



**FREE LOCAL NEWSPAPER**

# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Wednesday 12<sup>th</sup> October 2022**



**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
- A free bus will be doing a circuit from site to site throughout the day making it easier to navigate the various sites.
- 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 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 and the club will also have some market stalls on site.

- 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 from 2pm
- A much larger Museum Markets will be on next to Inland Petroleum with extended hours running until 2.30pm.
- 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
- 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.



**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 \$1,600**

**SATURDAY: 10AM-**

**NORTH WEST AUTO FEST**

**IN THE GROUNDS FROM 9AM**

**ENTERTAINMENT 6PM-9PM**

**FIREWORKS DISPLAY 9PM**

**SUNDAY: 10AM-5.30PM**

**ANGLERS CLUB RAFFLES 1PM**

**MEMBERSHIP DRAW \$1,100**

**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**

### **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.

### **Fuel Tax Rebate Changes**

As most people are aware the Federal Government have now removed the concession in relation to the excise levelled on fuel.

From the 28<sup>th</sup> September 2022 the excise will be reapplied, and we will all feel the price increase.

As excise on fuel has been reapplied, there are changes to the amount that farmers and other businesses use in their business operations.

Effective from the 28<sup>th</sup> September the rate that can be applied to fuel purchased is:-

46.0 cents per litre for off-road usage and 18.8 cents per litre for on-road fuel usage.

If you require any assistance in relation to the claim for the fuel tax credit, please contact our office on 02 67821403.

**This tax update is provided by D J Kelly & Co, Chartered Accountants, Queen St Barraba**



A new, dedicated phone line will allow farmers across the country to quickly and easily connect with the Rural Aid counselling team.

The direct line will ensure farmers are provided a faster and more trauma-informed response to their request for

counselling. Rural Aid's counsellors are based across the country and offer free, confidential counselling to farmers and their families.

Rural Aid's Manager of Mental Health and Wellbeing, Lauren Stracey, said the team will be able to prioritise and respond to calls more effectively with the new number (1300 175 594). "We know that it's important to have a trained counsellor help guide farmers through the period of reaching out for help," Ms Stracey said.

"By initiating a dedicated 1300-line, farmers are able to access a trained counsellor who can support them with referrals for immediate needs, while getting a sense of their story and matching them with the most appropriate support."

"Taking the first step in seeking support takes guts, but once you've done it you realise counselling is really just another tool you can use to get through tough times. Rural Aid is experiencing an increase in the number of farmers reaching out for help at the moment. Some farmers are now at the stage where they are ready for mental health support, after experiencing disaster earlier this year. Also, farmers may have felt an increased sense of anxiety since the confirmation of a third La Nina event. We want to make sure that if a farmer is ready to explore the idea of counselling, that we are there straight away to assist," Ms Stracey said.

Rural Aid counsellors catch up with their farmers where they're most comfortable; whether it's on farm, in town, or over the phone.

To get in touch with a Rural Aid counsellor, phone 1300 175 594. This phone line is staffed by a Rural Aid counsellor between 9am and 5pm AEST, Monday to Friday.

### **About Rural Aid**

Rural Aid is Australia's most trusted rural charity. We stand with our farmers when they need us most. Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance. Rural Aid's community programs help create more sustainable communities by building stronger futures for all Australian farmers. Find out more by calling 1300 327 624 or at [www.ruralaid.org.au](http://www.ruralaid.org.au)

**The Barraba Swimming Pool opens for the summer season on TUESDAY 11 OCTOBER 2022**

**OPEN TUESDAY TO SUNDAY 12 NOON TO 6 PM**



**Community College Northern Inland Inc.**

**Annual General Meeting**

**5:30pm, Friday 21 October 2022**

**At the College 47 Fitzroy Street, Barraba  
NSW 2347**



# OFF THE CLOCK RAFFLE

DRAWING  
**5<sup>th</sup> Nov 2022**  
At the Commercial  
Hotel Barraba  
(Charity Ride Day)

TICKETS  
**\$2 each**

**FIRST PRIZE - \$530 VALUE**  
DONATED BY PHIL & ALLY DENYER  
**WEBBER BABY Q 1000 + STAND**





**SECOND PRIZE**  
**HUSQVARNA  
WHIPPER  
SNIPPER**  
DONATED BY PHIL DENYER  
MECHANICAL REPAIRS

**THIRD PRIZE**  
**CARLTON DRY  
ESKY**  
DONATED BY THE COM Mercial  
HOTEL BARRABA

QR to team page on The  
Shitbox Rally site.

QR to Facebook event for  
the Charity Ride Day






Support the Cancer Council and support the local boys, Dan and Phil, in the Shitbox Rally to be held in May 2023. 3700kms over 7 days Newcastle to Townsville.

Buy a raffle ticket, donate money, join the Charity Bike ride, just turn up at the Commercial on the 5<sup>th</sup> Nov.

The "Off THE Clock" Shitbox Rally team will be at the North West Auto Fest being held at the Barraba RSL grounds this Saturday 15<sup>th</sup> October. The car will be on display and we will have tickets available for our major raffle, supporter stickers and more.



## DEVONSHIRE TEA ANYONE?

Saturday 15<sup>th</sup> October is set to be a big day in Barraba with the Air-cooled Assembly hosting **NORTH WEST AUTO FEST**.



The Claypan Gallery will be open from 9am until 5pm. Why not come and have a wander to appreciate all the locally made handcrafts, art, photography, pottery and more. **Devonshire teas will be served from 2pm until 4pm for only \$5 per person.** With so much happening in town it might be nice to take time out to enjoy some homemade scones and a nice hot cuppa.



An "in-house" street stall will operate at The Claypan from 2pm until 5pm as well. It will be an excellent opportunity to stock up on some more locally home-made goodies. There will be delicious home baked items (cakes, slices, biscuits), locally made preserves, hand-made items, plants and locally grown edible garden produce.

Just across the road, the Barraba Museum will be open and the Museum Markets will be on from 9am until 2:30pm.

There will be something for everyone in Barraba on Saturday 15<sup>th</sup> October so we hope to see you there.

## Expressions of Interest



Join the Barraba Australia Day  
Advisory Panel

Expressions of Interest are still open to join the Barraba Australia Day Advisory Panel. What does this entail?

You will be giving back to your local community by helping to review the

nominations received for the Awards. Expressions of Interest close this Thursday 13 October.

You can see the criteria or apply for the Barraba Panel through the Tamworth Regional Council Website.



## BINGARA ANGLICAN CHURCH FLOWER SHOW BACK IN BLOOM

Everyone is welcome to come along to the

Anglican Spring Flower Show to be held on Saturday October 15, 2022 at the Wiseman Crowley Hall Bingara.

We haven't had a Flower Show in 2 years due to COVID but we are expecting a fantastic display of flowers following a very wet season. There will be something for everyone and entry is free. The hall will be open to the public from 9:30am, however flower entries will be accepted earlier. We always have wonderful cake, plant and produce stalls, so why not come along and get some spring cuttings for your garden?

Morning tea will be available from 9am to 10:30am for a small fee of \$5. Lunch will follow from midday until 1:30pm consisting of roast of the day and sweets for \$15. Following lunch, we will have our fashion parade. Lenore Kennedy has kindly donated her time to show her wonderful collection of clothes and accessories from our local ladies' fashion store Dewberry Lane. The final event of the day will be the announcement of champions and prize winners for each section of the Flower Show. Schedules are available from most business houses for more details.

If anyone has any flower or shrub cuttings they can donate, but would like picked up from their home please contact Narelle Watts on 02 6724 1614.



## History Notes

October used to be the busy month when lots of events

were held before Daylight Savings but now it is still busy with lots of events being held in the next few weeks. Next weekend is a busy weekend for the museum as well as the whole town – markets on Saturday in the museum grounds, we hope the rain stays away until next week.

The calendars are selling well. They will be on the Society stall at the markets as well as some different books for people to look at. The main street book has been finished but it is proving difficult to keep up with the orders at present – hopefully, we will manage to get a few into the Museum before Christmas. Members and friend please remember the Annual General Meeting and the street stall coming up on the 20<sup>th</sup>.

I have not finished going through the O'Brien newspaper cuttings and this week I have a different angle on the Tarpoly Ghost story. This one was in a 1958 newspaper and gives a different angle on the story although the theme is the same.

The writer was travelling from Manilla to Barraba noting the pretty spot where the road crosses over Tarpoly Creek. They note the broken hilly country on the right through which the creek winds its way on to the Manilla River and the gate near some pepper trees on the Barraba side of the bridge. Through this gate and following a track to the top of the ridge there is a dead willow tree (not likely to be still there!) through the fence and just across the railway line there was a beautiful spring flowing from a crack in the rocks. The old hands called this the Ghost Spring and there used to be a little wooden spout leading out of the spring so that travellers could fill a can or similar with water.

Many years before the railway came through and the road was little more than a track there were a few yards and perhaps a humpy for the mail change where the horses were changed for the run into Barraba.

This was apparently the preferred site for drovers and teamsters to camp for the night, with water and grass for the stock. It was also the site of a ghostly apparition which randomly appeared scattering stock and manpower in terror in all directions. It is said that the drovers would saddle up and head for Upper Manilla for safety returning in daylight to re-muster the cattle and always finding they were a few short.

*Continued page 5*

*Continued from page 4*

It was soon noted that the cattle were always frightened upstream on Tarpoly Creek and armed with this knowledge two men from Manilla decided to see what happened for themselves. The idea of a ghost was rather ridiculous but what could it be – perhaps a white kangaroo?

The men took up their positions and waited with rifles loaded. The white apparition arrived and the gun was raised but the young man could not work out what it was in front of him – then it disappeared behind a treetop down the hill. He lowered his weapon and waited. The apparition appeared and a shot was fired but failed to hit target, a second shot was loaded but the target was out of range.

The story is not competed in this cutting from the paper but we know from other copies that the second rifleman recognized the ghost and her horse covered in a white woollen outfit and did not shoot. A few days later he visited the home where he thought the young woman lived, finding the outfit hidden in a woolpack in the woolshed. She left the district, never to return, and the Tarpoly Ghost mystery was solved.



### **Annual General Meeting**

#### **Nandewar Historical Society Inc.**

To be held at the Museum 71 Queen Street,  
Barraba. 18<sup>th</sup> October, 2022, at 10am  
All Welcome.

### **St Laurence's Barraba**

Sunday service at 9.00am  
Woodsreef: 2nd Sundays 11.00am

### **Uniting Church Notice**

Sunday 16<sup>th</sup> October  
Service at 10.45am  
ALL WELCOME

### **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



### **TIME TO GET KIDS ACTIVE FOR SUMMER**

With kids now dusting off their cricket bats and pulling out their togs for the summer sport season, families are being encouraged to take advantage of the hugely popular Active Kids and First Lap Voucher programs to keep local kids active, healthy, and having fun without increasing the pressure on family budgets.

Member for Tamworth Kevin Anderson said thousands of families in the Tamworth Electorate had already taken advantage of the vouchers and with cost of living continuing to rise, now was the time for even more families to take advantage of the offer.

"Sport and swimming are so important to the development of our kids, keeping them active and healthy, particularly through the summer months when backyard cricket returns and our pools re-open," Mr Anderson said. "Signing your child up for sport now ensures they have the opportunity to make new friends in a different environment while learning some important skills and staying healthy. Now is the perfect time to take advantage of the NSW Government's offer to cover the costs of registration fees."

School-enrolled children in NSW can access two \$100 Active Kids vouchers each year towards the cost of sport and active recreation fees.

The First Lap program provides families of eligible NSW children aged 3-6, not enrolled in school, with one \$100 voucher to offset the costs of swimming lessons.

Improvements to the application and redemption process for parents and providers, including a digital version of the voucher on the Service NSW app, will be available in the future. More information on Active Kids and First Lap is available [here](#).

### **COMMUNITY ENCOURAGED TO HAVE THEIR SAY ON LANDMARK CHILDCARE CHANGES.**

The NSW Government is calling on families and the community to have their say on the NSW Government's historic commitment to provide families with high-quality, free early childhood education across the state.

The centrepiece of the government's Early Years Commitment will see the introduction of a universal pre-Kindergarten year by 2030 and a \$5 billion investment through the Childcare and Economic Opportunity Fund.



Member for Tamworth Kevin Anderson said the NSW Government was investing in the future of our children with this significant investment that will transform the sector.

“The NSW Government’s investment in early education will change the lives of families and our youngest learners for generations to come,” Mr Anderson said. “It’s so important that as we move towards implementing these initiatives, we listen to feedback from educators, families, families-to-be and the broader community to ensure that we get the implementation of the Early Years Commitment right.”

Find out more about the Early Years Commitment at [education.nsw.gov.au/early-years-commitment](https://education.nsw.gov.au/early-years-commitment) and have your say on the [Fund and universal pre-Kindergarten](#). Submissions are open until Friday 14 October 2022.

## **NEW AGRITOURISM RULES WILL BENEFIT LOCAL FARMERS**

Farmers across the Tamworth electorate could soon be opening the farm gate to a new stream of income thanks to a new policy which will make it easier to set up agritourism opportunities.

Member for Tamworth Kevin Anderson said the NSW Government had released its final agritourism policy which would help support a fast-growing industry.

“Agritourism has proven to be a big hit with holidaymakers and weekenders and this policy will make it easier for our regions farmers to set up, run and grow agritourism experiences on their properties,” Mr Anderson said. “When you consider the economic benefit the sunflower trail brings to the Liverpool Plains, it makes sense to give farmers the tools they need to diversify their income by offering farm stays, cafes, retreats, roadside stalls, fruit picking, and wedding venues.”

Minister for Planning and Minister for Homes Anthony Roberts said the finalised policy will support the growing agritourism industry and encourage the next generation to farm the land.

“Our primary producers have shown resilience time and time again over the last few years, battling through floods, fires, drought and the COVID-19 pandemic, and we want to support them however we can,” Mr Roberts said. “These reforms will help landowners build up their resilience and recover faster from the pandemic and natural disasters by providing another source of income.”

The new policy will commence on 1 December.

For more information visit [www.planning.nsw.gov.au/agritourism](https://www.planning.nsw.gov.au/agritourism)

## **NSW GOVERNMENT OUTLINES VISION FOR NEW ENGLAND NORTH WEST**

The people of the Tamworth Electorate are set to benefit from a refreshed vision for the region after the release of the New England North West Regional Plan 2041.

Mr Anderson said the plan had been updated following extensive community consultation with residents playing a key role in shaping the region’s future.

“We already know that our region is a great place to live, and this updated plan will build on our vision for a better region by enabling more housing choice, a stronger agribusiness sector, and a more resilient and vibrant community,” Mr Anderson said. “This new plan takes full advantage of what makes our region work so well, setting us up for success by boosting our strongest attributes and guiding planning and land-use decisions over the next 20 years.”

Minister for Planning and Minister for Homes, Anthony Roberts said the blueprint includes 22 objectives to maximise the region’s potential and natural beauty, and support the creation of more homes, jobs, and public spaces. “Community feedback is an essential part of our planning system, so I want to thank everyone who made a submission and helped shape this final plan to deliver the best outcomes for their region,” Mr Roberts said.

“It’s clear what the region needs is more homes at different price points. One of the pillars of this updated plan is to establish a Housing Affordability Roundtable, to ensure we have the right housing in place to support new residents and seasonal workers.”

Mr Roberts said the vision identifies opportunities to benefit the agricultural industry, such as making it easier for farmers to grow and diversify their business through agritourism, promoting the Namoi Regional Job Precinct, and expanding freight networks to better access national and international markets.

“The region will also become a mecca for food and fibre processing and renewable energy production, as it edges towards net-zero emissions by 2050,” he said.

“Measures to prevent and manage natural hazards are also a priority. Actions have been set to require councils to update local strategies to adapt to climate change, review flood studies and make sure development is built in the right places.”

To view the final plan, visit

[www.planning.nsw.gov.au/newenglandnorthwest2041](https://www.planning.nsw.gov.au/newenglandnorthwest2041)

## Aussies to cover 140,000 kilometres for heart disease research this month

**More than 3,000 Australians are walking or running a combined 140,000 kilometres this month to help Australian researchers find innovative new treatments for heart disease.**

Victorians are leading the charge with 756 participants who will walk a combined 31,903kms this month. Other states and territories are rising to the cause, with participant numbers rapidly growing until registrations close on the 7<sup>th</sup> October.

Among the participants are Australians who are motivated to see an end to heart disease – people like Victoria's Jacqueline De Pietro, who has a congenital form of heart disease and tragically lost her brother and a close friend to heart disease.

"I am a heart survivor and I'm thankful everyday that I was given another chance," Mrs De Pietro said.

"There are those who are not so fortunate. My life irrevocably changed forever in November 2020 when I lost my beloved brother Daniel at 46, my only sibling, to a cardiac arrest. Then in June this year we lost our very dear friend Lino, also to a cardiac arrest. Both young and fit with so much life and love in them.

My aim is raise awareness of how insidious heart disease is and raise money for research which in turn will save the lives of our loved ones."

MyMarathon is an opportunity for Australians to help raise funds for lifesaving heart disease research, while challenging themselves to walk or run 42.2 km over hours, days or weeks during October.

Participants can do it on their own, or as part of a team with friends or colleagues - whatever the pace.

Registrations are open until 7 October. To sign-up, please visit [mymarathon.com.au](http://mymarathon.com.au)

### LEADERBOARD

STATE	NUMBER OF REGISTRANTS	KILOMETRES THEY'LL WALK
Victoria	756	31,903 kms
Queensland	689	29,075 kms
News South Wales	639	26,965 kms
Western Australia	328	13,841 kms
South Australia	261	11,014 kms
ACT	98	4,135 kms
Tasmania	75	3,165 kms
Northern Territory	68	2,869 kms
<i>Registered, but state not listed</i>	402	16,968
<b>NATIONAL</b>	<b>3,316</b>	<b>139,935 kms</b>

### Recent Anniversaries

- anaesthetic ether being used for the first time by American dentist Dr William Morton (1846)
- 22 Nazi leaders being found guilty of war crimes at the Nuremberg war trials (1946)
- Henry Ford introducing the Model T car (1908)
- the start of the Howard Government's gun buyback scheme, following the Port Arthur Massacre (1996)
- the deaths of Dutch painter Rembrandt (1669)
- the Soviet Union launching Sputnik I, the first artificial

### Earth satellite (1957)

- the launch of WikiLeaks by Julian Assange (2006)
- the establishment of KLM (Royal Dutch Airlines), the world's oldest airline (1919)
- the patenting of the microwave oven (1945)
- the founding of Hobart (1804)
- inventor Thomas Edison shows his first motion picture (1889)
- the High Court of Australia sitting for the first time (1903)
- the [launch of Instagram](#) (2010)

From The Conversation

**I've had COVID and am constantly getting colds.  
Did COVID harm my immune system? Am I now  
at risk of other infectious diseases?**

*Lara Herrero, Research Leader in Virology and Infectious  
Disease, Griffith University*

So, you've had COVID and have now recovered. You don't have ongoing symptoms and luckily, you don't seem to have developed long COVID. But what impacts has COVID had on your overall immune system?

It's early days yet. But growing evidence suggests there are changes to your immune system that may put you at risk of other infectious diseases.

Here's what we know so far.

**A round of viral infections**

Over this past winter, many of us have had what seemed like a continual round of viral illness. This may have included COVID, influenza or infection with respiratory syncytial virus. We may have recovered from one infection, only to get another.

Then there is the re-emergence of infectious diseases globally such as monkeypox or polio. Could these all be connected? Does COVID somehow weaken the immune system to make us more prone to other infectious diseases? There are many reasons for infectious diseases to emerge in new locations, after many decades, or in new populations. So, we cannot jump to the conclusion COVID infections have given rise to these and other viral infections.

But evidence is building of the negative impact of COVID on a healthy individual's immune system, several weeks after symptoms have subsided.

**What happens when you catch a virus?**

There are three possible outcomes after a viral infection:

- 1) your immune system clears the infection and you recover (for instance, with rhinovirus which causes the common cold)
- 2) your immune system fights the virus into "latency" and you recover with a virus dormant in our bodies (for instance, varicella zoster virus, which causes chickenpox)
- 3) your immune system fights, and despite best efforts the virus remains "chronic", replicating at very low levels (this can occur for hepatitis C virus).

Ideally, we all want option 1, to clear the virus. In fact, most of us clear SARS-CoV-2, the virus that causes COVID. That's through a complex process, using many different parts of our immune system.

But international evidence suggests changes to our immune cells after SARS-CoV-2 infection may have other impacts. It

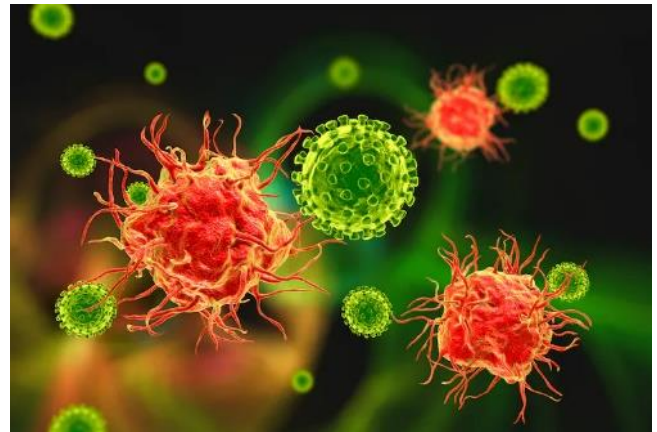
may affect our ability to fight other viruses, as well as other pathogens, such as bacteria or fungi.

**How much do we know?**

An Australian study has found SARS-CoV-2 alters the balance of immune cells up to 24 weeks after clearing the infection. There were changes to the relative numbers and types of immune cells between people who had recovered from COVID compared with healthy people who had not been infected. This included changes to cells of the innate immune system (which provides a non-specific immune response) and the adaptive immune system (a specific immune response, targeting a recognised foreign invader).

Another study focused specifically on dendritic cells – the immune cells that are often considered the body's "first line of defence".

Researchers found fewer of these cells circulating after people recovered from COVID. The ones that remained were less able to activate white blood cells known as T-cells, a critical step in activating anti-viral immunity.



*Fewer dendritic cells (red) were circulating after COVID.  
Shutterstock*

Other studies have found different impacts on T-cells, and other types of white blood cells known as B-cells (cells involved in producing antibodies). After SARS-CoV-2 infection, one study found evidence many of these cells had been activated and "exhausted". This suggests the cells are dysfunctional, and might not be able to adequately fight a subsequent infection. In other words, sustained activation of these immune cells after a SARS-CoV-2 infection may have an impact on other inflammatory diseases.

One study found people who had recovered from COVID have changes in different types of B-cells. This included changes in the cells' metabolism, which may impact how these cells function. Given B-cells are critical for producing antibodies, we're not quite sure of the precise implications. Could this influence how our bodies produce antibodies against SARS-CoV-2 should we encounter it again? Or could this impact our ability to produce antibodies against



pathogens more broadly – against other viruses, bacteria or fungi? The study did not say.

#### **What impact will these changes have?**

One of the main concerns is whether such changes may impact how the immune system responds to other infections, or whether these changes might worsen or cause other chronic conditions.

So, more work needs to be done to understand the long-term impact of SARS-CoV-2 infection on a person's immune system. For instance, we still don't know how long these changes to the immune system last, and if the immune system recovers. We also don't know if SARS-CoV-2 triggers other chronic illnesses, such as chronic fatigue syndrome (myalgic encephalomyelitis). Research into this is ongoing.

What we do know is that having a healthy immune system and being vaccinated (when a vaccine has been developed) is critically important to have the best chance of fighting any infection.

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From The Conversation



### **What does the Optus data breach mean for you and how can you protect yourself? A step-by-step guide.**

*Jennifer J. Williams, PhD Candidate, Macquarie University.  
Jeffrey Foster, Associate Professor in Cyber Security Studies, Macquarie University. Tamara Watson, Associate Professor in Psychological Science, Western Sydney University.*

Optus, Australia's second largest telecommunications company, announced on September 22 that identifying details of up to 9.8 million customers were stolen from their customer database.

The details, dating back to 2017, include names, birth dates, phone numbers, email addresses, and – for some customers – addresses and driver's licence or passport numbers.

According to the Australian law, telecommunications providers are required to hold your data while you are their customer and for an additional two years, but may keep the data for longer for their own business purposes.

This means that if you are a previous customer of Optus, your data may also be involved - although it remains unclear how long the details of past customers have been held.

The stolen data constitutes an almost complete suite of identity information about a significant number of Australians. Optus states they have notified those affected, but there are plenty of questions remaining.

What happens with your data next, and what can the average Australian do to protect against the threats caused by this unprecedented data breach?

#### **What will happen to the data?**

Late last week, an anonymous poster on a dark web forum posted a sample of data ostensibly from the breach, with an offer not to sell the data if Optus pays a US\$1 million ransom. While its legitimacy has not yet been verified, it is unlikely the attackers will delete the data and move on.

More likely, the data will be distributed across the dark net (sold at first, but eventually available for free). Cyber criminals use these data to commit identity theft and fraudulent credit applications, or use the personal information to gain your trust in phishing attacks.

Below, we outline several steps you can take to proactively defend yourself, and how to detect and respond to malicious uses of your data and identity.

#### **What should I do if I've been affected?**

##### **Step 1: Identify your most vulnerable accounts and secure them**

Make a list of your most vulnerable accounts. What bank accounts do you hold? What about superannuation or brokerage accounts? Do you have important medical information on any services that thieves may use against you? What accounts are your credit card details saved to? Amazon and eBay are common targets as people often keep credit card details saved to those accounts.

Next, check how a password reset is done on these accounts. Does it merely require access to your text messages or email account? If so, you need to protect those accounts as well. Consider updating your password to a new – never before used – password for each account as a precaution.

Many accounts allow multi-factor authentication. This adds an extra layer for criminals to break through, for example by requesting an additional code to type in. Activate multi-factor authentication on your sensitive accounts, such as banks, superannuation and brokerage accounts.

Ideally, use an application like Google Authenticator or Microsoft Authenticator if the service allows, or an email that is not listed with Optus. Avoid having codes sent to your Optus phone number, as it's at higher risk of being stolen.

## Step 2: Lock your SIM card and credit card if possible

One of the most immediate concerns will be using the leaked data to compromise your phone number, which is what many people use for their multi-factor authentication. SIM jacking – getting a mobile phone provider to give access to a phone number they don't own – will be a serious threat.

Most carriers allow you to add a verbal PIN as the second verification step, to prevent SIM jacking. While Optus has locked SIM cards temporarily, that lock is unlikely to last. Call your provider and ask for a verbal PIN to be added to your account. If you suddenly lose all mobile service in unusual circumstances, contact your provider to make sure you haven't been SIM jacked.

To prevent identity theft, you can place a short-term freeze (or credit ban) on your credit checks. These can help stop criminals taking out credit in your name, but it makes applying for credit yourself difficult during the freeze. The three major credit report companies, Experian, Illion, and Equifax offer this service.

If you can't freeze your credit because you need access yourself, Equifax offers a paid credit alert service to notify you of credit checks on your identity. If you get a suspicious credit alert, you can halt the process quickly by contacting the service that requested the report.



## Step 3: Improve your cyber hygiene

These breaches don't exist in a vacuum. The personal information stolen from Optus may be used with other information cyber criminals find about you online; social media, your employer's website, discussion forums and previous breaches provide additional information.

Many people have unknowingly been victims of cyber breaches in the past. You should check what information about you is available to cyber criminals by checking HavelBeenPwned. HavelBeenPwned is operated by Australian security professional Troy Hunt, who maintains a database of known leaked data.

You can search your email accounts on the site to get a list of what breaches they have been involved in. Consider what passwords those accounts used. Are you using those passwords anywhere else?

Take extra care in verifying emails and text messages. Scammers use leaked information to make phishing attempts more credible and targeted. Never click links sent via text or email. Don't assume someone calling from a company is legitimate, get the customer support number from their website, and call them on that number.

Creating unique and secure passwords for every service is the best defence you have. It is made easier using a password manager – many free apps are available – to manage your passwords. Don't reuse passwords across multiple services, since they can be used to access other accounts.

If you aren't using a password manager, you should at least keep unique passwords on your most vulnerable accounts, and avoid keeping digital records of them in email or in computer files while keeping any written passwords in a safe, secure, location.

## I've been hacked, now what?

Sometimes you can do everything right, and still become a victim of a breach, so how do you know if you've been hacked and what can you do about it?

If you receive phone calls, emails or letters from financial institutions regarding a loan or service you know nothing about, call the institution and clarify the situation.

You should also contact IDCare, a not-for-profit organisation designed to assist victims of cyber-attacks and identity theft, for further guidance. You can also report cyber crimes – including identity theft – through CyberReport.

## BARRABA COMMUNITY NEWS

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## Rugby Presentation Night

With a very good crowd in attendance on the night, the caterers provided an enjoyable meal with two options for the patrons. It was a fitting end to a strong season. All the players were keen to go next season, so if there are players who wish to play with the men's or women's teams then contact the Secretary, Amie Middlemiss, or Simon Koopman so the Club can nominate a team in the Central North Competition.

The Club would, again, like to thank the sponsors of the football gear and the donors of the trophies for the presentation Night.

Plans are going ahead for the new extensions to the existing Clubhouse, especially for the female players and a couple of small changes to some sections.

One thing was evident, the girls came dressed for the occasion and looked stunning compared to the men on the night. They were there to enjoy the company and celebrate the occasion. Any young women who would like to join this group would be assured of a friendly welcome.

Some of the awards were;

### Women's Awards

Women's coach	J. McCarthy
Most consistent	A. Middlemiss
Plater's Player	N. Philpott
Rep. Player	G. McDouall
Best and Fairest	K. Gillogoly
Coaches Player	J. Hall
Point Scorer	K. Newell
Best Trainer	E. Kelso

### Men's Awards

Reserve Coach	G. Walsh
Point Scorer	J. Rafter
Player's Player	W. Robinson
T. O'Dell Memorial	C. Rogers
Rookie of the Year	J. Ward
Best and Fairest	J. Robinson
Team Man	J. Layton
Coach's Award	M. O'Neil
Best Back	J. Austin
Club Strapper	S. Ward
Pig of the Year	W. Robinson

Gwydir Clubman	A. Abra
Spirit of Rugby	J. Layton

## Honey Mustard Roast Leg of Lamb

From The Free Range Butcher



There is nothing better than a lamb roast for dinner when the family can sit around the dinner table and reconnect after a busy week.

### Ingredients:

- Leg of Lamb
- 1 tbs chopped Rosemary
- 2 garlic cloves, crushed
- 2 tbs honey
- 1.5 tbs wholegrain mustard
- 1 tbs olive oil

### Method:

- Remove leg from packaging at least 30 mins before cooking. The leg needs to be at room temperature before you start so it cooks evenly. Take note of the weight of the leg.
- Preheat oven to 180°C (fan-forced) and place lamb into your roasting pan.
- Combine oil, mustard, honey, garlic and rosemary in a bowl and rub mixture over lamb.
- Roast for 40 minutes per kilo for medium (or until cooked to your liking).
- Don't forget to add in roast vegies along the way. Potatoes and beetroot will go in first, then try zucchini and cauliflower.
- Once your leg is cooked to your liking, remove from pan and place on a board or a plate and cover with foil and rest for *at least* 10 minutes before carving.
- Slice and serve with your roast vegies and steamed greens.

Don't forget the key to any roast is to ensure your meat is at room temperature before you start cooking and that you rest it for at least 10 minutes before carving. To make slicing the roast easier, make sure your knife is nice and sharp. Enjoy.

Hopefully there are enough slices of lamb leftover for a yummy sandwich tomorrow.





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## Barraba 7 day Forecast from the Bureau of Meteorology

Wednesday 12 Oct

Summary Max 24

Mostly sunny

Chance of any rain: 0%



Thursday 13 Oct

Summary Min 8 Max 25

Sunny

Chance of rain: 0%



Friday 14 Oct

Summary Min 11 Max 20

Showers increasing

Chance of any rain: 80%



Saturday 15 Oct

Summary Min 5 Max 23

Sunny

Chance of any rain: 0%



Sunday 16 Oct

Summary Min 6 Max 22

Mostly sunny

Chance of rain: 20%



Monday 17 Oct

Summary Min 9 Max 22

Partly cloudy

Chance of any rain: 30%



Tuesday 18 Oct

Summary Min 8 Max 22

Possible shower

Chance of any rain: 40%



## Regional Dam Levels from Water NSW

Chaffey 102.5%

Copeton 99.6%

Keepit 94.4%

Split Rock 102.1%

## LOCAL STUDENTS GETTING READY TO STAND TALL



Mental health and resilience are the key lessons local kids will take away when Stand Tall Australia brings their regional roadshow to Tamworth at the end of the month.

More than 4,200 students from 25 schools across the New England North West will make the journey to Tamworth Regional Entertainment and Conference Centre (TRECC) on the 27<sup>th</sup> of October to hear from inspiration speakers like Olympic medallist Nicola Olyslagers, The Voice 2021 winner, Bella Taylor-Smith, Home and Away actress Anna Cocquerel, and keynote speaker Michael Crossland.

Member for Tamworth Kevin Anderson said the NSW Government had subsidised the event, meaning local students would be attending for just \$1. "Our region's youth are facing a very different world to the one we grew up in and it's important that we do everything we can to support their mental health as they make their way through school," Mr Anderson said. "This event will give local students the tools they need to build resilience, shift their perspectives and help them find a sense of purpose as they move towards adulthood."

CEO and Co-Founder of Stand Tall Australia Jeanine Treharne said "We feel a responsibility to support those who have such a critical impact on the development of young people. We want schools to know that these events and this tour have been carefully planned and thoroughly thought out to make the process as easy as possible."