



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 7th September 2022



Welcome to
Barraba RSL
and Recreation Club

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 \$1,100

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$2,000 4 draws

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

COURTESY CAR NOW AVAILABLE



GOLF TEE OFF for breast cancer trials

9 Hole 4 person Ambrose

Sunday 18th Sept. 1.00pm

\$25 pp incl Hi tea.



Blithe Beauty

Mobile nail technician.

- acrylic nails
- manicure
- pedicure
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In the comfort of your own home.

Contact Raina Ph 0459371174

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<https://www.facebook.com/blithebeauty1>



Supporting
our veterans'
families

Legacy Thanks You

Barraba Legacy group Legatees would like to thank the Barraba community for again supporting Legacy week in their usual most generous manner. Although we did not run a street stall this year our badge sales were well supported and the fuel and fruit raffle were most successful. Winners were:

\$500.00 fuel voucher - Toni Wauch

\$50.00 Fruit and Veg – Amie Middlemiss



Barraba Show News

The 2023 Barraba show is on the 3rd, 4th, 5th, March. Pavilion theme is "Fish".

The Annual General Meeting of the Barraba show was held on the 1.9.22 with the incoming office bearers elected for the 2022 – 2023 year. Congratulations to these people and thank you to all volunteers that have decided to leave the show society, your help and support in running our show was much appreciated.

Brook Smith and Eleisha Outridge have taken over the Young Women Competition from Bindy & Kelly. Thank you to Bindy & Kelly for their 4 years coordinating this competition. If you are between the ages of 16 & 24years please contact Brook or Eleisha about entering the Young Women Competition for 2023.

If you have an interest in poultry the chief steward's position in the poultry section is available. Contact Carmen Bennett for more details about what is involved with running this section.

Thank you to the Chief Stewards who have completed their schedule changes, changes are due by the end of October to Patti.

2022-2023 Office bearers are:

Patrons: Chris Forbes, Lyn Forbes, Leon Cummins

President: Dave Penna

Vice-presidents: Campbell Tonkin, Tania Alderton

Secretary: Carmen Bennett

Assistant Secretary: Brook Smith

Treasurer: Jenny Simpson

Public Officer: Julie Williams

Public Relations: Patti Crowley



St Joseph's School

Last Thursday St Joseph's hosted a Family BBQ at school.

It was great to see so many families were able to attend and catch up in an informal setting.

We have received the results of the Naplan tests for Years 3 and 5, with our students performing very well in these once off tests. Year 5 students displayed positive growth from Year 3 in all areas. Our school has been focusing on Literacy and it was pleasing to see all students in Year 3 above the national minimum standard for reading. Our Year 5 results were outstanding with all students attaining a top band in one of the areas tested.

This week we have a focus on 'Feedback' and how we use feedback in our learning. At our student briefing, students were able to come up with a different word to describe feedback and that was feed forward. We know that if we use feedback wisely it will help us to improve and correct any mistakes or misconceptions. Teachers from Kindergarten to Year 2 will be attending Professional Development this week, for the implementation of the new syllabus in English and Mathematics starting in 2023.

In sad news, our school community farewelled Mr Jim Bridges who passed away last week. Mrs Deb McDouall, Jim's daughter, is our REC at St Joseph's and an integral part of our leadership team. Jim had a great history with St Joseph's.

He will be sadly missed by the whole Barraba community.

Mr Simon Fleming
Principal



The activities at our family bbq, including tug o war were very well supported!

CRAIG FOSTER (FOZZY) NAMED AUSTRALIAN FATHER OF THE YEAR

Kicking Goals for Fathering this
Father's Day



Australian sporting personality Craig Foster (Fozzy) was announced as the Australian Father of the Year honouring his role as a father, sporting figure, youth mentor, coach and a father figure to vulnerable refugees.

The awards held in Sydney at the TAG Foundation Grandstand, shone a light on the critical role of fathering in the lead-up to Father's Day by honouring "fathers" who have contributed to family, community and youth. Presented by The Fathering Project, a not-for-profit organisation focused on giving a child the best life possible through better fathering, the awards compered by Adam Liaw included a keynote address by Maggie Dent, well-known Australian parenting author, educator and podcaster who has worked for over 40 years in schools and communities, and commentary by Maurice Newman AC, chair of the Australian Father's Day Council.

Award recipient Craig Foster (Fozzy) said, "As our First Nations say, taking care of a child is 'everyone's business' and together we all impact children and youth around us across all cultural or other boundaries through the power of our words and actions. Male role models, whether fathers, teachers, sport coaches or mentors have a deep responsibility to care for

and protect young people over who they exert such power. Together we can raise respectful males, young Australians who reject racism and love our cultural diversity, and young women capable of smashing gender barriers.

Parenting presents a vast number of challenges for all of us, and The Fathering Project provides a space for males to be present in their child's life, develop deeper relationships and support their children's growth. It also provides tools to break negative behavioural cycles and build stronger relationships that have such a profound impact on young people. Heading into Father's Day 2022, my message to all fathers and males positively impacting young lives".

This year, the Australian Father of the Year awards also included three new categories nominated by community members which included: Australian Community Father of the Year, Rick Pekan from Western Australia, Australian Sporting Father of the Year was Isaac Thomas from Western Australia, and Australia's Best Workplace for Fathers was KPMG.

About The Fathering Project

The Fathering Project is a national charity that transforms children's lives by educating, supporting and empowering Dads. Research shows children with an engaged father or father figure have significantly better social, mental, physical and academic outcomes.

Read more at
www.thefatheringproject.org

In the lead-up to Father's Day 2022, this is a critical award that reflects on the important role fathers, mentors and father figures play in a young person's life: the science behind fathering, did you know?

- 71% of all high school dropouts come from fatherless homes – 9 times the average.
- 75% of all adolescent patients in chemical abuse centres come from fatherless homes – 10 times the average.
- 63% of youth suicides are from fatherless homes – 5 times the average.
- 90% of all homeless and runaway children are from fatherless homes – 32 times the average.



Museum Market Day

Saturday 10th September

8.30 – 12.30 noon

**Pottery, plants, honey,
Coffee & cake and lots more.**



- 1 How many equinoxes are there in a year?**
- 2 What is the scientific name for the human skull?**
- 3 In minerology, what does Mohs Scale measure?**
- 4 Which nut is named for a South American country?**
- 5 Starting with 'W' what is the collective noun for a group of wombats?**

Answers	1.	2, March and September
	2.	Cranium
	3.	Hardness
	4.	Brazil nuts
	5.	Wisdom

Charles Youmans story



My brother-in-law, Charles Youmans (Chuck), died at his home in Chicago on 24th July after a lengthy illness. For decades, Chuck was a dedicated member of the Chicago theatre community, including serving as house manager for 30 years at Lyric Opera and six years at the Shubert Theatre. He was also on the administrative team of the British American Drama Academy (BADA). Chuck was loved for his winning smile and renowned for his ability to hold listeners spellbound with his repertoire of stories garnered during his career. I would like to share some of those stories with you.

As house manager, Chuck was responsible for the safety and operation of the auditorium side of the theatre, just as the stage manager presides over the stage and backstage areas. At Lyric Opera, the theatre seats 3500 people, and with that many people, just about anything can happen, and sometimes did. At one performance, a woman approached Chuck and said, "I'm a doctor. My husband, sitting in the seat beside me, has just died. I'll sit there with him until the end of the performance so we don't upset and disturb people, and then we can call 911 when they've left."

When Lyric purchased the opera house in 1993, Chuck was running a British American Drama Academy

program at Stanford University. Lyric called Chuck to advise him of the news, which would also entail extensive renovations. Chuck was away from the office so, one of the instructors on the programme answered the phone and said, "This is Richard Dreyfuss, can I take a message for him?"

During the extended run of *CATS* at the Shubert Theatre in Chicago, the entire cast went home with Chuck one night after the show to celebrate his birthday with food, drink, and birthday cake. My sister, Susan, recalls that, "As we lit the candles on the cake, around midnight, the cast of *CATS* sang 'Happy Birthday' in full voice. We threw open the balcony door to share it with our neighbours and despite the hour, there was great appreciation from folks on the surrounding balconies. Not one complaint was received."

When Katherine Hepburn was appearing in *West Side Waltz*, also at the Shubert, she was determined to have fresh air in the stuffy dressing room, and Chuck went to her aid. He called the engineer, who also couldn't open the window and pronounced it painted shut and immovable. Katherine Hepburn asked him for a hammer. The engineer fetched one – which he gave her with a sceptical look. She took the hammer, thanked him, and threw it through the window. "Ah, now we have fresh air," she declared. In her note of thanks to Chuck, she wrote, "Needless to say, we've had a fine time here. And thank you for making my dressing room so comfortable. I do think you should try to have them quiet down the house air conditioning...."

During the Shubert run of *Private Lives* with Elizabeth Taylor and Richard Burton, the atmosphere was

tense since Richard Burton had recently married Sally Hay, and Elizabeth Taylor wanted to be isolated from him and his new wife. Chuck managed to create and maintain a gracious working relationship with each of them while still honouring Elizabeth Taylor's request. At the conclusion of the run, Richard Burton declared that Chuck was "the best front-of-house man I have ever worked with."

When Chuck left Lyric Opera, he still wanted to be in the theatre with people, not sitting around at home, so he applied to Broadway in Chicago as an usher. They welcomed him with open arms, and immediately wanted to make him a manager. "No thanks," Chuck said. "I've had enough insults and champagne thrown at me during my career. I just want to be in the theatre as an usher." Of course, since the entire ushering staff knew of his impressive background, he often ended up performing management tasks anyway.

Lucinda Freestone

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**DO YOU FEEL
SAFE WHEN OUT
IN THE COMMUNITY?**

Have your say to help create a safer region!

Council is reviewing the Crime Prevention Plan and we need your help to identify key priorities and focus areas for community safety and crime prevention.

To complete our survey to have your say or register for an online workshop go to www.haveyoursay.tamworth.nsw.gov.au/a-safer-region or phone **02 6767 5477**.

 

Have your say to help create a safer region

Council is taking the next step in enhancing community safety across the Tamworth region with the release of a Community Safety Survey. The survey will provide critical information for Council as it develops the upcoming Community Safety and Crime Prevention Plan.

The Plan outlines the role Council and the community have to play when it comes to community safety and aims to ensure the current quality of life for residents of the Tamworth region continues, while proactively addressing crime and safety issues.

Whilst it is recognised that Police are the principal law enforcement agency, community safety and crime prevention is a shared responsibility of each and every one of us –by working together, we will continue to enhance the safety of our community.

Council is committed to working closely with all sections of our community and across the region, to ensure the plan directly reflects the concerns of our residents.

We all have a role to play as “eyes on the street” in reporting crime and identifying other community safety issues. With this information, Police and other stakeholders can better identify areas of concern and put in place preventative measures and programs. With the community’s help, we can also identify people at risk, and through education and tailored programs, their level of risk and vulnerability is able to be reduced.

Chair of the Tamworth Regional Community Safety Working Group, Councillor Mark Rodda said everyone should feel safe where they live, work or play.

“The successful implementation of this plan requires collaboration between both government and a wide range of groups and organisations. We are very fortunate to have a committed Community Safety Working Group to provide advice on issues relating to crime prevention and safety”, said Councillor Rodda.

We are calling on the local community to get involved by telling us how you feel at home or when you are out and about in the community. As part of this an online survey via the MyTRC Online Community will be open until Sunday 18 September and an online community workshop is being arranged.

Please register for the workshop via <https://haveyoursay.tamworth.nsw.gov.au/a-safer-region> or by phoning 02 6767 5477. We also encourage you to please complete the online survey on Council’s website <https://haveyoursay.tamworth.nsw.gov.au/a-safer-region>.



History Notes

Another busy week has passed with an even busier one coming leading up to the markets this Saturday.

Finally, we have tracked down a photo of F.W. Ridley for a book being written in Bingara. Mr Ridley was a bank manager in Bingara, he was also a relative of A. A. Adams of Barraba station and later Gineroi. As most people would know Mr Adams was an early arrival in New South Wales who supported himself by taking jobs around the Hunter in the early 1840's. He made friends with a number of well-known settlers in the area who visited and later settled in the north of New South Wales.

He purchased Barraba Station and lived there for some years before his partner in Gineroi died and the Adams family moved north to Gineroi. Mr Adams' sister married a Mr Cheesman in England and after the death of her husband brought her family out to Australia to live in northern New South Wales. One of her daughters married a Mr Ridley and the Bingara bank manager was a son of that marriage. He married a Miss Capel, from Piedmont, and thus we have the Barraba connection.

Returning to Trevor Wearne's memoirs he mentions the Bingara Road over the Devil's Elbow near the property Hill Top. Trevor's mother was a Miss Capel, daughter of John Capel of Piedmont Woolshed, on the northern end of Piedmont. John and Maria lived there for most of their married life, only moving to Rocky Creek two years before John died in 1909.

The Capel extended family enjoyed their family Christmas together before the Wearne family departed for Bingara in a sulky with some of the older children riding their horses. However, it was not long before young Ernie Charters arrived at Piedmont Woolshed with the news that there had been an accident on the Devil's Elbow.

Apparently, the pony had bolted, left the road, and went into a gully, tipping the passengers out of the sulky and ended up upside down in the gully with the sulky on top of them. Fortunately, everyone including the pony survived the accident with a few scratches, but the pony was never used in a sulky again.

I hope we see a crowd at the markets this weekend – the society stall is going in for socks and calendars this month so come along and have a look and perhaps make an order. Both items are well worth a look.



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 "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."

International award-winning chef, renowned culinary judge, and owner of Kitty Crawford Estate, Graham Manvell said "I have been involved in hospitality for a long time and know the Tamworth region produces high quality produce and food, this festival really showcases that."

For more information on each event and to purchase tickets, visit www.tastetamworth.com.au

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



On Line Sales at
www.kootyartshow.com

Including Junior Section
 sponsored by Joblink Plus

Art Exhibition & Sale

Kootingal Lions Club 2022

Kootingal Community Hall Chaffey Street Kootingal

9th, 10th 11th September 2022

Gala Opening
Friday 9th September 6.00pm
 \$20 per adult - \$10 per child or \$50 family
 includes finger food supper wine or soft drink

Saturday 10th 10am to 4 pm
Sunday 11th 10am to 3 pm
 \$5.00 per person. Light refreshment available for purchase

With thanks to all our sponsors without whom this event would not be possible



WARIALDA HONEY FESTIVAL

SATURDAY 17 SEPTEMBER 2022
3PM - 8PM

WARIALDA RECREATION GROUND

MARKET STALLS | FOOD AND DRINKS
| BEIBER THE BEE | ENTERTAINMENT |
KIDS RIDES & MORE





From Adam Marshall's Website –

\$252,500 SECURED TO REPLACE GWYDIR SHIRE'S LAST TIMBER BRIDGE AT GULF CREEK

THE last timber bridge in the Gwydir Shire – the Gulf Creek Road Bridge – will soon be no more, thanks to a State Government **grant of \$252,500**, announced today by Member for Northern Tablelands Adam Marshall.

Mr Marshall said the funding, provided to council under round two of the government's *Fixing Country Bridges* program, would enable the full removal and replacement of the ageing dual-lane timber structure with a new and modern concrete equivalent. "I'm delighted Gwydir Shire Council has secured this funding to rid the district of its last remaining timber bridge and replace it with a stronger and safer concrete structure," Mr Marshall said. "Gulf Creek Road may not be one of the busiest in the region, but the local residents and farmers are entitled to good quality roads and bridges and the assurance that they can continue to safely move freight in and out of the district. This funding will not only see the dilapidated timber structure replaced with a modern concrete version, but the approaches to the bridge will also be bitumen sealed, making the section of gravel road even more safe and reduce long-term maintenance costs for ratepayers."

Mr Marshall said that with the completion of this project, Gwydir Shire Council would be joining its neighbours Inverell Shire in replacing all of its timber bridges. "This is a tremendous achievement for any council, but for one of the smallest councils in our region, it's an outstanding milestone," Mr Marshall said. "I'm so proud this funding has allowed the council to bring forward this project many years, also bringing forward the benefits to the local residents."



Gwydir Shire Council Mayor John Coulton, left, Projects Engineer Leenita Gharwade and Northern Tablelands MP Adam Marshall at the old timber Gulf Creek Road Bridge

Ceramic Break Sculpture Park presents....

Opening September 10, 12-5 pm

featuring Sue Baker, Sue Fisher, Amber Hall, Julian King-Salter and Evelyn Owen



iglesia I, mixed media, 45.5 x 45.5 cm, 5,00, Evelyn Owen



Large blue vessel, ceramic stoneware, 57 x 21.5 x 60 cm, \$1,300.00 Julian King-Salter



Tropical Sunset, watercolour and ink, 17 x 17 cm, \$65.00, Sue Fisher



Beautiful Beach, photograph 40.5 x 51 cm, \$182.00, Amber Hall



A School, acrylic on canvas, 54 x 64 cm, 95.00, Sue Baker



Lunch and light refreshment provided.
Entry by gold coin donation.
Bring your own utensils to enter the
Green Prize raffle to win a beautiful plant.

2535 Allan Cunningham Road
Warialda, 2402
02 6729 4147
www.cbbreaksculpturepark.com.au
kerry@cbbreaksculpturepark.com.au



Ceramic Break Sculpture Park warmly invites you to the opening of their next exhibition September 10 from 12-5 pm. The works feature art from The Armidale Art Group artists Sue Baker, Sue Fisher, Julian King-Salter and Evelyn Owen. The art is diverse including ceramic stoneware, photography, mixed media, watercolour and ink and acrylic on canvas. Also, Bingara photographer Amber Hall will display 6 unique landscape photos.

PLUS! View their finalists' sculptures in the Ceramic Break Sculpture Park 2022 Triennial Acquisition Sculpture Prize. The \$12,000 prize winner will be announced at the opening and the winning sculpture will become part of the Park's permanent collection.

Exhibition opens from 12-5 pm Saturday September 10th. Entry is by gold coin donation with lunch and light refreshment provided. Visitors are encouraged to bring their own utensils for an entry in the green prize raffle to win a beautiful plant. Exhibition continues through October.

CATHOLIC CHURCH NOTES

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

Uniting Church Notice

Sunday 11th September
Service at 10.45am
Please note the time change
ALL WELCOME

St Laurence's Barraba

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

Snippets from St Laurence's

Well, "Grey winter has gone like a wearisome guest and behold in repayment September comes in with the wind of the west and the spring in her raiment." My apologies to Henry Kendall if I have misquoted there. September is also time to get our BCA boxes checked, so please get yours to Lee or leave at church.

The ladies who went to the William Cowper Campus last Saturday for the New Life Conference were enthusiastic about the experience and are already planning to attend next year's conference. Put 2/9/23 on your calendar.

This coming Sunday, 11th, there will be a service at Woodsreef at 11.30, on Saturday, 17th there will be a working bee and Parish Council will meet on 18th, Synod will meet on 23rd to 25th.

As we read Psalm 33 in the service last Sunday, I wished I could share the whole psalm with you, but here are the final verses, 20 to 22: "We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love rest upon us, O Lord, even as we put our trust in you."

Along with that, remember Paul's words in Romans chapter 15, verse 13: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the holy spirit."

Trip down memory lane (from Beth Brodbeck)

Do you remember when all the town children went home for lunch? Here are the primary and secondary children who ate lunch at school, supervised by the staff having lunch on the veranda. The photo was taken in 1954.





FREE RATs FOR SENIORS

EXPANDED TO SERVICE NSW

Pensioners and other concession card holders in the Tamworth electorate can now pick up free rapid antigen tests (RATs) from any Service NSW Centre or Mobile Service Centre.

Member for Tamworth said seniors could now access up to 10 free RATs through Service NSW Centres as well as through Tamworth Family Support Services, Gunnedah Family Support Inc., and Gunnedah Family and Children's Services Inc.



The program will run until the end of October 2022. Eligible Commonwealth Concession Card holders in NSW include:

- Pensioner Concession card
- Commonwealth Seniors Health Care card
- Health Care Card (including Low Income Health Care card)
- Department of Veterans' Affairs Gold, White or Orange cards.

For more information visit [Free rapid antigen tests to support vulnerable communities | NSW Government](#) or visit any Service NSW Service Centre.

MORE JUNIOR DOCTORS AND NURSE PRACTITIONERS HEADING TO REGIONAL NSW

The NSW Government has announced further incentives to bring junior doctors and nurse practitioners to the bush, benefitting communities in the Tamworth electorate.

Member for Tamworth Kevin Anderson has welcomed the announcement from Minister for Regional Health Bronnie Taylor which would see an expansion in the Rural Resident Medical Cadetship Program, bringing the total cadetships on offer in NSW to 50, up from 18.

"We need to do everything we can to bring medical students to the bush, giving them experiences in our close knit rural and regional communities while learning from some of our experienced medical professionals," Mr Anderson said. "Bringing junior medical students to our region will also provide essential respite for our dedicated healthcare workers while giving them an opportunity to explore working and living in the bush and enticing them to stay."

The NSW Government announced the largest workforce boost in the nation's history in the 2022-23 Budget with a \$4.5 billion investment over four years to recruit 10,148 full-time equivalent staff to hospitals and health services across NSW, with 3,800 of those positions in rural and regional areas.

BOOK UP CHECK UP THIS WOMEN'S HEALTH WEEK

Women are being reminded to book important health check-ups to take care of their physical and mental health during Women's Health Week (5-11 September).

Member for Tamworth Kevin Anderson said "We know that the pandemic put women, in particular,

under greater stress with increased pressure on their work, home and social lives taking a toll on their mental and physical health. Routine check-ups may have been missed so it's important to use this year's women's health week to get back into the doctor's office for a routine check-up."

BreastScreen NSW recommends mammograms for women aged 50-74. You can book an appointment by calling 13 20 50 or visiting the website. Women aged under 40 who have a family history of breast cancer should talk to their GP.

Women's Health Week is an annual national event, run by not-for-profit organisation Jean Hailes for Women's Health.

Visit www.womenshealthweek.com for events available across the state and online.

If you need to talk to someone immediately, the Mental Health Line is available 24/7 on 1800 011 511. You can also find other mental health support and services for women on the [NSW Health website](#).

SENIORS URGED TO CHECK FOR UNCLAIMED MONEY

Our region's seniors may have money owed to them and are invited to check by using Revenue NSW's online unclaimed money service.

Member for Tamworth Kevin Anderson said "Revenue NSW's free online service gives seniors an opportunity to find funds that may have been lost over the years, easing cost of living pressures and putting extra money in the kitty while expenses pile up."

Seniors can search for unclaimed money and learn more about the process at <https://www.revenue.nsw.gov.au/unclaimed-money>.



Heart Foundation helping families eat healthy despite rising cost of groceries

The Heart Foundation is releasing a free recipe book to help families cook affordable and healthy versions of popular takeaway meals despite rising grocery prices.

The *Budget Family Recipe Book* features cheap, easy and healthy versions of popular meals such as tacos, pizza, souvlaki and pasta.

It comes as the Heart Foundation is concerned that some families may view less healthy options such as take-away meals as a more affordable and convenient option, owing to rising grocery prices and low availability of some produce.

Each meal is jam-packed full of heart-healthy nutrients and flavour, without the high salt and saturated fat contents of many take-away food options.

Best of all, many of the key ingredients can be substituted for fresh, frozen or canned varieties, allowing families to take advantage of supermarket specials without compromising nutritional value.

The recipes are designed keep you fuller longer, also slashing costs on snacks and reducing the risk of overeating.

Heart Foundation senior dietitian Jemma O'Hanlon said junk food and pre-prepared meals might appear cheaper, but often aren't.

"They cost more in two ways: first, to your hip pocket, and second to your heart health," she said.

"This is because processed meals are usually packed with sodium and saturated fats, which can raise your blood pressure and levels of bad cholesterol.

"You are also unlikely to feel fuller longer eating processed foods – you'll be likely to crave more food sooner which will only see your spend on snacks increase."

Ms O'Hanlon urged families to download the Budget Family Recipe Book for inspiration on how to quickly prepare and eat their own tasty tacos, stir fries, pizzas and souvlakis.

"Best of all – you'll create and maintain healthy eating habits for you and your loved ones, reducing the risk of a heart attack or stroke in the future."

To download the free recipe book visit www.heartfoundation.org.au

JOBS SUMMIT –TWO OF THE LARGEST FAITH-BASED AGED CARE NETWORKS PUSH FOR PERSONAL CARE WORKERS TO BE ADDED TO MIGRATION LIST

Catholic Health Australia, Uniting NSW.ACT and UnitingCare Australia used the second day of the Jobs & Skills Summit to call for the addition of personal care workers to the skilled migration occupation list as an immediate way of plugging the gap in the aged care workforce.

A CHA study found there was almost 60,000 vacancies in the aged care sector alone, of which 45,000 are qualified aged care workers.

Peak advocacy body CHA represents Catholic not for profit aged care providers while Uniting NSW.ACT is one of the largest providers of aged care in the country and are both attending the Jobs & Skills summit. Uniting NSW.ACT is part of the UnitingCare Network, the largest network of not-for-profit aged care providers nationally.

They are appealing to Immigration Minister Andrew Giles and making

the case to delegates at today's Jobs & Skills Summit which they are attending as representatives of the care sector.

CHA CEO Pat Garcia said: "Adding personal care workers to the skilled migration list could really help plug the gap in the aged care workforce. When there are almost 60,000 vacancies in aged care right now this is something that Government can do and do it quickly. There is no doubt that we have more work to do to attract and retain our domestic aged care workers but bringing in workers from countries that have an existing relationship with Australia will help alleviate what is a workforce crisis."

Uniting NSW.ACT Director of Seniors Services, Saviour Buhagiar, said: "Skilled migration of personal care workers must sit alongside fully funded increases to pay and improvement in training, plus fast tracking of nurse migration to address the immediate crisis.

The workforce crisis in aged care is very real. We have 10% vacancy rates across our operations, about 1000 of them in aged care. After the work our people have done during the pandemic to keep seniors safe, we cannot keep asking them to work double shifts and struggle to fill rosters. We need the boost to our workforce that including personal care workers in the migration list will deliver".

We're live on the web
Now you can get the local news updated more frequently by going to
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Rugby Union News

Last weekend saw the major semi-finals played at Gunnedah in very wet conditions and continuous showers all day. This made it difficult with handling errors but all the games were hotly contested.

The Pirates girls got over the Narrabri girls 24-10 and will go onto to play in the grand final against the winner of the final between Narrabri and Gunnedah to start at 11.45 at Narrabri.

In reserve grade Moree defeated Pirates 8-5 to advance to the grand final in a tight game, as the score indicates. This means Barraba will play Pirates at Narrabri at 1pm to see who goes on to meet Moree in the grand final. With Pirates having two grades in the finals they may not be as strong as they were when defeating Barraba 3 weeks ago.

A reminder to any supporters who wish to travel to Narrabri, make sure you check on the road closures if there is rain late in the week as Rocky Creek could be a problem.

First grade saw the leaders, Gunnedah defeat Narrabri 17-0, and will host the grand final on the 17th September. Narrabri will play Pirates for the chance to advance to the grand final, this game to start at 1pm. A date to remember is 7th October will be the Presentation Night, more news on this later. There will be a discussion on the possibility of a 'supporters bus' being organised if there is enough interest. Contact Simon Koopman asap to book.

Barraba and Gwydir Rugby Clubs would like to thank all their sponsors for the ongoing support during the year which makes the running of the clubs so much easier. Your help is why the team is now playing in the final for a spot on grand final day.



Golf Notes

Sam Faint continued his great run of form

on Sunday to claim Rodger Fisher's trophy. His 39 stableford points on a very wet course was 4 points clear of runner up Peter Latrell Simpson 35 points with balls going to Ian Cabot 33, George Sedgwick 33, Bill Simpson 32 and Mike Artis 32 points. Kev Kelaher claimed an NTP on the 3rd. Next week we will play a 4 BBB Aggregate Stableford for a trophy donated by John Freeman and Mick Djuric.

The following Sunday 18th September is our annual Breast Cancer Charity day. It is a 4 person Ambrose and always a fun day after Saturday's races.

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Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 7 Sept

Summary Max 20

Partly cloudy

Chance of any rain: 20%



Thursday 8 Sept

Summary Min 5 Max 19

Rain increasing

Chance of rain: 95%



Friday 9 Sept

Summary Min 8 Max 18

Showers

Chance of any rain: 95%



Saturday 10 Sept

Summary Min 6 Max 21

Partly cloudy

Chance of any rain: 30%



Sunday 11 Sept

Summary Min 5 Max 19

Partly cloudy

Chance of rain: 20%



Monday 12 Sept

Summary Min 5 Max 17

Partly cloudy

Chance of any rain: 30%



Tuesday 13 Sept

Summary Min 3 Max 17

Partly cloudy

Chance of any rain: 30%

Regional Dam Levels from **Water NSW**

Chaffey 100.7%

Copeton 100.4%

Keepit 99.4%

Split Rock 80.8%



NSW COVID-19 update



Tuesday 6 September 2022

97%

aged 16+ have
1 vaccine dose*

95.4%

aged 16+ have
2 vaccine doses*

69.6%

have had
3 vaccine doses^***

81.8%

aged 12-15 have
1 vaccine dose*

78.1%

aged 12-15 have
2 vaccine doses*

49.3%

aged 5-11 have
1 vaccine dose*

1,640

hospitalisations

38

ICU

27

lives lost

3,000

positive tests reported
in past 24 hours

1,969
RAT

1,031
PCR

*Data as at: 4 September 2022

^Data as at: 4 September 2022

***Includes both immunocompromised people who have received a 3rd dose and all eligible people who have received a booster

Figure 4 – COVID-19 deaths in Australia, reported from surveillance systems*

