



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 19th October 2022

AutoFest Report

We were extremely pleased with the amount of vehicles dating from the 1920s to present day that came from as far away as Moree & Muswellbrook making the day very successful. The Club grounds were full to capacity with Cars, Motorcycles, Utes, Fire Engines & Army Vehicles. We even had a Ski Boat on display. Pat Sherwood's Ute Show was a great addition this year & proved very successful. So, to was the addition of Motorcycles.

It was great to see the main street busy well into the afternoon. No doubt the day has been a great benefit financially to some of the local businesses particularly following the Covid period. The RSL Club was extremely busy all day & into the night keeping staff flat out.

The Fireworks at 9pm was just amazing with people viewing not just at the Club but from many vantage points around town. All in all the day was a huge success. The weather was perfect & the crowds just topped it off. We wish to thank the Barraba RSL Club for giving us the opportunity to use the club grounds once again & for being the major sponsor of the Fireworks Display.

To the many other sponsors that didn't hesitate to donate whatever we ask for a big thank you. It's rare to find an event that has free entry & free entertainment making it family friendly.

Thanks also to the Barraba Aero Club, Ron & Helen Hiscock, The Playhouse Hotel, The Barraba Historical Society Markets & The Barraba Clay Pan for opening on the same day & the local businesses that remained open on Saturday.

Special thanks to Phil Denyer, Peter Salter, Trent Hartwig (About Barraba) & Daniel Hofman for your hard work to make the day the success it was.

Many thanks
Peter & Shaun.



Aero Club Display



Hunter River Lancers



Some of the car show vehicles



One of the Vintage cars



A Vintage bike



The Barraba Potters and Craft Guild wish to thank Shaun, Peter and their helpers on the very successful AutoFest. A great day, with lots of visitors and locals around town all day. It seems a long time since we've had such a buzz going in the main street. Congratulations.

And the day ended with a bang!



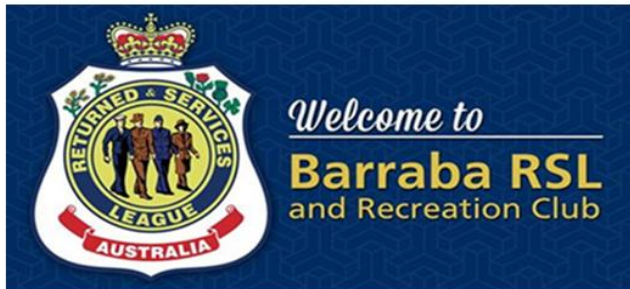
CONGRATULATIONS.

To the boys for the wonderful and successful AutoFest. I'd like to acknowledge what a great job it was bringing it to Barraba and how the whole town benefited from the event
Lesley Grigg

TEMPORARY CLOSURE – MEDICAL CENTRE

MedCIRC Barraba will be closed Wednesday 19th October 2022 until Monday 31st October 2022 at 9.00am.

For medical attention, please phone Barraba Hospital on 67822500 or Ambulance on 000.



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 \$1,700

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,200

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM

BINGO 11AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS

Phone 0427330808

CLOSED MON/TUES/WED

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

SUNDAY: LUNCH 12-2PM

COURTESY CAR NOW AVAILABLE



History Notes

Well Barraba certainly "turned it on" on Saturday. Lots of visitors everywhere – a good crowd at the markets, the motor show, the Clay Pan and in the town. Several vintage cars drove past the markets during the day.

This week the busy time for the historical society continues with the A.G.M., a street stall and a family historian visiting on Friday.

When we see and hear all the heart break of the flooding rains throughout NSW and now Victoria it calls for a look at the drought/floods folder. Droughts took up to half of Joe Davis's stock on Barraba Creek Station.

Turning to the flood years there was the most rain in 1955 and 1964 – 44 inches (1100mls) and 37 inches (925mls) fell in those years in late summer destroying lots of infrastructure, but no loss of life due to residents at Banoon, Lugwardine etc. alerting Barraba police who watched the river rising and moved residents to higher ground. Some of us can remember the water in the Corner Store, Cherry Street and over the tennis courts in 1964.

An interesting point about settlement in the Barraba district is how rarely floods reached the homes of people living by the river or creeks. Now we find lots of towns and villages in danger as the rivers rise. Barraba Station built in the 1860's has always managed to be above the flood waters – probably a tribute to the old settlers who watched the waterways very carefully.



**Community College Northern
Inland Inc.**

Annual General Meeting

4pm, Friday 21 October 2022

At the College 47 Fitzroy Street, Barraba

NSW 2347

BINGARA FLOWER SHOW POSTPONED TO

SATURDAY 5TH NOVEMBER 2022

All Welcome



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Published by Community College Northern
Inland Inc.**

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St Joseph's Primary School

It was great to welcome back fit and healthy students to term 4. We also welcome new students and our transition program is continuing each Wednesday for those enrolled into Kinder for 2023. There are a number of

exciting opportunities for students in term 4 including the Small schools Gala sports day, intensive swimming, Brain Olympia, summer sports trials and Real Talk. We are also running a resilience program over 4 weeks of the term. Our boys relay team will compete in Sydney this week at the NSW Primary Schools athletics championships. We wish them the best of luck and thank their parents for their support in taking the children to these events.

I have often heard the remark that we are a private school. This is not the case. To begin, we are a systemic catholic primary school. That means we are part of a system of schools that together make up the Diocese of Armidale. In our Diocese there are 27 schools and as a small school we rely on the Diocese for funding and support to run many programs and employ people from the local community. Not all the funding received covers the costs and therefore we rely on fundraising to offset expenses. One such service is the school canteen. The gains from the canteen cannot match the cost but as a school we want to continue with this service. We are fortunate to have a fundraising committee that is hard working and committed. This term as part of our community engagement efforts the committee is holding a Trivia Night.

The Trivia Night will be held at the Golf Club on Saturday night the 12th November at a cost of \$15 per person. This fun night is not just for the St Joseph's community but is open to anyone who wants to come along and share in a great night. The committee is organising a variety of prizes and is asking for tables of 8-10 people. To RSVP just ring Hannah on 0439605511 or Katie on 0416332008 to make your booking.

Another time to keep available is Wednesday 9th November when we will be holding an information evening for the School Advisory Council. The Advisory council is a new model that combines the old P&F and School Boards. You do not have to have children at St Joseph's to be on the council. At my previous 2 schools we had a diverse range of people on the council from university lecturers, past students, parishioners, business and trades from town to primary producers. Everyone is welcome to attend the information evening and nominations for the 2023 council are due on the 16th November.

Kind Regards, Simon Fleming

ST JOSEPH'S CATHOLIC SCHOOL FUNDRAISER

ALL WELCOME!

TRIVIA NIGHT

ENTRY - \$15 PER PERSON

- * Get a table of 8-10 together or register individually
- * Prizes for best dressed table
- * Bring your own snacks
- * Book a baby sitter for the night



SATURDAY 12 NOV 2022
BARRABA GOLF CLUB
6:30PM FOR A 7:00PM START
RSVP BY 10 NOV TO HANNAH (0439 605 511) OR
KATIE (0416 332 008)

Council calls community to volunteer at animal shelter

Tamworth Regional Council is calling on the community to volunteer and help Council continue to run the shelter previously known as the 'Heaven Can Wait Animal Shelter and Boarding Kennels' for the next 12 months, following the facility's recent closure.

With over 950 dogs received by the Tamworth Regional Companion Animal Centre each year, far exceeding the available space at the pound, the closure of one of Tamworth's primary local rescue groups is affecting Council's ability to meet its responsibilities under the Companion Animals Act.

The Companion Animals Amendment (Rehoming Animals) Bill passed earlier this year has magnified this issue, requiring Councils hold animals for twice as long (a minimum of 14 days) before the rehoming process can begin, and contact at least two rehoming organisations. With the lease of the facility unable to be extended beyond a 12-month period, Council is currently examining long term solutions for the Pound.

Community members interested in becoming a volunteer should visit <https://www.ruvolunteering.org.au/> or call Council's Liveable Communities team on (02) 6767 5421.

Water Night – Sign up to water conservation



Water Night (5pm-10pm Thursday 20 October) is an annual event hosted by The Water Conservancy and held during National Water Week. Tamworth Regional Council supports this great initiative and encourages individuals, schools and organisations to sign up to the cause.

Can you commit to not using taps and running water between 5pm and 10pm Thursday 20 October? Signing up to the challenge shows your support for water conservation and awareness. Although dams and water tanks across the region are currently full, it is vital to continue the education around water usage and sustainability.

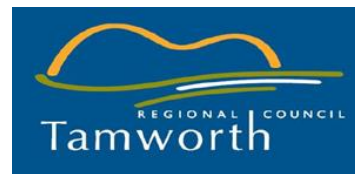
Council's Sustainability Officer – Water, Louise Cadell says Water Night is a vital part of water education and encourages people to sign up to the challenge.

“Water Night provides a great practical challenge for people to take note of when and how much water they use. Water is our most precious resource, and in 2022 across the Tamworth region the average daily consumption to date is 21 megalitres per day. We encourage all residents to sign up for the challenge and avoid using taps and running water between 5pm and 10pm on Thursday 20 October.”

According to The Water Conservancy, “a quarter of all Australians don't know how water arrives at their taps... 45% of them say they certainly don't think about using it”. On average, flushing the toilet uses 4.5 litres, brushing teeth uses 7.5 litres, a full load of a dishwasher uses 20 litres and a 10-minute shower uses 90 litres.

Events and initiatives like Water Night are an essential part of raising water awareness to ensure the ongoing water security in the Tamworth region.

Sign up for the challenge at www.waternight.com.au or visit the Tamworth Regional Council website and search for 'Water Night'.



Here is an overview of outcomes from the TRC Ordinary Meeting held Tues 11 October, 2022

- Councillors have tonight adopted two recommendations in relation to Arcadia Estate in South Tamworth. Arcadia Estate is a vital component of Council's Blueprint 100 Strategy and these recommendations help Tamworth city and the region to implement smart planning provisions to meet current housing demand as well as the needs of future residents. As such, it is important to implement land use planning controls which facilitate the effective use of the land by promoting housing diversity, high quality urban design, green spaces and adequate commercial facilities to meet the requirements of future residents. Included in the amendments is a new provision restricting the subject lands to a maximum of 2,350 dwellings and a range of lot sizes to suit families as well as 'empty-nesters', workers and those looking to downsize.
- Councillors agreed to join the Murray Darling Association, provide funding for an annual membership and nominated Cr Burke and Cr Betts to represent Council on the Association. The Murray Darling Association was formed in 1944 and now includes 70 Local Government areas along with community groups, businesses and individuals. The annual membership fee is 0.305 cents per head of population, capped at \$6,681.82 (excl GST). Becoming a member provides Council with a voice to the Association which is a positive outcome for the region.
- Councillors noted and received the report “Progress Report - January to June 2022” which outlines the 6-month progress of Council's Annual Operational Plan. The purpose of this report is to present the Progress Report on the delivery of the 2021-2022 Annual Operational Plan for the period 1 January 2022 to 30 June 2022. There is a higher than usual number of projects continuing into the 2022/23 financial year. During the COVID-19 pandemic Council experienced supply and resourcing challenges, and, along with the ongoing La Nina weather events, delays have been experienced across all areas of Council's business. The report can be found on the Tamworth Regional Council website.
- The Councillors also endorsed the Draft Communications Strategy. The Strategy was prepared following an extensive communications and community engagement campaign was undertaken in June 2022 which included a community survey, key stakeholder round tables, community pop-ups, Council staff workshops, local

- community workshops and a Councillor briefing to support the development of this Draft Strategy. A diverse and broad cross-section of the community submitted 510 survey contributions. The Draft Strategy will provide a dedicated approach to communicating and engaging with our community and help foster our commitment to open, two-way dialogue. The Draft Strategy will go on a 28 day public exhibition for the community to provide feedback and nominate actions to be considered.

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

Tamworth Show returns to March

The Tamworth Show will return to its historical March timeslot in 2023, with the community event scheduled for Friday 3 March – Sunday 5 March 2023.

The return of the March Tamworth Show comes just in time for the event's 150 year celebration. The Tamworth Show ran in March for an amazing 144 years before the Tamworth Showground was sold in 2018, and the event moved to the Australian Equine Livestock Events Centre (AELEC). Due to the number of other annual event bookings at this facility, the only available dates at the time were in September. The Tamworth Show is one of the oldest community events in the Tamworth region that is still being held, clocking up 150 years in 2023, and the committee are well underway organising this milestone event.

To find out more visit the Tamworth Show website at www.tamworthshow.com.au.



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

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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

**Rural health services petition
passes 15,000 signatures**

***State Parliament debate set down
for 17 November***



I would like to publicly thank the more than 15,000 people from across the region who have so far put pen to paper in support of better local health services by signing the rural health services petition. The 15,000-mark was reached last week when I was in Inverell collecting hundreds more signatures from local businesses who are right behind the push to split the Hunter New England Health District, directly employ doctors in rural hospitals and dramatically increase nursing numbers.

The petition, which I have now tabled in Parliament, **will be debated on the floor of the Legislative Assembly on Thursday, 17 November 2022 at 4pm.** The response from the community has been overwhelming and demonstrates just how important the issue of quality health services is for people of all ages across our region. I'm delighted the timing of the public debate on the floor of Parliament has been confirmed and I cannot wait for our

chance to bring the 'people power' from our region to Macquarie Street. Our collective voice will be heard, and it sends the strongest possible message to the government; changes must be made and they must be made now. I wish to thank every single one of the more than 15,000 people who have put pen to paper on this petition so far – you are helping to create the change we need. Every signature is still hugely important though and I'm urging people who haven't shown their support already, to make sure they sign it over the coming fortnight – your signature still counts and will add much weight to the push for reform and change in the way health services are delivered in our region. The groundswell of dissent clearly demonstrates to the government that this is a burning issue for many in our region and that we won't rest until we are heard, and changes made. The debate on the petition will be livestreamed for members of the public to view and I will provide details closer to the day.

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

Uniting Church Notice
Sunday 23rd October
Service at 10.45am
ALL WELCOME

CATHOLIC CHURCH NOTES
Barraba 22nd Oct
Confirmation Mass at 6pm
1st & 5th Sunday, 6pm
Saturday evening
2nd 3rd & 4th Sunday 9am
Upper Horton 3rd Sunday
11am
Weekday Mass Wednesday
10am

St. John's Street Stall

Raffle results:

Meat voucher: Liz Cox

Fruit box: Beryl Jobson.

**Congratulations to those winners
and many thanks to the local
community for your wonderful
support.**

Garlic Buttery Mushrooms

Mushrooms are perfect alongside a great quality steak. This delicious side dish is super easy to prepare and tastes delicious.



Ingredients:

- 500g to 1kg of whole button mushrooms (do not slice)
- 125g unsalted butter, chopped into small cubes
- 4 – 6 gloves of garlic, minced
- 1 tbsp Italian Seasoning
- Salt & Pepper to taste
- Parsley, chopped for serving

Method:

- Turn on slow cooker to pre-heat and add your butter so it melts before adding your other ingredients
- When butter has melted add all ingredients except parsley.
- Gently stir to coat the mushrooms in the buttery, garlic sauce.
- Cover and cook on low for 2 to 3 hours.
- When ready, transfer your slow cooker ingredients into a serving bowl and stir through parsley.
- Serve alongside a [steak](#), roasted chicken breast or [pork schnitzels](#).
- Can be stored in the fridge for up to 3 days. Does not freeze well.

BARRABA ROTARY (INC) CAMPDRAFT

(Non Affiliated)

Burindi Station

22 Kilometers from Barraba

28th & 29th OCTOBER 2022

FRIDAY 28th October 2022 2:00pm

\$275 HAROLD RUSSELL & BILL SIMMONS MEMORIAL ENCOURAGEMENT DRAFT (17yrs & over Limit 2 runs) ENTRY \$20
1st \$90 2nd \$55 3rd \$50 4th \$45 5th \$35

\$330 MAIDEN DRAFT ENTRY \$25 (Inc \$2 AB)
1st \$110 2nd \$80 3rd \$55 4th \$50 5th \$35

SATURDAY 29th October 2022 7:00am

**** Completion of Maiden ****

\$430 NOVICE DRAFT ENTRY \$28 (Inc \$2 AB)
1st \$160 2nd \$105 3rd \$75 4th \$50 5th \$40

\$100 JUVENILE DRAFT (13 & Under 17 - limit one entry) ENTRY \$15
1st \$30 2nd \$20 3rd \$18 4th \$17 5th \$15

\$100 JUNIOR DRAFT (8 & Under 13 - limit one entry) ENTRY \$15
1st \$30 2nd \$20 3rd \$18 4th \$17 5th \$15

\$530 RON SMITH MEMORIAL OPEN DRAFT (Novice/Open horses only) ENTRY \$30 (Inc \$2 AB)
1st \$195 2nd \$135 3rd \$90 4th \$65 5th \$45

*******NOMINATIONS VIA CAMPDRAFT CENTRAL*******

Entries open at 9am Monday 10th of October for 48 hours.

Payment for accepted nominations need to be paid by Thursday 20th October. If payment not received they will be scratched.

Scratchings not received by 2pm Friday 21st October will forfeit their entry fees.

Committee reserves the right to alter programme at their discretion. REFRESHMENTS, PUBLICANS BOOTH ETC. FRIDAY NIGHT & SATURDAY "ALL COMPETITORS COMPETE AT THEIR OWN RISK" All Encouragement competitors and competitors under 18yrs to wear helmets. Competitors will compete under the rules of the National Campdraft Association.

For all enquiries phone Shelly 0428832242

PRIVATE PROPERTY STRICTLY NO DOGS ALLOWED

The Rotary Club of Barraba invites all competitors, spectators, families and friends to the Burindi Campdraft on Friday 28th and Saturday 29th October. Funds raised at this event go towards an exciting project for the Barraba Pre-school (details to be announced soon).

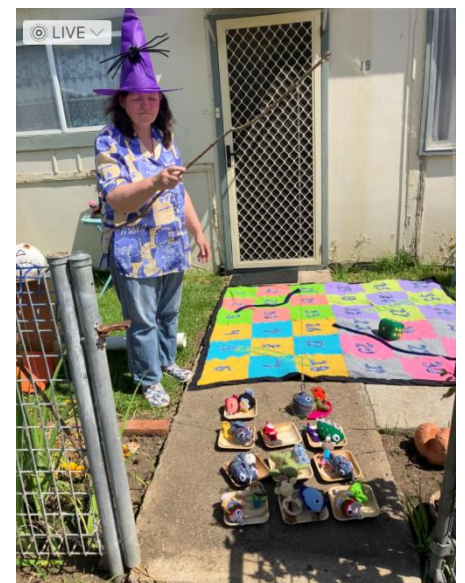
If you are free to help our Rotary Club to help the Pre-school, we would love to hear from you.

BARRABA'S QUEEN OF HALLOWEEN

If a child wants a great time for Halloween, look no further than Rhonda McLaren's front yard in 19 Savoy Street! She has developed an awesome array of things to do for treats (not tricks) for our district's youngest people.

Rhonda's creative imagination and her astonishing crochet skills give us a wonderful snakes and ladders mat, noughts and crosses with a difference, a brilliant fishing game and even a forensic kit!! There are prizes but not competitions. Costumes are great but not necessary. Rhonda looks forward to greeting families from 3pm to 6pm on Monday 31st October, but NOT later. When she has a break, the gates will be closed - but she'll be back.

If you live out of town combine a Halloween treat with your shopping. Rhonda would appreciate help from parents on the day, and would welcome donations of fruit on Monday morning. This is Halloween with a difference!



Rhonda with her ingenious fishing game

**Want noisy miners to be less
despotic? Think twice before
filling your garden
with nectar-rich flowers.**

*Jade Fountain, PhD Student,
University of Adelaide*

*Paul McDonald, Professor of Animal
Behaviour, University of New
England*

Noisy miners are complicated creatures. These Australian native honeyeaters live in large cooperative groups, use alarm calls to target specific predators, and sometimes help raise the young of other miners. But they're perhaps best known for their aggressive and coordinated attacks on other birds – a behaviour known as “mobbing”.

We conducted a study investigating some of the possible factors that influence mobbing. We were interested in whether access to human food left on plates at cafes, or a high nectar supply thanks to planted gardens, might give urban miners extra energy and time to mob other species more often. We also examined whether miners were more aggressive towards some species over others.

Our study, published in the journal *Emu - Austral Ornithology*, found it wasn't cafes with access to sugar-rich food that led to more miner aggression. In fact, gardens were where we recorded the highest amount of aggressive behaviour.

Understanding mobbing is important, because this behaviour can drive out other birds and reduce diversity. Smaller birds with a similar diet to noisy miners are particularly vulnerable.



*Noisy miners can drive out other
birds and reduce diversity. Photo by
Mark Broadhurst/Pexels, CC BY*

What we did

The noisy miner's preferred habitat is along the edges of open eucalypt forest, including cleared land and urban fringes. Their numbers have grown in recent decades, presenting a significant conservation problem.

We know from previous research that urban noisy miners tend to be more aggressive compared with rural populations. But to examine mobbing behaviour more closely, we placed museum taxidermies (stuffed animals) of different species of birds in three different types of habitat around Canberra:

urban cafes with lots of food
leftovers

urban gardens that had
higher-than-usual supplies of nectar

bush areas more typical of
“natural” miner habitat.

For each habitat, we then presented the resident noisy miners with three different types of museum taxidermy models of birds:

food competitors with a
similar diet to miners, both of the
same size (musk lorikeets) and a
much smaller species (spotted
pardalote)

potential predators,
including a dangerous species that
preys on miners (brown goshawk)
and a species that robs nests but

poses less of a risk to adult miners
(pied currawong)

neutral species, meaning a
bird that does not prey upon nor
compete with miners for food (in our
study, we used a model of an eastern
rosella).

We wanted to see how miners
responded to these “intruders” in
various settings. We also set up a
speaker nearby to broadcast alarm
calls, to see how miners reacted.



*Noisy miners are known for their
aggressive and coordinated attacks
on other birds – a behaviour known
as ‘mobbing’. Shutterstock*

What we found

We found interesting differences in how miners responded to our taxidermy models and the broadcasted alarm calls. Noisy miners exhibited aggressive behaviours for a much longer time in gardens and cafes in comparison to natural bush areas.

Surprisingly, however, access to sugar-rich food from cafes didn't yield the most aggressive behaviour. Rather, we recorded the highest levels of aggressive behaviour near garden sites. Nectar-rich plants (such as grevilleas and bottlebrushes) are attractive to birds with a sweet tooth, and miners are no exception. Newer cultivars flower for longer, meaning miners living in our gardens may have access to an almost year-round source of food.

Ready access to these flowering shrubs may affect aggression by

providing more time, energy or reward to noisy miners defending these uber-rich resources.

The type of model presented also impacted miner response. More miners were attracted to an area and mobbed the subject for longer when the model was of a predator. Miners showed even greater aggression to food competitor models, however. They were more likely to physically strike food competitor models with a peck or swoop compared to predator models.



Noisy miners are often drawn to cafes. Jade Fountain

What can gardeners do with these findings?

Our research shows the importance of considering how gardens – whether in back yards, in parks or new housing estates – can affect local ecosystems, including bird behaviour. Previous studies have drawn a link between the types of plants humans choose to plant and the local mix of bird species.



Grevilleas look lovely but how does their presence affect miner behaviour? Shutterstock

To reduce the risk of creating a perfect habitat for despotic miners in your garden, aim to:

plant multi-layered levels in your garden – that means including ground cover, small shrubs, medium shrubs and trees to provide shelter at different heights for various birds and animals

consider planting plenty of dense shrubs with small flowers to attract insects and provide shelter for small birds

use a mix of nectar-rich and non-flowering shrubs and grasses (instead of focusing too heavily on flowering plants)

try to avoid planting too many exotic species; opt instead for native plants local to your area and suited to the climate, as these benefit native plants and animals whilst minimising benefits to aggressive noisy miners.



A new report outlines actions needed to help 6.5 million Australians lower cholesterol and avoid heart attack

A new report on Australia's heart health to be released today takes aim at Australia's concerning prevalence of high-cholesterol, a leading risk factor for heart attack that is estimated to be affecting 6.5 million adult Australians.

The Cholesterol Roadblocks and Solutions report was developed by the Heart Foundation in collaboration with the World Heart Federation and a roundtable of Australian healthcare experts.

It makes a number of important recommendations that will require the combined efforts of patients, GPs, the cardiovascular sector and Federal and State/Territory Governments to implement over the coming years.

If implemented, the recommendations will help to lower cholesterol levels of the many Australian adults who experience high-cholesterol, helping to prevent thousands of potential and unnecessary heart attacks and strokes.

The report's recommendations include:

- Primary prevention (people without heart disease):
 - o A national heart disease screening program, incorporating existing Heart Health Checks, which proactively engages people at-risk to have their cholesterol and heart health checked.
 - o An integrated cholesterol awareness campaign targeting people as young as 18 to start taking measures to protect and check their hearts.

o Support for healthcare professionals to promote a consistent, best-practice approach to managing cholesterol.

- Secondary prevention (people with heart disease):

o A more integrated and streamlined heart healthcare system across hospital, primary care, allied health and cardiologists to streamline care for patients.

o A standard package of care for people leaving hospital after a heart event

o Digital cardiac rehabilitation programs that empower patients, regardless of where they live, to recover from a heart attack or angina

- Support for genetically inherited (familial) high-cholesterol

o Estimated to impact 100,000 Australians, more work needs to be done to better engage and support these patients, including a review of existing evidence to develop a specific screening program.

Connection to existing Heart Health Checks

The report and its recommendations come as Medicare-subsidised Heart Health Checks – which have been taken up by almost 350,000 Australians since 2019 and include a test for cholesterol levels - are due to expire at the end of June 2023, leaving Australians exposed to the burden of heart disease.

The Heart Foundation notes that more Australians than ever are turning to Heart Health Checks, with the latest data released by Medicare showing that in August 2022 a record 14,898 people saw their GP for a Heart Health Check.

This number would grow even more substantially if the report's recommended national screening program was in effect. A true screening program would proactively call-up Australians who were at-risk of heart disease to have their check. Currently, the onus is on Australians to ask for one.

Overview of Australia's high-cholesterol crisis:

- High cholesterol is the leading risk factor for heart attack in Australia, estimated to affect 6.5 million adults, or a third of our adult population.

- People with high-cholesterol may be unaware of the issue as there are no obvious symptoms.

- In fact, it is so widespread that cholesterol-lowering medications called statins are the most prescribed drug by volume in Australia on the Pharmaceutical Benefits Scheme. Even so, among people hospitalised with heart attack or angina (chest pain), almost half still have higher than-recommended cholesterol levels 12 months later.

- Although cholesterol is naturally used by your body to produce hormones and digest fats, an excess of cholesterol can build up on the walls of arteries as a plaque, eventually blocking blood flow and causing a heart attack.

- Along with high blood pressure, age, poor diet, physical inactivity and family history, high-cholesterol is one of the key risk factors for heart disease.

- Heart disease is already the leading cause of death in Australia. Each day, heart disease causes more than 440 hospitalisations and 45 deaths.

Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 19 Oct

Summary Max 18

Showers

Chance of any rain: 100%



Thursday 20 Oct

Summary Min 12 Max 22

Showers

Chance of rain: 100%



Friday 21 Oct

Summary Min 13 Max 24

Showers, possible storm

Chance of any rain: 95%



Saturday 22 Oct

Summary Min 13 Max 24

Showers

Chance of any rain: 90%



Sunday 23 Oct

Summary Min 12 Max 26

Showers increasing

Chance of rain: 80%



Monday 24 Oct

Summary Min 11 Max 26

Showers

Chance of any rain: 80%



Tuesday 25 Oct

Summary Min 11 Max 25

Shower or 2

Chance of any rain: 70%

Regional Dam Levels from Water NSW

Chaffey 100.7%

Copeton 99.2%

Keepit 95.7%

Split Rock 100.7%

Golf Notes

Our Friday twilight golf got off to a good start. After what was a fairly gloomy day the sun came out and we played in glorious conditions until cooling off at the end. Twilight specialists Jesse Phillips (21 points) and Adam Russell and Dan Lott with 19 points picked up where they left off last year and claimed balls. Newcomer John Harris let the handicapper know he could play and got a ball and 20 points while regular golfer Helen Kelly got the last ball with 19 points. Alas however no-one could get around Josh Austin with 22 points to claim the chook. Steve Ward won the meat tray.

We had eight players at Walcha for their Open 4Ball. They love to see us as they take our money and don't give us any prizes, but a good day was had by all.

Please remember you don't need to be in a team to join us at 4.00pm Friday for the chook run.
Happy Golfing

Rugby Union News

The Barraba Rugby Union Club send our thoughts and condolences to the family of Bill Bucknell.

Bill was one of the original Barraba Club players and prior to that he played in Tamworth.

Bill also played for the NSW Northern Team against the All Blacks in 1961 and Bill's brother-in-law, Darryl Horbreicht, also coached the Australian and Country Rugby sides.

Our sympathies also to the family of Ken Holden who played for Bingara and for Barraba in the early years of the Barraba Club. Ken was awarded a posthumous Life Membership of the Gwydir Club.



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CELEBRATING THE REGION'S CARERS



Communities across the Tamworth electorate will this week be thanking the hundreds of selfless individuals who provide hours of ongoing unpaid care to friends, family, and neighbours as we celebrate the 30th anniversary of National Carers Week.

Member for Tamworth Kevin Anderson said "Carers are the unsung heroes who look after our most vulnerable, ensuring they have the support they need to live their lives. Caring for someone can be as simply as doing their weekly food shop, to picking up prescriptions, or transporting them to doctors' appointments. It can also involve more intensive, full-time care."

In NSW, there are 854,300 informal carers and almost 80,000 of them are young carers under 25. Carers provide support to people with disability, mental illness, chronic illness, frail age, dementia or drug or alcohol dependency. The NSW Government has committed \$4.9 million to support carers as part of the NSW Carers Strategy 2020-2030.

If you are a carer, there are a range of resources and supports available to you. Find out more at www.carergateway.gov.au You can talk to a carer gateway service provider by calling 1800 422 737. If you want help understanding English, call the free translation service on 131 450 before calling the helpline.