



# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 17<sup>th</sup> August 2022



## Barraba Show 2023 News

The Pavilion theme for the 2023 Barraba on the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> March 2023 is fish, so the show committee is planning on having a Mullet Competition, open to Female & Males, of all ages. Free entry. Date and time to be confirmed, so if you have a mullet or planning on getting one, here is your chance to show it off!!

Hopefully chief stewards are starting on schedule changes and organising their sponsors. The proposed timeline for schedule changes to be finalized is by the end of October. If you need a copy of your section email Patti on: [ptcrowley2@gmail.com](mailto:ptcrowley2@gmail.com)



**Across the Desk  
from the Principal  
Patrick Sullivan**

### Ready to Learn

The school motto is Safe, Respectful, Learner, but what is the key to being a learner, and what can we do to be ready to learn when we come to school?

From Kindergarten to Year 12, the same principles apply, have a routine, get enough sleep, eat breakfast, be in uniform, have your equipment and have a positive attitude.

Routines are important because they give children a sense of security and control over their environment. Children learn what to expect at various times in the day. As they begin to participate in these routines, they will experience a sense of control and satisfaction at being able to perform part of or all of the tasks associated with the routine.

Research suggests that sleep plays a vital role in memory before and after learning a new task. Lack of adequate sleep affects mood, motivation, judgment, and perception of events.

We know that fuelling children with the appropriate foods helps support their growth and development. But there is a growing body of research showing that what children eat can affect not only their physical health but also their mood, mental health and learning.

The research suggests that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills

like concentration and memory and improve academic performance.

Students wearing school uniforms, help build self-confidence and a sense of connection with our school community. Wearing the appropriate uniform is critical for Health and Safety, i.e. in the metal work room, but it also builds the mindset and attitude.

### Senior Study

Mrs Campbell will run a senior study for students on Thursday afternoons to support them in the HSC and Year 11 Exams. The sessions will run from 3.10 to 5 pm. Mrs Campbell will also be available for support during the senior study periods. Any junior student needing help with their homework or study skills can also approach Mrs Campbell to join the Thursday afternoon sessions.

### Covid Update

As the new term gets underway, I would like to update you about our COVID-smart settings in Term 3. These have been developed in consultation with NSW Health and are aligned with the NSW Government's general community settings.

Many of our existing COVID-smart measures continue into Term 3, including:

- staying home if unwell, even if you have a negative RAT until you are free of symptoms
- rapid antigen testing for symptomatic students and household contacts able to return to school
- strongly encouraging mask-wearing, particularly for the first four weeks of term
- strongly encouraging all eligible students and their families to get vaccinated for COVID-19 and the flu
- maximising natural ventilation
- good hygiene practices

- strict requirements for household contacts attending school

- responding to local COVID-19 conditions

Some things are changing this term, and the virtual assembly is your chance to hear more about those changes, including:

- COVID-19 vaccination policy update – the mandate requiring COVID-19 vaccination will be lifted for staff in most school settings from 1 August 2022. We will continue to encourage all staff, students and our school community to keep up to date with their vaccinations, including getting a booster shot when eligible.

- Boosted day cleaning – our cleaning model has shifted slightly and will now be more concentrated during school hours.

If you have any specific questions please contact the school.

Thank you again for your ongoing support.

Patrick Sullivan  
Principal

### Premier's Debating Challenge

Our Primary Debating team competed against the Moree Public Shamrock's.

The topic was "That every school kid should have to play in a weekend team sport competition".

Our team was the negative and had some convincing arguments and strong rebuttals that helped us to come away with the win.

Congratulations to our debating team. They have now successfully completed all of their round debates.

Mrs Lowe | Debating Coordinator

### Ebor Trout Hatchery

Year 7 and 8 had an enjoyable field trip to the Dutton Trout Hatchery in Ebor. An early morning start allowed us to arrive at morning tea time, which was followed up by an informative short video presentation and then a guided tour of the hatchery.



Students were able to view the whole process of raising trout from the embryo stage to full grown. A highlight was feeding the trout (who put on a great show by leaping out of the water). The return trip included lunch in Armidale.

Thank you to Mr Good and Mr Patton for their help on the day and thank you to the students who stayed behind and helped to introduce our 100 juvenile trout into our Aquaponic system. I look forward to helping students raise and later harvest the fish.

Mr Maloney

Aquaponics teacher

*Pictured below L-R: Riley Phillips, Jasmine Coombes, Ella-Rose Jobson-Grasnick & Jade Dipple.*





**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 4 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**



Friday August 26th sees the Barraba Cancer Patients Fund Raising Group holding their annual Daffodil Day Fundraiser. This year there will be a street stall in the Barraba Queen Street Mall, again laden with loads of home baked goodies, etc. Unfortunately, we will not be able to provide the ever popular morning tea plates to the Community, and the band will not be playing. Despite these changes for this year, we encourage the Barraba community to support the Stall, and buy a bunch of beautiful Daffodils.



### **Barraba Branch of the United Hospital Auxiliaries AGM**

Friday 19<sup>th</sup> August 2022 10.00am  
at The Claypan

*All Executive positions will be open!*

***New members are most welcome!!***

We Fundraise for the hospital to provide additional equipment and services for the benefit of patients comfort.



**Victoria Hagan  
Thank you**

As we continue to grieve the passing of our wife, mother and grandmother Victoria Hagan the family wish to extend our sincere thanks to Dr Strydom the staff of Barraba hospital and the staff of the CCU Ward in Tamworth base hospital. A special thanks to the ambulance personnel who attended Victoria's home. Your job is a difficult one, and we found a sense of comfort in your professionalism, care and empathy.

Adrian, Sharon, Brett and Families.





## History Notes

A smaller than usual market on Saturday which was not a surprise considering the weather. All the stalls were local and most of the visitors were as well although one or two visitors called in on the way to the football. The coffee and cake as well as the barbeque were rather popular on such a cool day. Our next market is the 10<sup>th</sup> September and we are hoping for a nice fine warm day.

We are still trying to sort the Les Hardman query out- the Heywood family in Manilla are different to the Barraba one and Julie has found a LS.Hardman who was a grazier at Banoon in the 1920s so the 'plot thickens'!

In a recent "News we have a photo of the pupils at "Black Springs school which was just 5 miles (8 kilometres) from Barraba - there was also the Black Springs railway siding nearby and a house or two on nearby properties.

The Black Springs (or Colonna as it was officially known) opened as a provisional school in April, 1886, and became a public School four years later. The children came from the surrounding properties and the numbers increased when the Rockmore school finally closed in 1902.

Teachers at Colonna in the early days included John Begley, Bessie Halloran, Bridgit Jones, Rebecca Elliott, Robert Thomsen, Ernest Gustafson, Anthony O'Hare, Herbert Miller and Eustace Johnson. Readers will notice several familiar names in this list and it was often the case that a local, especially female, teacher taught in these small schools.

The Colonna School operated until 1926 when it closed although a couple of local residents kept it going as a subsidy school for a while probably so that the small children did not have to travel into Barraba each day.

The Roll of Honour, which is now in the Museum, was organized and donated to the school by the local residents. Mrs McIlrick rode a bike around the area during World War 1 collecting donations towards "The Roll of Honour" and it was unveiled at the school by Margaret E.Thomson and Katherine Tufrey.

Unfortunately, the name Albert McGregor should have been included on this Roll as he was an early soldier in World War 1.



## Get on the Road to Creativity with Arts North West this September

Arts North West invites the region to get on the road to creativity for Arts Trail Live, a weekend of free creative workshops over the weekend of 17-18 September 2022.

Venues based in the western portion of Arts North West footprint will be hosting four artists, providing workshops in ceramics, song writing and performance, photography, and eco-dyeing, as with funding from the Australian government's Regional Arts Fund.

"It's an initiative to support our regional artists, give people a chance to learn a new skill, or hone their passion, and encourage people across our region to get on the road, and explore these really great arts venues," Arts North West project officer Michèle Jedlicka said.

Artists were chosen through an expression of interest process, and Michèle said submissions reflected the extraordinary level of talent in the region.

"The selection process was tough. So many incredible artists put their hands up for this project. The final four are no different - passionate about what they do, and their dedication about sharing that knowledge is evident."

Ceramic Break Sculpture Park at Warialda will host Tenterfield textile artist Kay Gray for an eco-dyeing workshop, Tamworth blues legend Buddy Knox will give a song writing and performance workshop at Moree's Yaama Ganu Gallery, Narrabri photographer Robert Dunn will hold a digital photography workshop at the Wee Waa Arts and Cultural Centre, and Uralla ceramicist and **community arts advocate Andrew Parker will visit the Barraba Fuller Gallery and Clay Pan Studio for a ceramics workshop on Saturday 17th.**

All workshops are free, and materials will be provided for workshops where needed. Spaces are limited to ensure all participants get great support, but family members, friends, and spectators are welcome to watch and learn.

"And also, to take time to browse the work on display at these venues," Michèle said.

"All these locations are not just creative spaces, but real destinations, and they change their exhibitions all the time. Most offer classes, and all of them are based in terrific communities. Definitely worth booking a place, and taking a road trip to learn something new, and meet like-minded creative people."

To learn more and find booking information, go to [www.artsnw.com.au/arts-trail-live-2022](http://www.artsnw.com.au/arts-trail-live-2022)



## Council meeting update

Here is an overview of outcomes from Councils Ordinary Meeting 9<sup>th</sup> Aug 22:

Councillors tonight agreed to support a community commemorative portrait project honouring the late indigenous leader and elder Aunty Yvonne Kent. Councillors endorsed a Mayoral Minute from Tamworth Region Mayor Russell Webb to support the Regional Unlimited – The Aunty Yvonne Kent Commemorative Portrait Project. Council will become the Platinum Sponsor of the project by providing a combined cash and in-kind contribution of \$25,000. Aunty Yvonne died in 2020 and subsequently an anonymous artist created an outline of a portrait of Aunty, with the intention of the entire community coming together to complete it to commemorate her contribution to the community. Councillors tonight agreed that the Regional Unlimited project aligns closely with the Community Strategic Plan and Blueprint 100 under the pillars of community leadership and cultural heritage as well as the Tamworth Regional Council Reconciliation Plan and current efforts to develop a Closing the Gap Strategy. The cash contribution would be \$20,000 to assist with catering and facilitating four community painting events and the in-kind contribution of \$5,000 would consist of room and equipment hire and staff assistance.

Council received and noted the *Economic benefits of a more reliable water supply for Tamworth* study by the Regional Australia Institute in partnership with the CSIRO. The report

details the economic impact of the 2017-2020 drought on value added in the Tamworth region. The study found that the drought was slightly less than a 1 in 100 year event. The drought caused a 2.1% contraction in regional economic output – approximately \$70 million less value added generated in 2020 than in 2016. Council has previously relied on anecdotal evidence, this report provides greater detail and reliability into the economic impacts of the 2017-2020 drought on the regional economy. The study will now be used to help build a case to government for more investment in water security for Tamworth City and for increased attention to building drought resilience across the region.



## Taste Tamworth Festival tickets now on sale

Tamworth's premium food, wine and produce festival is back, 10-18 September and tickets are now on sale.

The festival will be made up of seven signature events:

2pm – 5pm | Saturday 10 September – **Sweet Street** – Fitzroy Street Plaza  
5pm – 8:30pm | Saturday 10 September – **A Taste of Sunset** – Kitty Crawford Estate, Piallamore  
12:30pm – 4pm | Sunday 11 September – **Long Lunch** – The Pavillion Function Centre, Nemingha  
7pm – 10pm | Friday 16 September – **Laneway Pop Up Bar** – Fitzroy Street, Tamworth  
10am – 12pm | Saturday 17 September – **High Tea in the Gardens** – Tamworth Botanic Gardens

2pm – 4pm | Saturday 17 September – **Kids High Tea in the Gardens** – Tamworth Botanic Gardens  
10am – 4pm | Sunday 18 September – **Taste in the Park** – Bicentennial Park, Tamworth

Tamworth Regional Council's Event Officer, Melissa Millsteed said this event is a foodie favourite not to be missed.

"Taste Tamworth Festival provides a delicious option for everyone, old favourites including Laneway Pop Up Bar, High Tea in the Gardens, Taste in the Park and Long Lunch return. The Long Lunch will take place at a beautiful new venue in gardens at The Pavillion Function Centre, and a completely new event 'Taste of Sunset' to take place at Kitty Crawford Estate in Piallamore. There's options for the whole family too, with a Kids' High Tea in the Gardens and an all-new event called 'Sweet Street' which will kick off the festival of food."



For more information on each event and to purchase tickets, visit [www.tastetamworth.com.au](http://www.tastetamworth.com.au)

Tickets are not required for 'Sweet Street' and 'Taste in the Park'.



## FREE DISEASE WORKSHOPS FOR LANDHOLDERS

The NSW Government is responding to the risk of foot and mouth disease (FMD) and lumpy skin disease (LSD), hosting a series of free workshops across the state to work with landholders to raise awareness, prevention, and surveillance of emergency animal diseases.

Member for Tamworth Kevin Anderson announced that Local Land Services would be coming to Tamworth on Tuesday, 23 August to give local farmers the tools they need to identify and prevent FMD and LSD should it reach Australian shores.



Local Land Services is holding a workshop for landholders at Tamworth Agricultural Institute from 11:00am – 1:00pm on the 23rd of August through which landholders will:

- Learn more about the current status of FMD and lumpy skin disease
- Find out how to identify these diseases and know what to do if they suspect cases
- Find out what they can do on their farm
- Hear what LLS does to prevent Emergency Animal Diseases
- Hear about the work of LLS in feral animal control

"This is a great opportunity for local landholders to learn more about the disease, free of charge so I would

encourage them to jump online and register for the event as soon as possible," Mr Anderson added.

Registration for the free workshops is critical and can be done online here:

[https://www.eventbrite.com/e/emergency-animal-disease-workshop-tamworthtickets-394926946127?aff=odcleoeventsincollecion&keep\\_tld=1](https://www.eventbrite.com/e/emergency-animal-disease-workshop-tamworthtickets-394926946127?aff=odcleoeventsincollecion&keep_tld=1)

## REELING IN FISHERS FOR THIS YEAR'S 'GONE FISHING DAY'

Recreational fishers across the Northwest can look forward to wetting a line as part of 'Gone Fishing Day' with funding provided to support activities and workshops, aiming to promote the pastime and bring passionate fishers together.

Member for Tamworth Kevin Anderson put the call out to local fishing clubs and organisations in the Tamworth Electorate to host their own 'Gone Fishing Day' event with the assistance of grants up to \$2,000.

Mr Anderson said fishing was a popular pastime in the electorate and with the NSW Government's successful restocking programs over the last few years, fishers can look forward to hooking in to one of region's iconic native species.

"Book it in, 'Gone Fishing Day' returns on the 9<sup>th</sup> of October and it's going to be a great day out, wetting a line and connecting with fellow fishers right across our region," Mr Anderson said.

"The NSW Nationals in Government are getting behind our fishing clubs by giving them the funding they need to host events and promote the hobby.

Now is a great time to try your hand at fishing so I would encourage the community to keep an eye out in October and get on board with 'Gone Fishing Day'."

Grant applications are open until Tuesday 6 September 2022.

Application forms and grant funding guidelines are available at [www.dpi.nsw.gov.au/fishing/recreational/resources/go-fishing-nsw](http://www.dpi.nsw.gov.au/fishing/recreational/resources/go-fishing-nsw)

Gone Fishing Day is a national initiative organised by the Australian Recreational Fishing Foundation, with activities in NSW supported by the Recreational Fishing Trust and DPI.

## TAMWORTH'S TELESTROKE SERVICE SAVING LIVES

As this year's National Stroke Week nears an end (8-14 August 2022), Member for Tamworth Kevin Anderson is recognising the successful rollout of the NSW Telestroke Service in Tamworth.

"Stroke is a critical medical emergency that can kill up to 1.9 million brain cells per minute," Mr Anderson said.

"It's critical to act quickly. Every second counts having access to Telestroke in Tamworth is a huge benefit to local patients and clinicians."

The Tamworth Telestroke went live on 25 August 2021 and has since benefitted several patients. The Hunter New England LHD has had 237 telestroke cases.

Every year, around 19,000 residents in NSW have a stroke and more than a third of people hospitalised for stroke in NSW are from regional, remote or rural areas.

The **F.A.S.T test** is an easy way to spot the signs of stroke. FAST stands for:

**Face** - Has their mouth drooped?

**Arms** - Can the person lift both arms?

**Speech** - Is the person's speech slurred? Do they understand you?

**Time** - Is critical. If you see any of these signs call 000 straight away.

The \$21.7 million NSW Telestroke Service is jointly funded by the NSW and Commonwealth Governments.





A buzz of excitement has been planned for this year's Honey Festival. The Wize Guyz from Tamworth will be performing music throughout the duration of the afternoon. A jumping castle, slide, obstacle course and mechanical bull are sure to keep the kids occupied for hours on end! The Bee Movie will be screened later in the evening and there will also be popcorn available.

Vintage cars will also be on display for all the car enthusiasts. There are a variety of markets stalls booked in for the Honey Festival, whether you are looking for a special gift or are looking to treat yourself, there is sure to be something for everyone.

## FINAL PUBLIC HEARING BEFORE INTERIM REPORT: ROYAL COMMISSION ACKNOWLEDGES BRAVERY OF LIVED EXPERIENCE WITNESSES

The Chair of the Royal Commission into Defence and Veteran Suicide, Nick Kaldas thanked current and ex-serving Defence members and their families for sharing their experiences of military life at a public hearing in Hobart.

The accounts from lived experience witnesses including Senator Jacqui Lambie, Gavin Tunstall, Madonna Paul, William McCann and anonymised witness HO1 will inform the ongoing inquiry into systemic issues associated with suicide and suicidality in the Australian Defence Force.

Commission Chair Nick Kaldas said the "courage and bravery in sharing such personal accounts in a public forum cannot be overstated. We can't pretend to know how difficult and traumatic the process can be. But we are incredibly grateful for your strength. Please know your stories are invaluable to the progress of this inquiry."

The seven-day hearing also heard from Commonwealth, State and expert witnesses about Defence recruitment, suicide prevention, PTSD and trauma, and the impact of service and suicidality on families.

The Commissioners will deliver the Interim Report to the Governor-General, His Excellency General the Honourable David Hurley AC DSC (Ret'd) in Canberra.

Digital copies of the report will be available through links on our website as soon as the report is tabled, and hard copies can also be ordered free of charge.

The Royal Commission is mindful that some of the themes in the report will

be distressing for Defence and veteran communities and families, particularly those choosing to give evidence before the Commission and those who have a specific interest in our work.

The next hearing of the Royal Commission will be in Darwin, beginning the week of the 17th of October.

### CATHOLIC CHURCH NOTES

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

### Uniting Church Notice

Sunday 21<sup>st</sup> August  
Service at 8.45am  
ALL WELCOME

### St Laurence's Barraba

Sunday service at 10.00am  
Woodsreef: 2nd Sundays  
11.30am

### BARRABA COMMUNITY NEWS

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## **CSIRO OPENS 'MISSING LINK' LAB TO DEVELOPING VACCINE PIPELINE**

CSIRO, Australia's national science agency, has opened a new \$23.1 million national lab in Melbourne that will bolster the nation's ability to produce vaccines and drug treatments onshore.

Researchers at CSIRO's National Vaccine and Therapeutics Lab will turn vaccine and drug candidates into products that can be manufactured in large quantities for clinical trials. The ability to do this in Australia, rather than needing to go overseas, has been the 'missing link' in Australia's biomedical science sector being able to produce vaccines and drugs here.

The new lab follows a successful pilot facility in the early stages of the COVID-19 pandemic, when CSIRO scaled up vaccine candidates that had been developed onshore as part of a national strategy to combat this emerging threat.

The facility was completed with funding from the Federal and Victorian Governments and was officially opened today by Federal Minister for Industry and Science Hon Ed Husic.

CSIRO's Chief Executive Dr Larry Marshall said the new National Lab would lift Australia's ability to protect its people and grow new industries.

"We created the pilot facility in anticipation of disease "X" - an expected but unknown disease that might impact us. It turned out to be COVID-19. The past two years have highlighted the importance for Australia to have a robust sovereign capability in the development of vaccines and therapeutics, so we

scaled it up into one of our shared National Labs," Dr Marshall said.

"The problem facing our biomedical industry has been that most vaccine and drug candidates needed to be sent overseas to be produced in large quantities for clinical trials, adding burdensome costs that have crushed many Australian businesses and researchers as the invention languishes on the lab bench.

"This new shared National Lab will help Aussie companies bridge that 'valley of death' - the gap between the lab bench and making a product that's having an impact on people's lives."

The new lab provides a significant boost to Australian translational research capacity and advanced manufacturing in biotechnology to benefit SMEs, start-ups and the research sector.

Research Director for Biomedical Manufacturing, Professor Susie Nilsson said the facility was available to companies and researchers around the country as another of CSIRO's National Labs.

"This new lab has been designed and constructed in accordance with the current licensing requirements of the Australian Therapeutic Goods Administration to produce a variety of biologics, including recombinant proteins and peptides, and viral products," Professor Nilsson said.

"Our team at the lab will produce drugs in partnership with local industry and enable our partners to progress to both phase one and phase two clinical trials in Australia, and also has the necessary accreditation for Australian companies to participate in clinical trials globally."

Companies interested in working with the new facility should contact 1300 363 400.

From The Conversation

## **Research shows it's harmful to smack your child, so what should parents do instead?**

*Daryl Higgins, Professor & Director, Institute of Child Protection Studies, Australian Catholic University*

*Sophie Havighurst, Professor, The University of Melbourne*

Today, if a parent smacks a child mid-tantrum in the supermarket, they are likely to get looks of disapproval from other shoppers. Smacking is not as socially acceptable as it used to be.

Recent research shows only 15% of people aged 16-24 view physical discipline as necessary to properly raise children. This compares with 38% of people over 65.

But it still happens - and it is very harmful to children. So, we need to help parents find alternative methods of discipline.

### **It is more common than you might think**

In 2017, the royal commission into child sexual abuse recommended a national study on how common child abuse is in Australia. Early findings released last month revealed 61% of those aged 16-24 said they were physically hit for discipline four or more times during their childhood.

The research also found those who were hit had almost double the risk of depression and anxiety. This partly because those who had been smacked as a child may have also experienced other forms of mistreatment, such as harsh parental reactions, neglect or insufficient support.

This fits with other research showing negative consequences if children are smacked or hit. A 2016 review of more than 70 international studies showed it was linked to reduced compliance



with parents' instructions over time, children having increased aggression and antisocial behaviour, mental health problems, and lower self-esteem.

In adulthood, it is also linked to antisocial behaviour and being either a victim or perpetrator of intimate partner violence.

### **What does the law say?**

Currently, the use of reasonable force for the purpose of discipline in the home remains lawful under criminal law provisions or common law principles made by courts. This is despite the fact it is illegal in most Australian states and territories in other settings such as schools, or between adults – where it is classed as assault.

Many countries are changing their laws because they understand the harms and because it is a violation of children's right to live a life free from violence. Already, 63 countries have banned corporal punishment for children, including New Zealand, Sweden, Denmark, South Korea, Wales, Scotland, France and Japan.

Parenting and family researchers have long been pushing for an end to corporal punishment in Australia as well.

### **Parenting is stressful**

But this is not just about law reform. Raising kids can be challenging at the best of times. Kids misbehave or may not be in control of their emotions, and parents need to provide guidance to their children about what is appropriate behaviour.

The good news is there are evidence-based alternatives to smacking. These are strategies that aim to help children understand what behaviours are expected, teach them to work through

their feelings and learn how to repair a situation or solve a problem.

These approaches lead to much better outcomes for parents and children, including more realistic expectations on the part of the parent and a better relationship between the parent and child. They also improve a child's well-being and mental health.

### **So, what are the alternatives to smacking?**

Here are some approaches to consider with your child:

#### **1. Give clear and consistent limits about what you expect**

Children need to know how you want them to behave and for this to be clear. An example might be: "It's not OK to hit your brother" or "You can't take lollies off the supermarket shelves without asking me first."

#### **2. Manage your own emotions**

Anger is contagious, so try not to lose your temper in front of your kids. Instead, pause before you react: take three deep breaths, have a cold drink of water, or step outside for a moment.

#### **3. Be a good role model for your child when you don't manage situations well**

Parents need to show how they manage their own emotions - or make amends when they act in less-than-ideal ways. Parents should be brave enough to say "I'm sorry I got angry and shouted at you. I wasn't very patient."

#### **4. Explore the emotions behind behaviour**

Kids can be uncertain or confused by their emotions. So, try and help them understand their feelings. This could include saying something like "I can see you felt left out and jealous".

Also validate their emotions because this helps them feel accepted by you

while learning to understand and manage their feelings. For example, say "It's difficult when this happens".

When they are calmer, you could explore other feelings behind their actions.

This is about separating feelings (jealousy, frustration) from behaviour (hitting). All feelings are okay, but not all behaviours.

### **5. Resolve problems when everyone is calm**

No one can think, talk or listen properly if they are upset. Take time to do some breathing or something soothing with your child. Or perhaps they need a run around to release strong feelings.

### **6. Support children to make amends**

When everyone is calmer, help them work out the solution or next step. This teaches them how to resolve situations, repair relationships and take responsibility for their behaviour. You might say something like, "It can be embarrassing saying sorry to someone you've been angry with. What do you think might help?"

### **7. Explore natural consequences**

If something is broken, children might need to fix it, use pocket money to replace it, or explore what might make the situation better. Children need family rules about behaviour and it can be useful to discuss what should happen if these are broken.

Getting discipline right is not easy as a parent, grandparent or carer. And this can be especially difficult if you were brought up with smacking (and have older relatives telling you it is "fine"). It's worth remembering a slogan frequently used when we talk about an end to smacking: "children are unbeatable". They deserve the same protection from violence as adults.

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## Rugby Report

Last weekend Barraba/Gwydir Rugby Club hosted their last game of the season against the strong Tamworth Pirates side. The Pirates have many more players than all the other sides in the zone so a hard day at the office was expected.

The Girl's game was dominated by Pirates who had some very fast players on the flanks who run in a few pointers and under the posts for a full count of 7 points and they soon add up. One of the main problems was trying to tackle high and not around the legs, as you cannot run without them, and also lacking the pace to catch their speedy outside backs. The girls tried hard all game and should be pleased with their efforts during the year after losing a couple of their key players who would have made a big difference in a few games. Well done girls.

Three of the girls played their 50<sup>th</sup> game for the club, being Amie Middlemiss, Emily and Jess Kelso. Congratulations girls. Barraba travel to Walcha this week but the girls do not have a game.

Players Player Amie Middlemiss

3. Katie Fisher
2. Emily Kelso
1. Katie Sweeney

The Men's game got underway with Pirates attacking the northern end of the ground. They made an early break through the backs which should have resulted in a try but Captain Robinson, playing his 100<sup>th</sup> game for the Club, made a great saving tackle and an altercation saw a Pirates player sent to the sin-bin for 10 minutes.



# BARRABA JUNIOR RUGBY CLUB GALA DAY

175 Trevallyn Rd. Barraba  
Sunday 21st August, 2022  
9am

Canteen, BBQ & Coffee van available from 8am

Earlier this year the Barraba community were confronted with the sudden loss of Ruby Peake, and in memory of Ruby we are encouraging everyone to wear something **purple**.








Clubs will also have opportunity to make a donation at the carnival to both the Westpac Rescue Helicopter Service & the Ruby Mae Foundation.

**Come along and support Barraba  
Junior Rugby Union**



Westpac Rescue Helicopter  
Service

Ruby Mae  
Foundation

<a href="#">Barraba 7 day Forecast from the Bureau of Meteorology</a>	
<b>Wed 17 Aug</b> <b>Summary</b> Max 17 <b>Sunny</b> 	<b>Sat 20 Aug</b> <b>Summary</b> Min 2 Max 17 <b>Mostly sunny</b> 
<b>Thurs 18 Aug</b> <b>Summary</b> Min 1 Max 21 <b>Sunny</b> 	<b>Sun 21 Aug</b> <b>Summary</b> Min 2 Max 18 <b>Mostly sunny</b> 
<b>Friday 19 Aug</b> <b>Summary</b> Min 3 Max 21 <b>Mostly sunny</b> 	<b>Mon 22 Aug</b> <b>Summary</b> Min 1 Max 19 <b>Sunny</b> 
	<b>Tues 23 Aug</b> <b>Summary</b> Min 3 Max 18 <b>Shower or 2</b> 

From the ensuring play Sloan made a great run to halfway to get the local team out of trouble. Play fluctuated around the middle of the park until Pirates winger scored out wide for a 0-5 to Pirates. A further try to Pirates out wide saw the score 0-10 to the visitors, but a quick reply from a good bit of ball movement saw the slick backline in action for Mackenzie Austin to score with a conversion attempt hitting the uprights 5-10. Shortly after some toing and froing Barraba put in a long kick which saw Austin score his second try for a 10-10 score and not long before half time with Barraba applying big pressure in a scrum close to Pirates line Jesse Rogers scored for Abra to convert for a 17-10 half time lead.

The second half saw Barraba apply pressure close to the line and Crouch barged his way over for a try for a 22-10 Barraba lead after a good pass from W. Robinson. Pirates then lifted their game and after sustained pressure scored and converted for a 22-17 score line. Then Barraba had a bad lineout throw close to the line won by Pirates who made 50 metres up the field.

Barraba were guilty of kicking the ball back to the Pirates for the rest of the game and hence could not score any points as you need the ball in the hand to do so. Pirates scored the winning try after H. Spencer was given 10 minutes in the sin bin 22-27.

A good game to watch and special mention to coach Gary Walsh for the way he has improved the handling of all the players, their running and support is what the followers want to see. Next week Walcha away to secure a semi-final spot-good luck.

Player's Player H. Preston

3. A Crouch
2. J. Robinson
1. W. Robinson, J. Sloane

The 'old boys' day saw many of the old and not so old turn up for a fun day

with the old bar tent in the south west corner in operation.

Some of the players spotted included P. Taber, S. McDouall, G. McDouall, T. Crowley, D. Smith, Tony Burns, S. Robinson, P. Mack, R. McDouall, P. Spencer, C. Kelly, T. Mallise, T. Groth, D. Southwell, S. Middlemiss, S. Koopman, B. Kelly, D. Kelly, L. Kelly, D. Brown, J. Mack, J. Lewis, T. Bucknell, T. Thompson, A. Spencer, N. Kelly, S. Gadd, J. McNeil, S. Crossman, A. Cabot, R. Witten, Paul Simpson, R. Hiscock, B. York, A. Anderson, P. Summerell, Banjo Robinson. There are possibly others I missed but they all had a big day and some even took part in the after game boat race. A very enjoyable day.



## Golf Notes

Whilst the rain took all the run out of the course Sunday the scores didn't reflect the tougher conditions. Playing a two person Ambrose for the Turning Heads trophy Craig Rutley and Kev Kelaher fired an impressive 6 under par 65 to record a net 63.5 and win the afternoon. Carding one eagle and 6 birdies the two low markers finished ahead of runners up Tom Mellor and Mike Artis net 66.75 with balls going to Will and George Sedgwick net 68, Dan Anderson and Shane Middlemiss net 69, Amanda and Simon Koopman net 69.75 and Peter Simpson and Keith Akers 70.25.

Next Sunday the 21st is the 4th and final round of our Men's and Ladies Club Championships. Whilst Kevin and Craig tamed the course as partners this week they will go head to head in the final round. Include past Champion Peter York and all goes well for a very exciting final round next Sunday.

## Barraba Civilian & Military Rifle

### Club AGM

Saturday 27<sup>th</sup> August 2022  
11.30am @ Rifle Range

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### **Barraba Central School. 1st Class 1951.**

Rear Row: Bruce Hodges, David White (Railway kid), Kerry Plater, Betty Taylor, Lynette Powell, Lesley Nolan, Kathy Sofis, Wendy Webster.

3rd Row: ? Foxley, John White (Railway kid), Colleen White (Railway kid), William Webster (Central Hotel), Christine Horton, Neville Currell, Valda Moffat, Pat Hobson, Robert Witten, Elizabeth Capper.

2nd Row: John Currell, Eric Turner, Lynette Saunders, Lesley Baldock, Roslyn O'Leary, Brenda Bowman, Judy Shields (Policeman's daughter), Kay Akers, Carol Sharman, Jimmy Capes, Bill Rumsby.

Front Row: David Barwick, Judy Brodbeck, Dagmar Gravilovich, Robert Freeman.

**Several more pictures  
from Brian Coote's  
collection.**

### **Barraba Central School 1st Class 1951.**

This is the first of two class photos given to me to post by Mary Simpson at the Post Office.

They had a typed list of names as attached. Quite a few people on this page are in these photos.

Our sincere thanks to Mary for sharing these.



### **Barraba Central School 6th Class 1956.**

Rear Row: John Currell, Neville Currell, Eric Turner, John Salter, Bill Rumsby, Roy Egan, Robert Witten.

3rd Row: Lloyd Tierney (Teacher), Robyn Robb, Kathleen Sofis, Kay Akers, Christine Horton, Kay Garland, Pat Hobson.

2nd Row: Jim Capes, Paul Evans (Minister's son), Reg Elliott, Kerry Plater, Kevin Good, Phillip Garske, David Barwick.

Front Row: Lesley Baldock, Betty Taylor, Margaret Whetton, Lynette Saunders, Brenda Bowman, Lesley Nolan.

### **Barraba Central School 6th Class 1956.**

This photo, again shared by Mary Simpson, is basically the same group of students 5 years later in time.

Kevin Good listed in the 2nd Row is in fact Kevin's older brother Allan.