



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 5th October 2022

Tamworth
REGIONAL COUNCIL

WHAT DOES A SUSTAINABLE FUTURE FOR OUR COMMUNITY MEAN FOR YOU?

We want to know if we have captured your views and visions about sustainability in our region.

Council's draft Environmental Sustainability Strategy 2022-2026 is now on public exhibition.

We want feedback on topics including water, waste, energy and climate change.

To view our draft Environmental Sustainability Strategy or have your say, go to www.haveyoursay.tamworth.nsw.gov.au/sustainability-strategy

St John's Church Street Stall.

When: Thursday 13th October.

Start Time: 9am

In Queen Street near the Chemist

Delicious home cooking, potted plants, books & raffle.

Anglican Church

Bible Society presentation at Barraba Anglican on 9 October has had to be postponed until new year

Blithe Beauty

will be working at Barraba, Frocks n Locks every Monday.

Acrylic nails, manicure, pedicure and eyebrows. Mobile home appointments Tues, Wed, Thurs ♥

Ph 0459271174 to book your appointment or go to fb page

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



Massive Garage Sale coming up check page 9 for details



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 \$1,500

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,000

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM

BINGO 11AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS

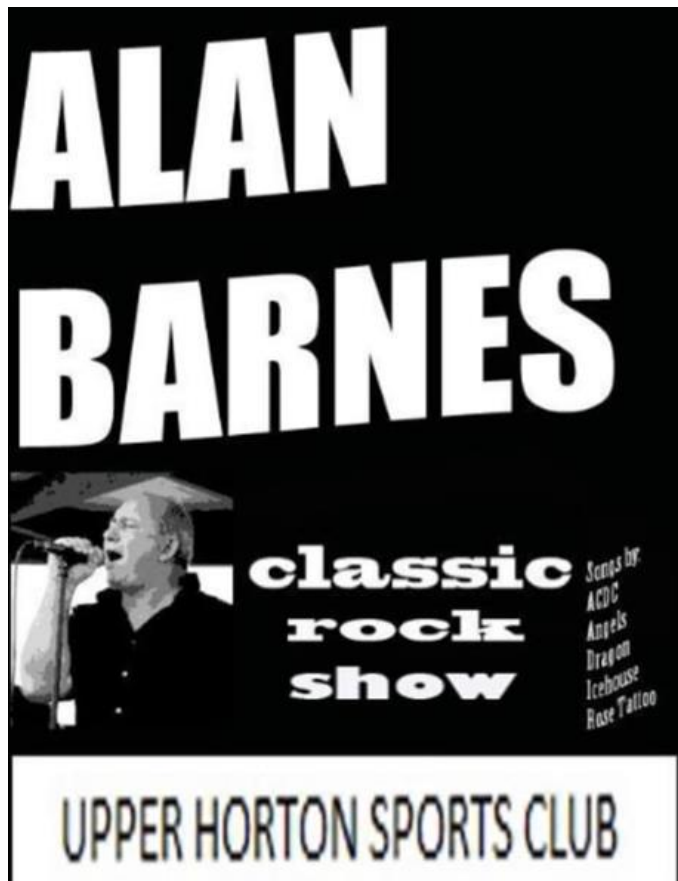
Phone 0427330808

CLOSED MON/TUES/WED

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

SUNDAY: LUNCH 12-2PM

COURTESY CAR NOW AVAILABLE



It's official!! We have a band coming to the Upper Horton Club on Friday 14th October.

Come down and meet Alan Barnes, yes Jimmy's brother, also Gayle and Brett.

Meals will be available and there is plenty of camping area available.

Please come and support us at the Horto.

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Published by Community College Northern Inland Inc.

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Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses.

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

Contact

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We're live on the web

Now you can get the local news updated more frequently by going to www.barrabacommunitynews.org.au

Manilla Garden Club visit

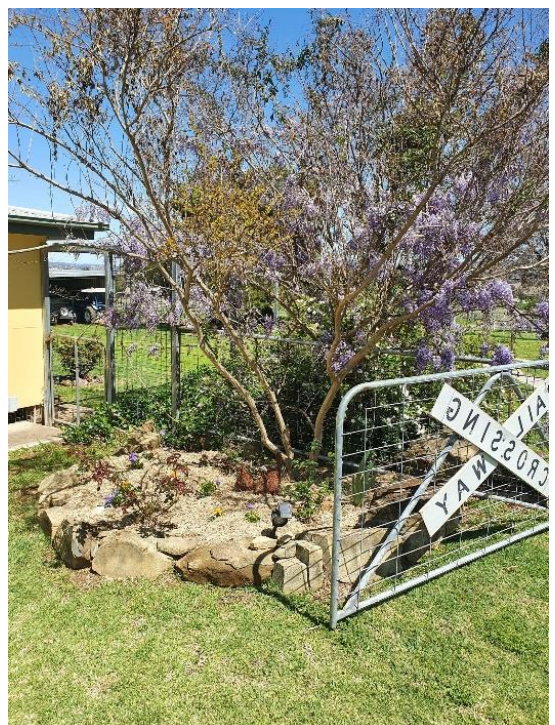
Manilla Garden Club held its first meeting after the winter break at Andrea McGregor's on the 25th of September, the weather was beautiful and the garden springing. There were 5 members from Manilla and others from Barraba, as well as some local keen gardeners and Potters and Craft Guild members from the Sunday sewing group, in total 22 people for the day.

The day started at 10.30 with a meander around the gardens, swap table for plants and morning tea. Everyone enjoyed the day and with the weather warming up and plenty of rain there was a lot of inspiration to get back into the garden after the cooler months.

Generally, the group meet once a month on the last Sunday between 10.30 am and 12pm. We have a Facebook page if you are interested – Manilla NSW Social Garden Club, we get together for friendship, ideas of what works and has not worked, what will grow in our area and swap plants.

The Barraba group have been invited to visit Bingara Garden Club on 26th Oct. Ring Pat Penna 0438 219030 or leave name at Claypan.

Our next meeting is on Sunday 30th Oct 2022 in Manilla. Check out the facebook page for further information or contact Pat Penna/Andrea McGregor.



North West Auto Fest

The North West Auto Fest is fast approaching with organisers busy putting the final touches in place for the event to be held on Saturday 15th October. The day will kick off with the Auto Fest from 9.00am in the grounds of The Barraba RSL & Recreational Club. On display will be various Vintage Cars & Hotrods, the Ute Show & Motorcycles plus some vintage Fire Engines. The Hunter River Lancers from Tamworth are bringing a vehicle & display.

The Westpac Rescue Helicopter Support group will be on site with their famous Bacon & Egg Rolls. The RSL Club Bistro will be in full swing providing a variety of food for lunch & dinner & Show Rides will be operating on the club grounds throughout the day. Face painting & well known Pin Stripper & sign writer from Taree Allen Smith. The club will also have some market stalls on site.

Around town The Barraba Aero Club will have some Aircraft on display at the Airstrip. The Clay Pan will have an exhibition running and afternoon Devonshire Teas & the Museum Markets will be on next to Inland Petroleum. The Museum Markets will be extending their hours running until 2.30pm. This will also be a much larger Market than usual.

Movies for the kids at the Playhouse Cinema from 2.00pm. Mr Ron Hiscock will have his famous Shed of Knowledge open to the public & a free bus will be doing a circuit from site to site throughout the day making it easier to navigate the various sites.

The Barraba RSL & Recreational Club will see one of the biggest Fireworks Displays in regional NSW at 9.00pm on the club grounds. This is not to be missed.

Organisers have moved the event from winter to spring to make the event more family friendly. There is no doubt something for everyone at the "North West Auto Fest".

FIREWORKS DISPLAY NOTICE:

Stock & Pet owners are advised the Fireworks Display at 9.00pm on Saturday 15th of October in the grounds of the Barraba RSL & Recreational Club may frighten some animals & owners are advised to take appropriate measures to ensure their animals are safe during this time.

Many thanks Peter Dwyer, 0408499654.



Picture from the last very successful North West Auto Fest



**Extract from
Adam Marshall Newsletter
Weekly report Friday, 30
September 2022**

Unlocking grain export growth at Newcastle Port

An industry push to establish the Port of Newcastle as a leading NSW grain export and receivable terminal has my full support.

It is crucial the changes are made to facilitate millions of dollars of private investment, which is ready to start constructing a new deep port container terminal, which would slash rail freight costs and grow profits for producers in northern NSW.

Our grain growers have a gateway to world markets on their doorstep, but unfair bureaucracy and now redundant rules are keeping the door to Port of Newcastle locked and bolted.

Currently Port Commitment Deeds (PCD), which were signed when Port Kembla and Port Botany were privatised by the State Government in 2013, require the State to compensate those two ports if container traffic at the Port of Newcastle exceeds a cap.

When the Port of Newcastle was privatised in 2014, another PCD required that port's operators to reimburse the State Government for any compensation paid to the operators of Kembla and Botany.

These provisions have made establishing a container terminal and increasing capacity at the Port of Newcastle financially unviable for the owners – and our grain growers and local businesses are paying the price.

The Productivity Commission recently released a report blaming the government's embargo on container shipments through Newcastle for "raising import and export costs across the container logistics chain". The fact is these deeds are outdated.

They have led to congestion at Port Botany and a lack of competition – in fact, no competition – as well as promoting uncontrolled cost increases to move containers in and out of Port Botany, which, by the way, has been named by the Australian Competition and Consumer Commission as one of the least efficient ports in the world.

Meanwhile, the Port of Newcastle, a shining regional jewel, is a natural gateway to many parts of New South Wales. It is ideally placed to open up the State's container trade but it is blocked by State Government decisions made a decade ago.

Legislators must relook at the port commitment deeds and create an environment which at least removes the reimbursement provisions so the Port of Newcastle can operate in a freer market.

The establishment of a container terminal at Port of Newcastle would go hand-in-glove with the upcoming Moree Special Activation Precinct and freight hub.

If a key purpose of the SAP is to streamline agricultural freight out of the North West, then it stands to reason steps should be taken to increase access to the most immediate international shipping port.

Establishing a container terminal at Port of Newcastle has the potential of cutting the cost of grain rail freight by \$16 to \$22 per tonne – putting huge dollars back in the pockets of growers and the local economy.

While there are grain facilities at Newcastle, a container terminal would increase the amount of grain which can be received and stored during record harvests, reducing the need to move product to the far-off Port Kembla at Wollongong.

The Port of Newcastle has preliminary designs for the multi-purpose deep-water terminal at Mayfield and the money to proceed, it now needs the legislative framework to make it happen.

I fully support the campaign to have the Port of Newcastle released from its shackles to allow it to operate in a more fair, equitable way, in a free market, which subsequently leads to more job opportunities for young people, better results for our farmers and our businesses and all country communities.

NSW Government supporting customers impacted by Optus data breach

The NSW Government is working with Optus to support customers affected by the recent cyberattack.

Optus has confirmed some customers may have had a range of information accessed including passport and driver licence details as a result of the breach.

Information potentially accessed will vary depending on what was originally provided by the customer to Optus.

Customers in NSW can immediately begin the recovery process by ordering a replacement licence.

A \$29 replacement fee will be charged and reimbursement advice will be issued by Optus.

The replacement licence will include a new card number for customers and can be sent to customers in a matter of weeks with the Digital Driver Licence updated in a matter of hours.

The old licence will not be able to be used to prove your identity within one hour of replacement. Customers can still use other forms of identification to prove their identity online.

Customers who have had both their driver licence number and associated card number compromised are expected to be contacted by Optus in coming days and are strongly advised to apply for a replacement licence as soon as possible.

NSW customers who need support regarding the replacement of identity documents and advice on preventative actions they can take, are encouraged to contact ID Support NSW on 1800 001 040 Monday to Friday 9am-5pm.

Glen Innes set to host 29th NSW Rural Women's Gathering

On Wednesday, I welcomed the resumption of the popular NSW Rural Women's Gatherings following a hiatus during the pandemic, announcing Glen Innes will host this year's event.

Australia's Celtic Capital will hold a Rural Women's Dinner and Rural Women's Day, which is set to bring attendees from right across the state.

Hosts of the two events are the Glen Innes Natural Resources Advisory Committee (GLENRAC) and Guyra Evening Country Women's Association, with support from the State Government and Rural Women's Network.

Glen Innes is a terrific choice for the resumption of the NSW Rural Women's Gathering, having so ably undertaken hosting duties back in 2015 for the very successful 'Gather in the Glen' event.

I am confident that the team from GLENRAC with the CWA's Guyra Evening branch will again be the hosts with the most and stage a fabulous couple of days that showcase our region and warm hospitality.

Events such as these are vital in renewing contacts, friendships and lifting spirits - especially following covid and the isolation that imposed.

I look forward to seeing this wonderful event back in the region.

This year's Gathering includes a Rural Women's Evening on Thursday 13 October and Rural Women's Day on Friday 14 October. To more information or to register, visit www.glenrac.org.au/events-all

HON. ADAM MARSHALL
Member for Northern Tablelands



NEW STRATEGIES TO TARGET LITTER AND ILLEGAL DUMPING

The NSW Government is aiming to reduce litter by 60 per cent by 2030 and crack down on illegal dumping across the region and the NSW Environment Protection Authority (EPA) wants to hear the community's feedback on two new draft strategies.

As part of the \$356 million Waste and Sustainable Materials Strategy 2041, the draft Litter and Illegal Dumping Prevention Strategies are designed to improve education, infrastructure, grow targeted programs, drive more circularity throughout waste systems and reduce costs.

Member for Tamworth Kevin Anderson said this was an opportunity for the community to speak up about keeping their neighbourhood clean. "We are fortunate to live in a region surrounded by fantastic natural assets and the community wants to see it kept free of litter and dumped waste," Mr Anderson said. "These strategies introduce new programs and approaches for tackling waste and illegal dumping in the long term. We are tackling the issue of waste head on with a 43% reduction over the past decade, and I encourage people from our region to have their say as we work together to cut even further."

Comment on both Strategies is open until 17th October 2022. For more information visit <https://yoursay.epa.nsw.gov.au/>.

GET YOUR NOMINATIONS IN FOR THE LOCAL GOVERNMENT AWARDS

Member for Tamworth Kevin Anderson is calling on local councils to get their applications in for the 2022 Ministers' Awards for Women in Local Government Awards.

Mr Anderson said the annual awards recognise the accomplishments and invaluable contribution of women in councils across NSW.

"All four of our region's councils are blessed with talented women who are working hard behind the scenes and achieving great results of their community," Mr Anderson said. "This is a great opportunity to recognise the efforts of those women and to acknowledge their service to our community."

Nominations for the 2022 Ministers' Awards for Women in Local Government can be submitted until 19 October 2022 [here](#).

URGENT ACTION NEEDED TO ADDRESS REGIONAL BANKING CRISIS

3 October 2022

The Finance Sector Union believes banking is an essential service and Australians have the right to transact their banking business in a way that suits their needs, wherever they live.

According to independent research by banking writer Dale Webster, 64 per cent of bank branches in regional Australia have closed since 1975. Only 1011 “big four” bank branches remain, largely clustered in major centres, and of the 1226 towns that had bank branches in 1975, only 370 have banks today.

Even worse, 589 towns that once had bank branches now have no banks left at all, not even a minor one. Another 84 towns are on the verge of complete loss of banking services with only one major bank branch remaining.

According to Ms Webster, in 2021, regional Australia lost 113 bank branches from the “Big Four” banks: CBA, Westpac, ANZ and NAB – 48 of those towns lost their last major bank and of those, 24 had no other minor banks to fall back on.

So far this year, the number of “Big Four” branch closures stands at 70, with 17 towns losing their last major bank. Of those, 11 have no other minor banks.

There have also been 43 minor banks closed (17 in 2021 and 26 to date in 2022), putting the total number of banks closed since the start of 2021 at 226.

Finance Sector Union national secretary Julia Angrisano said the union is calling on the Federal Government to inquire into the provision of local banking services, particularly in regional areas and supported calls for a moratorium on regional bank closures.

“The report tabled by the so-called Taskforce needs to be pulped and we need to start again. We need a proper inquiry, not just the banks talking to themselves”.

“Bank branch closures have a devastating impact on small towns and regional centres. Older people who are not computer literate feel the impact most as they are forced to travel longer distances to do their banking over the counter,” Ms Angrisano said.

“Closure of branches can impact farmers and local businesses, which are used to applying for loans and overdrafts at local branches. Don’t believe the banks when they claim customers prefer banking online. Our members tell us that the numbers of ‘over the counter’ transactions each day are counted up and once a limit is reached, customers are taken to a computer inside the branch or to an ATM outside and shown how to do

their banking online. We want laws to require the banks to provide a minimum level of service to customers and stop cannibalising their local branch network.”

Ms Angrisano said the so-called Regional Banking Taskforce, which included the Big Four banks, the ABA and Australia Post, set up last year ahead of the Federal Election by the Morrison Government had been a total failure.

“We said from the start this was a political stunt by the National Party to help re-elect LNP members by giving themselves political cover on an issue of vital concern for people in country areas. The so-called Taskforce refused to hear from the FSU or our members. It held only a handful of meetings and achieved absolutely nothing. It’s not surprising that this report fails local communities and the staff who work in regional branches. Not one of the recommendations will stop a branch from closing its doors. It is more of the same, more self-regulation through a protocol that hasn’t worked and a branch closure impact assessment that the banks get to establish and conduct themselves. The report says that better consultation once a decision has been made to close a bank branch is a fix to this crisis. This will do nothing at all to slow down and stop the rate of closures across regional Australia. The report needs to be pulped and we need to start again. We need a proper inquiry, not just the banks talking to themselves. The industry’s track record speaks for itself and we can expect more of the same – that’s more branches closing, more communities without banking services and bank staff without a job. The banks have proven that they cannot be trusted to provide a decent level of service to our community, so it’s time for the Government to step in. We are happy to see the back of this political charade but call on the Federal Government to conduct a proper inquiry into the future of regional banking.”

The FSU is supporting a petition to Federal Parliament Ms Webster is sponsoring, which can be signed here:

<https://www.aph.gov.au/e-petitions/petition/EN4244>





Council meeting update

Here is an overview of outcomes from TRC

Ordinary Meeting 27th September 2022:

➤ Councillors have agreed to take the steps required to ensure the protection of a building in Tamworth's CBD which is 124 years old and has considerable historical and social significance. Councillors supported a recommendation for No. 4 Darling Street, Tamworth, to be listed as an item of local Heritage Significance on the Heritage Schedule (Schedule 5) of the Tamworth Regional Local Environment Plan 2010.

➤ There will be more accommodation in Tamworth for those experiencing homelessness after Councillors approved a Development Application tonight for a change of use from a motel to a transitional group home on Goonoo Goonoo Road, South Tamworth. The primary purpose of the Development Application is to provide temporary crisis accommodation, particularly for those experiencing homelessness. The proposal also includes minor alterations and additions to the premises. A report to the meeting said the proposed development meets all planning requirements.

➤ A total of \$50,076 will be shared among 19 property owners across the region this financial year through the Tamworth Regional Council Heritage Assistance Fund. Councillors endorsed the Tamworth Regional Council Heritage Working Group's recommendations for the allocation of the funding. A total of 33 applications were received between 5 July and 30 August 2022 with a diverse range of projects from repairs and maintenance to existing residential properties, churches, halls and hotels.

➤ Council has taken its first steps towards reducing the effect of urban heat islands in Tamworth in adopting the Tamworth Urban Heat Island Report. Council recently commissioned a study to understand the location and severity of urban heat islands. The report made 10 cooling recommendations to mitigate urban heat, examples of these include increased tree canopy cover, lighter roof and pavement colours. Council considered the alignment of this report with Blueprint 100 and acknowledged that the report will enable Council to seek grant funding opportunities for a range of liveability initiatives and infrastructure improvements in relation to the recommended cooling mechanisms.

➤ Community members will have the chance to give feedback on whether the *Draft Environmental Sustainability Strategy and Action Plan 2022-2026* adequately addresses

local concerns after Councillors agreed to put the document on public exhibition. The plan was prepared through extensive community consultation using data from internal and external surveys, interviews and workshops to develop the themes, targets, objectives and actions. The eight key themes identified through the external engagement include water, waste, energy, circular economy, natural environment, transportation and mobility, sustainable governance and climate change mitigation and adaption. The draft Tamworth Regional Council Environmental Sustainability Strategy is on public exhibition until Wednesday 26 October, 2022. To see a copy of the document and to provide feedback, go to <https://haveyoursay.tamworth.nsw.gov.au/sustainability-strategy>

➤ Councillors tonight endorsed a Mayoral Minute to sign a Memorandum of Understanding and work collaboratively with the Tamworth Local Aboriginal Lands Council, Crown Lands, and Land and Housing Corporation NSW to explore suitable options for additional housing supply in Tamworth.

For more information, see the full reports at www.tamworth.nsw.gov.au/business-papers

Youth Council meeting Friday 30 September, 2022

Here is an overview of the outcomes from Youth Council meeting:

➤ To support the actions previously determined under the Youth Council Action Plan, Youth Councilors resolved to submit an application for the Our Region, Our Voice Regional Youth Investment Program, with the aim to both engage consultants to conduct a youth social profile of the region to inform future decision making, as well as refurbish the Youthie drop-in space to include a Wellbeing Hub.

➤ The Youth Council congratulated and thanked Youth Mayor Calli Nagle as well as Youth Councilors Charlotte Leonard, Evelyn Murdoch and Brady Endemi for their involvement in the Youth Council following their resignations at yesterday afternoon's meeting. Youth Councilors agreed to appoint Deputy Mayor Jack Lyon as Acting Mayor for the term of 29 September 2022 – 23 November 2022.

➤ Endorsed by the Youth Mayor, Deputy Youth Mayor and Youth Secretary prior to the meeting, the Youth Council submitted an Expression of Interest to the Youth Leadership Academy Australia to participate in a two-day Youth Council leadership retreat program.

➤ Youth Councilors gave feedback on community safety from a youth perspective in reference to Council's recent Community Safety Survey.

St Laurence's Barraba
Sunday service at 9.00am
Woodsreef: 2nd Sundays 11.00am

Uniting Church Notice
Sunday 2nd October
Service at 10.45am
Please note the time change
ALL WELCOME

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

MASSIVE

Estate Garage Sale

All must go

**Furniture, Garden and Building tools, Books,
Building materials, Collectable bottles.**

**Home Brew bottles, Home décor and much more.
Lots of free items.**

**Over 2 big days:- Saturday 8th October 8am – 3pm
and Sunday 9th October 8am- 3pm**

27 Rodney Street Barraba

children's carnival held at the showground in June, 1953 to commemorate Queen Elizabeth's coronation. Someone has a medal from these celebrations and wonders if there is a report of the proceedings. Perhaps there is another medal out in the population somewhere or someone has saved the newspaper cutting.

Also, in the O'Brien cuttings I have found the Northern Daily Leader report on the 50th Anniversary of the Barraba Railway including the history of the construction of the railway and the running of early trains.

The Bill to build the Manilla to Barraba railway passed both houses of Parliament on November, 16th, 1901.

Clyde engineering Co. successfully tended for the bridge over the Namoi River, building two steel spans of 180 feet (approximately 60 metres) and two spans of 66 feet (approximately 22metres) at a cost of about \$13,788. Day labour was used to build the piers and super-structure.

The original trains were met in Barraba by a coach that had been converted to a bus and seated 8 persons inside as well as two passengers on top for the trip to Bingara. On Sundays, the bus was used to carry cricketers to various places throughout the district.

On the day of the official opening, the special train was met by a big crowd at the new railway station. The headmaster, of the Barraba Public School, Mr Lockrey, gave the 200 pupils a holiday to meet the train and take part in the festivities which were held near the new R.S.L Hall. There were Physical Culture displays, a girl's marching band and a dancing display amongst other performances which included the Manilla Pipe Band and the Fire Brigade. It should be remembered that there was no swimming pool or Pre – School in 1958 and thus lots of room for people.



History Notes

Members enjoyed their meeting with Kim last week as she mentioned some

interesting ideas for the museum – there was quite a bit to think about. This coming week is relatively calm but with school holidays it is likely there will be more visitors around.

The following week, we will be getting ready for market day on the 15th and we hope to see a lot of visitors in town – the markets will continue until after lunch to cater for visitors. Three days after the markets there is the Annual General Meeting on Tuesday 18th October and then a street stall two days later. Hopefully, everyone will be able to attend at least one of these events.

This week I have been going through the O'Brien newspaper cuttings looking for any evidence of the Barraba School



Historical Society Coming Events

15th October, Markets, 8.30 to 2 p.m.

18th October, Annual General Meeting 0am, all welcome

20th October, Street Stall 10am

Rifle Club

On Saturday 24th September we had six Centrefire shooters and five for the Benchrest in the afternoon.

Conditions on the day were rather calm and this is reflected in the scores. Noah shot his second possible for the year in the 100m. There were a few possibles shot with Brendan shooting two and Darren also shooting one.

Andrew came close with a couple of 99's. So, congratulations to you all.

Our shooting calendar is coming to an end for the year with only three shoots left.

Also, now that they are lifting isolation requirements on the 14th October, if you have any flu like symptoms please do not attend the range for the safety of others. Thank you.

Unlimited 50m

B. McIlrick 95.3, 96.4, 99.4 = 290.11

D. McIlrick 91.2, 96.2, 95 = 282.4

AA Grade 50m

D. Dewson 97.4, 93.1, 97.6 = 287.11

A. White 90.4, 97.2, 97.2 = 284.8

B. Grade 50m

N. Hull 88.1, 86, 85 = 259

Unlimited 100m

B. McIlrick 99.6, 100.4, 100.5 = 299.21

AA Grade 100m

D. Dewson 98.5, 98.4, 100.6 = 296.15

A. White 99.5, 95.2, 99.4 = 293.11

B. Grade 100m

N. Hull 100.1, 97.6, 98.4 = 295.11

Centrefire

D. Dewson 99.5, 99.3, 98.2 = 296.10

A. White 96.2, 95.1, 90 = 281.3

B. McIlrick 93.1, 92, 96.1 = 281.2

H. Clark 91, 88, 94.1 = 263.1

R. Clark 75.1, 82.1, 72 = 229

D. McIlrick 85, 96.2 = 181.2



Rugby News

After a successful season of rugby the Barraba/Gwydir Club is gearing up for the Presentation Night on Saturday 7th October at the Barraba Rugby Club.

The Club would like to thank all of the trophy donors for the night, as well as the club's main sponsors for the year, with logos on jerseys and shirts, in the club and around the ground. Without this support we would not be functioning or have made the finals – your generous help made this possible.

Next season could be the same format but we need players to indicate their intentions for the coming season, so that coaches etc can be arranged to run the program.

Anyone wishing to be picked up by the bus should contact the Secretary or follow the instructions on the flier.

Golf Notes

Retiring net champion Liam Johnston let us all know that he's still about when, teaming up with Jono Phillips, put 5 points on the rest of the field with a plus 10 in our final scheduled Sunday game until the new year.

Playing a 4BBB v Par for John Hartley's and Tim Bucknell's trophies Liam was back to his best and when it deserted him Jono came to the fore. Well done boys! David McMurtrie and Graham Bowman were next with +5 with balls also going to Josh Austin and Peter Simpson with +4. Bevan Benson claimed the NTP on the 3rd.

We now turn our attention to the Friday evening teams event. Starting at 4.00pm this Friday (7th) for nine holes, is more of a warm-up and getting organised sort of evening but if you plan to miss next week because of the Walcha Vets for example you can put a card in this week to cover it. Remember two best scores out of a team of 4. You do not need to be in a team to claim the individual prize of the week (Chook).

Please get your names into Ian Cabot for Walcha Vets, Mixed and Open Fourball on 14th 15th and 16th October by next weekend.

Happy Golfing





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Barraba 7 day Forecast from the Bureau of Meteorology

Wednesday 5 Oct

Summary Max 22

Showers increasing

Chance of any rain: 80%



Thursday 6 Oct

Summary Min 9 Max 18

Showers

Chance of rain: 80%



Friday 7 Oct

Summary Min 9 Max 23

Late shower or two

Chance of any rain: 50%



Saturday 8 Oct

Summary Min 11 Max 23

Showers increasing

Chance of any rain: 80%



Sunday 9 Oct

Summary Min 11 Max 20

Rain

Chance of rain: 90%



Monday 10 Oct

Summary Min 7 Max 23

Partly cloudy

Chance of any rain: 10%



Tuesday 11 Oct

Summary Min 7 Max 24

Partly cloudy

Chance of any rain: 20%



Regional Dam Levels from Water NSW

Chaffey 100.5%

Copeton 98.8%

Keepit 92.5%

Split Rock 98.9%

It's not too late for a warm
and tasty bowl of soup

TOMATO SOUP



Ingredients:

800g tomatoes (canned)

2 tablespoons tomato paste

1 medium onion, diced

2 garlic cloves, crushed...optional

60g butter

1 heaped teaspoon vegeta stock
powder...or chicken stock powder

1 tablespoon sugar or to taste

cracked black pepper to taste

600ml chicken stock

1 can evaporated milk

crème fraiche, optional

basil, optional

Method:

In a large pot and over medium heat add butter, onions and garlic and sauté until transparent. Add tomato paste and cook out for 2 minutes before adding sugar, stock powder, pepper, tomatoes and chicken stock. Cook over gentle heat for 10 minutes. When the soup has cooled enough blend and sieve, return to the pot to reheat. Remove from heat, add evaporated milk, adjust seasonings and sugar and serve with a dollop of crème fraiche and torn basil.

From Judy Sautchuk

Why does my breath smell bad, and what can I do about it?

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

Most of us can't smell our own breath. If someone bravely informs you your breath smells, believe them, and do something about it. Or if you are worried you have bad breath, seek out a trusted opinion.

Your breath can be the first sign something in your body needs attention. Here are some tips to help you identify the cause, and how to fix it.

What causes bad breath?

Of the many causes of bad breath, 90% originate from putrid-smelling bacterial by-products inside our mouth. These by-products form a bouquet of odours that can make our breath smell like rotten eggs (volatile sulphur compounds) or poo (methyl mercaptan/hydrogen sulphide).

The largest and most significant odour-cultivating culprit is our tongue. The back of our tongue is a perfect petri dish for bacteria that feed on dead cells, saliva proteins, sinus ooze and fluids from untreated gum disease.

These bacteria can form a furry coat on our tongue that permeates our breath. The good news is you can fix this by brushing your tongue when you clean your teeth.



Eating onion and garlic can add a sulphurous tone to your breath for up to three days, due mainly to food particles left

behind. Tobacco smoking also causes bad mouth smells to linger. Pus from dental infections can also be a smelly culprit.

Hard-to-reach places in the mouth where the toothbrush just can't seem to clean can act like greenhouses where unhealthy bacteria thrive. Spaces in faulty or broken fillings, holes in teeth, gaps (pockets) in the gums that form with advancing gum (periodontal) disease, as well as improperly cleaned dental implants, dentures and braces, all contribute to bad odours.

Your dentist or hygienist can help identify these smell-promoting reservoirs, and fix or clean them. They can also help customise your oral hygiene routine to improve your health and reduce malodour.

What about morning breath?

We all experience morning breath, with some suffering more than others. Morning breath occurs when our saliva flow slows or stops while we sleep. And without saliva to wash, dilute or flush, everything stagnates: food particles ferment and the bacteria multiply to release gassy odours.

This is why it is important to brush your teeth and gums, and use appropriate tools such as floss or interdental brushes before going to bed. If you are unsure, your dentist or hygienist will be able to identify which tools work best for you.

Other factors that reduce saliva include stress, anxiety, fasting, dehydration, antidepressants and blood-pressure-reducing medication, recreational drugs, caffeine and alcohol.

And if you tend to breathe through your mouth rather than your nose while asleep, your morning breath may be worse. Mouth-breathers can have sinus issues that block their noses to prevent proper breathing.



More serious causes

Chronic (long-term) sinusitis and tonsillitis can also cause bad breath (especially if the tonsillitis causes tonsil stones – smelly cheese-like clumps of bacteria, dead skin cells, keratin and foreign debris).

Occasionally, young children may insert small objects into their nasal passages, which causes a buildup of bacteria and a yucky smell.

What do I do if I have bad breath?

For most of us, good oral hygiene, drinking plenty of water, avoiding tobacco products, regular dental visits, and chronic sinus and tonsillitis management will help avoid bad breath.

In some instances, we may choose to suffer the short-term consequences (because onion and garlic are delicious). Chewing sugar-free gum or mints may temporarily ease any issues caused by last night's garlic pizza.

If you're concerned, see your hygienist or dentist, who can diagnose and help you manage the cause of your bad breath.