrations and kids' entertainment.

Friday 1st July

12.00pm The Annual Bingara Orange Picking

Bingara RSL Club, 46 Finch St

Take part in this much-loved Bingara tradition which pays respect to our town's fallen soldiers and celebrates our freedom. All participants and visitors are invited to pick a couple of oranges to take home and enjoy.

7.00pm Roxy Theatre Movie Night Stand by Me

The Roxy Theatre, 74 Maitland St

Set in the 1950s this movie is possibly one of the greatest coming of age movies all time. With a classic soundtrack and oozing nostalgia, you will be transported back to your childhood to an age where anything is possible.

Hot food available to purchase at the Roxy café from 6.00pm with the movie commencing at 7.00pm.

All movie tickets \$10.00

Saturday 2nd July

9.00am – 3.00pm Happy Days Street Carnival

Main Stage (Intersection of Cunningham & Maitland St)

10am to 3pm. A nonstop program of performances and entertainment with music by the Zephyr Project, dance demonstrations by the Sydney Swing Katz, Community performances, Hoola Hoop competition and much more.

A detail stage program will be available closer to the event.

Street Attractions

10.00am – 2.30pm Kids Zone

Cunningham St between the IGA Park and The Regional Australia Bank– a \$15 pass allows kids to play all day on

the amusement rides. There will be the 3 Way Bungee Tramp, Rock Wall, Chair O Plane, Kids Gym and Giant Inflatable Slide.

Roxy Theatre

The Roxy will be screening retro and vintage footage, documentaries, news reels and TV shows all day, every hour at 10.30am, 11.30am, 12.30am, 1.30pm and 2.30pm.

Roving Performers

Loveable Larrikin Neisha presents a circus extravaganza! Prepare to be amazed while she throws, balances, ducks and weaves with an array of unique props...including a saw.... and other items not really appropriate for throwing.

Accompanying Neisha is Louise with her with her mesmerising hula hoops and lollipop lyra demonstrations.

The 50s Living Room Experience

28 Maitland St (Between the Chemist and the Senior Citizen Rooms)

You will think you have step back in time when you enter the 50's Living Room experience. Select your favourite 50's vinyl record, sit back, relax, and enjoy the good times.

Classic Car Displays

A displays of classic cars will be on show in Maitland St between the Imperial Hotel and the old National Australia Bank. For any car owners or clubs interested in participating, please contact Georgia Standerwick prior to the event on 0491 272 614 or Stuart Lanagan on 0400 923 982 on the day of the event.

7.00pm to Late – Bingara RSL 50's Dance Hall

Bingara RSL Club, 46 Finch St

Dance the night away with legendary 50s and 60s DJ Grizzly Adams and the New England Rockabilly Rockers. For more information call the Bingara RSL Club on 6724 1404.

BOOK A STALL:

- Download [STALL HOLDER BOOKING FORM](#)

To participate in the parade:

- Download [2022 Street Parade and Float Registration Form](#)

Seniors and disabled parking

Seniors and disabled parking will be located at the back of the Gwydir Shire Council depot which can be accessed from Cunningham St providing easy access to the street and main stage.