



# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 16<sup>th</sup> November 2022



## GIRLS' NIGHT OUT

Shopping til 7pm

**Friday 25<sup>th</sup> November, 2022**

Bring a friend & enjoy some refreshments, discount shopping & in store prizes. Get some Christmas shopping sorted or treat yourself to something nice. Join our local businesses as we say *Thank You* for your support throughout the year.

See our Facebook event here




**The Westpac Rescue Helicopter** was tasked by NSW Ambulance at 840pm on Friday night to a report of a person who had suffered serious

injuries at a residence in Barraba. NSW Ambulance Paramedics arrived on scene and carried out initial treatment of the 40yo female who suffered serious head injuries in a fall at her residence and conveyed to Barraba airport to rendezvous with the helicopter. The lady was further stabilised by the Helicopter Care Medical Team prior to being airlifted to Tamworth Rural Referral Hospital in a serious but stable condition for further treatment.

**Graham Nickisson**

Northern NSW Helicopter Rescue Service



## Letter to the Editor

Dear Editor,

We, the members of the Barraba Men's Shed, wish to advise that the Barraba Men's Shed is NOT closing down, as per the rumour going around the town.

What is happening, is that the Barraba Men's Shed shop will be vacating its present situation and setting up in a new venue before the end of December.

Readers please note that the Men's Shed has expanded its membership in the recent months and we are always pleased to have new members join us.

Yours Faithfully,

Bryan Barrass



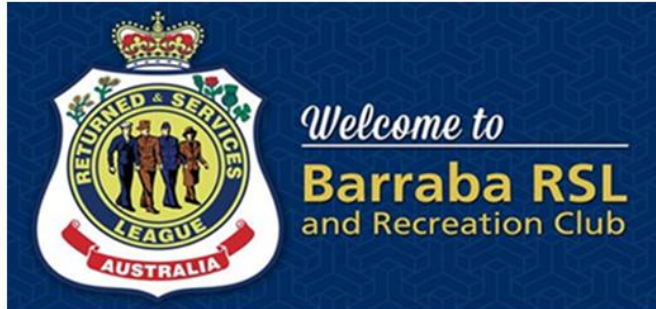
## BARRABA SHOW GENERAL MEETING

**16TH NOVEMBER 2022**

JOIN US AT  
BARRABA BOWLING CLUB AT  
6.30PM

Would you like to get involved?

We are always looking for volunteers to help organise and run different sections at the show. If this sounds like you, please come along to the meeting.



**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 \$1,200

**SATURDAY: 10AM-**

**SUNDAY: 10AM-5.30PM**

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,600

**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**

**1st Prize - Robyn Brown Quilt - Annmaree Bridges**

**2nd Prize - Brenda McColl Landscape Photo Canvas - Judy Sautchuk**

**3rd Prize - Men's Wallet - Brian Dunn**

**4th Prize - Glass Platter - Tim Crowley**

Congratulations to our prize winners!

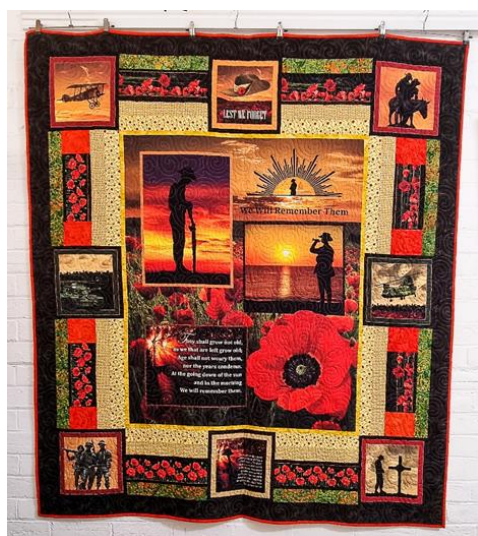


Thanks to Shirley Simmons from the Hospital Auxiliary for drawing the raffle. Thanks also to Shirley Simmons & family for donating the quilt fabric, and to Robyn Brown for sewing, backing and quilting it. What a beautiful piece of work.



Proceeds of the raffle will be shared by the Hospital Auxiliary and Barraba Potters & Craft Guild.

*"So excited when the quilt was delivered to our house. I rang Annmaree to tell her she had won, and she is excited too. Many members will remember our daughter, Annmaree, from her school years and the few years she lived in Barraba as an adult. Annmaree now lives in Wollongong. The quilt will get to her at Christmas."* said Helen Bridges



**....AND THE WINNER IS....**

The Armistice Day Quilt raffle was drawn on Remembrance Day at the Claypan and the winners are:

**For Sale**

**2000 Mitsubishi Lancer GLXi Auto**

**133474 km**

**Unregistered**

**\$2000**

**Phone: 0409686767**



## First World War diaries and letters get new life online

Eyewitness accounts of the end of the First World War, as recorded in diaries and letters, are now available online as part of a major digitisation project led by the Australian War Memorial.

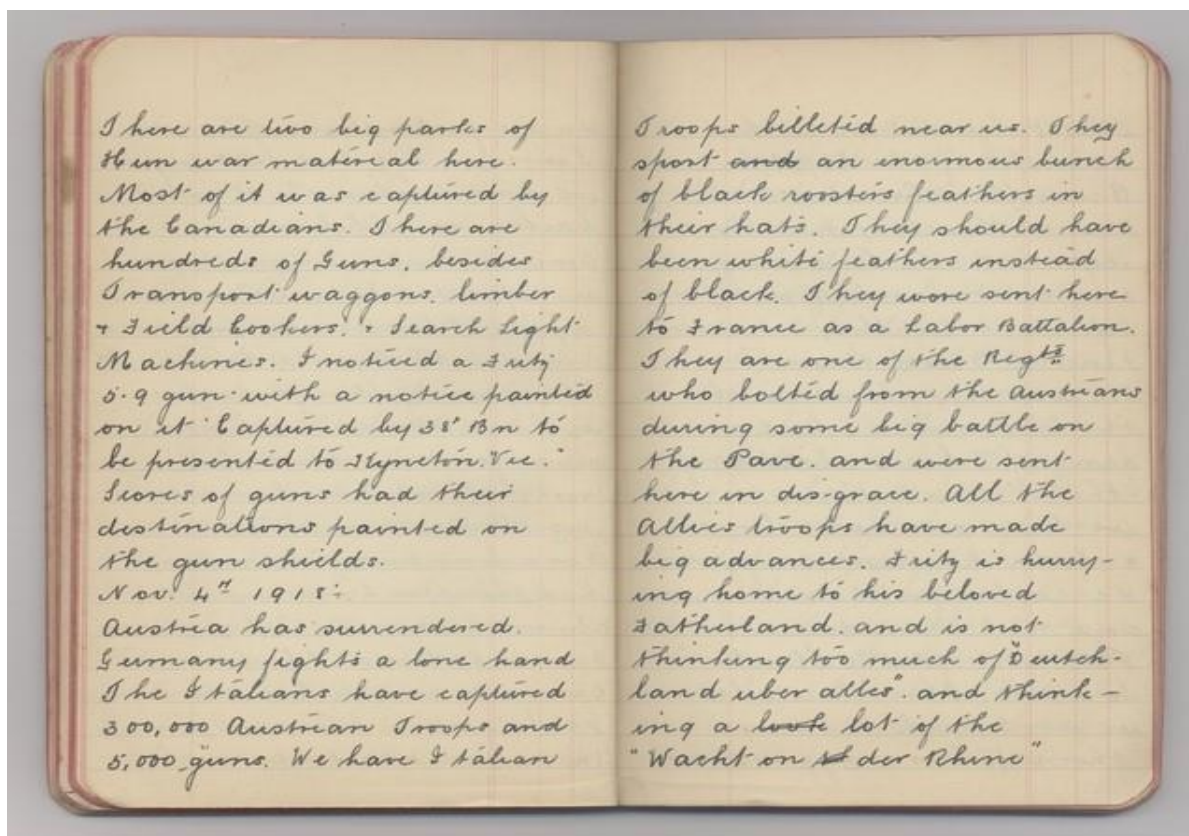
These diaries and letters give an intimate insight to this globally significant day, as Australians gather to mark Remembrance Day and commemorate the Armistice of the First World War, which was signed at 11 am on 11 November 1918.

"The Memorial has a multitude of original letters and diaries that express how people felt about the signing of the Armistice and the war coming to an end," Australian War Memorial Research Centre head Robyn Van Dyk said. "Many of the letters and diaries on the Memorial's website record how people reacted to hearing of the end of a very long and horrific war. Some also took part in and recorded various celebrations. Many wrote about their relief of not having to fight anymore, for others there was a hint of disbelief. Others reflected on the loss of friends and family."

In one example, Lieutenant Sydney Traill wrote on the 11 November 1918: "It was officially announced late tonight that hostilities have ceased as from 11o'clock a.m. today. We knew early in the morning, though. No one displayed the slightest enthusiasm and it doesn't matter a tuppenny dump to me now, whether it goes on or not, the war has done its worst for our family."

Another example includes 18-year-old Australian Private Gallwey who wrote: "London has gone mad and I am intoxicated with joy." The First World War collections of diaries and letters are part of the Memorial's four-year digitisation project.

"Digitisation makes these collections so much more accessible to everyone," Ms Van Dyk said. "There are over 14,000 collections that have been digitised including archival records, photographs, film, maps, art posters and objects, all now being progressively published. In the past, people had to travel to Canberra and request to view these items which were only able to be viewed from the Reading Room but now you can access these historic records from home and unlike paper you can zoom into the text and bring up the content in detail. Personal collections such as letters and diaries give us a deep insight into how many Australians felt, you get a sense of what it was like for those individuals. Thanks to this project more and more of these collections can now be accessed online."



AUSTRALIAN WAR MEMORIAL

RCDIG0001111



## St Joseph's Primary School

Last Sunday 4 students received the Sacrament of Holy Communion. Congratulations to Arley Crowley, Ava Hall, Christina Eddington and Nevaeh Griffiths.

Thank you to all in the Barraba community for supporting our Schools Fundraising Committee at the Trivia Night. Special thanks to the Golf Club for hosting us and to the hard work of the committee members. Thanks also to Mrs Justine Harris who led the quiz and entertained the audience. Thank you to our sponsors, Hart Rural Agencies, Stock and Crop, Babes in the Bush and Saunders Fruit and Veg. The Christmas Gifts table came out on top, with years of experience no doubt contributing to the win! The Beach Party table won the best presented table, while Eleisha Outridge won best dressed on the night. Sam McDouall was the winner of the 100 club for a weekend in Port Macquarie, which was kindly donated by Justine and Dan Harris.

On Friday 11/11/22, Years 4,5 and 6 put together a Remembrance Day commemoration for the school. Students told the story of Remembrance Day and its significance. We observed a minute silence and handed out poppies to everyone at school.

Over the past few weeks a number of students have been involved in a resilience building program. Students have been developing a growth mindset with positive energy, knowing that they can achieve if they have the right approach to any given task.

This coming Friday we have a number of students who will be trialling for representation in the Diocesan touch football squads for next year. We wish Hamish Mason, Zara Kelly, Josh Anderson and Shae Mallise all the best for Friday. Next week we will commence our intensive swimming program for all students. This is a critical activity as we are all aware of the potential for tragedy around water in summer.

Kind Regards

Simon Fleming

Grants are available to local youth who have lived and/or attended school in the region for the majority of their high school years. Your local Country Education Foundation (CEF) does not focus on the applicant's academic success. The four essential selection criteria are:

- That you have demonstrated need;
- You are aged 16-25 years;
- That you have gone to school or currently reside in the region covered by your CEF; and
- That you have shown commitment to achieving your goal.

Applications are open until Wednesday 30 November 2022.

Apply now <https://cef.org.au/foundations/gwydir/>



## Renewal of Tamworth Regional Alcohol Free Zones



Tamworth Regional Council is proposing to renew the alcohol-free zones already in place in Kootingal, Robert Street, Bridge Street, Coledale and the Tamworth, Manilla and Barraba Central Business Districts for a further four years until 29 Dec 2026. Before this occurs, the report is on public exhibition and available for public feedback from Wednesday 9 Nov – 7 Dec 2022.

The alcohol-free zones around our region have received widespread community support since the first alcohol free zone was established in 1994. These zones have been effective in discouraging the consumption of alcohol on public roads, footpaths and car parks within the CBD, and creating safer public spaces around our region. The zones include:

- Tamworth Central Business District (CBD) – including Kable Avenue, Marius Street and Darling Street
- Bridge Street - from the western side of the intersection of Ebsworth Street for its length through to the intersection with Phillip Street, In Street, Hercules Street and Reserve Place
- Barraba – including public roads, and carparks within the Barraba CBD bounded by and including Queen Street from Edward Street to Savoy Street, Maude and Alice Streets from Cherry Street to Fitzroy Street and the Queen Street Mall, Barraba.

For more information and to provide feedback, visit

<https://haveyoursay.tamworth.nsw.gov.au/alcohol-free-zones>



## STREAMLINING THE PROCESS FOR NSW SENIORS CARD

Businesses across the region will now find it much easier to register for the NSW Seniors Card program with a new digital registration process going live today.

Member for Tamworth Kevin Anderson welcomed the new platform which would save businesses time and make it easier for them to update their discounts and business details.

“Until now, registering for the Seniors Card program was a pain for our business owners and managers who were required to submit paper forms and wait up to four weeks for approval,” Mr Anderson said. “This new process makes it easier for businesses to apply which ultimately means more discounts at a time when rising cost of living is really hurting our pensioners. Since launching the Digital Seniors Card in April, seniors have been flocking to register and take advantage of savings across a range of businesses which is great news.”

Mr Anderson said the increase in business participation in the NSW Seniors Card program was a win-win for seniors and businesses.

“Businesses can now register for the seniors card program in around 10 minutes which will entice more to join,” Mr Anderson said.

To register their business for the NSW Seniors Card program, business representatives must be authorised to act on behalf of the business by being listed as an associate in the Australian Business Register. For more information or to register, call Service NSW on 13 77 88 for assistance or to complete the online form go to:

<https://www.service.nsw.gov.au/transaction/apply-be-nsw-seniors-card-program-participating-business>

## ANDERSON LAUNCHES NEW POSTAL SURVEY

Member for Tamworth Kevin Anderson has launched a postal community survey with a number of responses already being returned. Mr Anderson said it was important that the community had an opportunity to provide input as to what they thought was needed to help build our region better and it was great that nearly 200 locals had already filled in the survey and sent it back.

Mr Anderson said “It’s so important that our community is always given an opportunity to provide input and feedback when it comes to the region’s priorities and decisions made by governments. That’s why I have launched another survey so I can get an even better understanding of where our community stands and where we want to be.

I want to let me know what your three top priorities are moving forward. Whether it’s health services, law and order, water security, roads and public infrastructure, or the environment it’s important that I know where you stand and where you’d like our region to be. Already I’ve had almost 200 surveys returned to my office and I’m looking forward to even more responses coming back over the coming weeks.”





## History Notes

There has not been a lot of activity at the museum this week apart from a couple of visitors. However, the next few weeks leading up to Christmas promise to be busy with two markets and a visitor or two. A reminder to those members who have not yet paid their membership for 2022/23 – they are due now.

As mentioned last week, the Spencer family were early settlers in the Barraba District. William Spencer, the eldest of eight children, was born in Suffolk in England in 1806. There were four more sons in the family and as they grew up, they worked on farms around the Wickambrook and Moulton villages.

As the years passed and the family married and moved around the area the sons became interested in the New South Wales settlements especially after their brother, the Reverend Charles, travelled to Sydney in 1839.

Stephen and his sister, Ellen, were the next to arrive in 1842 with their spouses and various other relatives. Finally, William and his wife, Elizabeth, and party arrived in 1845. All the family settled on a farm in the Hunter Valley but it was obvious that Comleroi farm was far too small for the number of people there.

John Keele had taken up Ironbark Station to the west of Barraba in the 1830's and by the mid 1840's was ready to sell it to the Spencer family. William Spencer together with his brother, Stephen, their wives, and a servant or two arrived at Ironbark in 1846. The family lived under very primitive conditions in a hut that had been built for stockmen.

Williams's wife delivered her first child in this hut but sadly he only lived a few weeks and was the first to be buried in the Ironbark graveyard. Stephen's wife, also pregnant, decided to return to the Hunter Valley for the birth but sadly her baby also died at birth. The Spencer family were all back in the Hunter Valley by the end of 1846 and set to work to pack up for another trip to Ironbark the following year.

The 1847 trip to Ironbark included more people and was more successful with servants and family included. Houses were built and Stephen and Mary and William and Elizabeth Spencer each had a home to live in. The farm in the Hunter Valley was leased to tenants in 1849 as all the Spencer clan had successfully moved to Ironbark. William Stephen Spencer was born to William and Elizabeth on 11<sup>th</sup> May,

1848, at Ironbark, and grew up to manage Ironbark, marry Minnie McKid, and leave a family to carry on his heritage.

A fair quantity of the above information has come from Pam Whalley's series of booklets produced in 2018 – the series of booklets is kept at the museum.

### St Laurence's Barraba

Sunday service at 9.00am  
Woodsreef: 2nd Sundays 11am

### Uniting Church Notice

Sunday 20<sup>th</sup> Nov  
Service at 10.45am  
ALL WELCOME

### CATHOLIC CHURCH NOTES

Barraba 1st & 5<sup>th</sup> Sunday, 6pm Saturday evening  
2nd 3rd & 4th Sunday 9am  
Upper Horton 3rd Sunday 11am  
Weekday Mass Wednesday 10am

### Tamworth Healthy Pet Day


Next Thursday 17 November


Help keep your pet healthy with free vaccinations, microchipping, health checks and advice. This is available to Tamworth Regional Council residents only (pensioners, concession card holders or on Jobseeker) and bookings are essential.


For more information, or to book, please call 02 6762 6329


### HINTS FOR PET OWNERS

Anxiety in animals can occur for a number of reasons. Something as simple as moving house where they are in a new environment may even cause this. Be patient with your pet and help to relieve its anxiety. You should consult your Vet for the best approach, however some ideas that can help are:

 Behavioural training (you can use treats to reward them for something they don't usually like, to help them associate it with something they do!)

 Give them dedicated attention and set aside time each day to play with them, go for a walk and let them sniff, play with toys or throw a ball

 Schedule exercise with your pet before you need to leave.

 Calming medicines or treats may assist in reducing anxiety temporarily.

## BARRABA AUSTRALIA DAY AWARDS – NOMINATIONS NOW OPEN

Australia Day is an opportunity for all Australians to come to together and celebrate contemporary Australia while showcasing our diverse culture and recognising our history. While Australia Day means different things to different people, it is a day that welcomes everyone to reflect on their Australian experience – their past, present and future. 'Australia Day - Everyone, every story' showcases these personal snapshots to celebrate all the stories that make our country great.

### Nominations

Nominations for the 2022 Australia Day Awards will be open from 9:00am Tuesday 1 November, until 4:00pm Wednesday 30 November 2022. Nomination forms are on the Tamworth Council Website.

### Australia Day Awards 2023 Terms and Conditions - BARRABA

#### *Citizen of the Year, Frank Darlington Young Achiever, and Community Event of the Year Award Conditions*

a) All residents of Barraba and district are eligible to be nominated, as are events conducted within Barraba and district.

b) The Citizen of the Year Award may be presented to an eligible resident who has given outstanding service or achievement to the community in the 2022 calendar year. The service shall be voluntary and not conducted in the course of normal employment.

c) The Frank Darlington Young Achiever Award may be presented to an eligible resident (23 years or under) who has made a contribution to the community or has had an outstanding achievement over a number of years. The service shall be voluntary and not conducted in the course of normal employment.

d) If you are aware that your nominee has made a significant contribution to the community, within other organisations, please add this to your nomination form.

e) An Award may be presented for a community event held in Barraba and district which had significant community impact or involvement of the community during the past 12 months.

f) Nominees cannot have received a Citizen of the Year, Frank Darlington Young Achiever of the Year Award or Community Event within the past 5 years.

g) The Selection Committee and Tamworth Regional Council reserve the right not to present an Award.

h) Awards will not be granted posthumously.

## BrewFest Craft Beer & Food Festival



After two years of cancelled events, Brewfest Craft Beer & Food Festival is finally back! Local, Regional, and Interstate brewers will come together alongside food vendors and some very special guests to entertain you. This is shaping up to be our biggest year ever! Come along and support the brewers and enjoy that thing we all love; BEER!

**Saturday November 19 at Scully Park Tamworth.**

Featuring Craft Beer, Food Trucks, Live Music, Best Beard & Best Brew Competitions.



### 🌟🌳 STALL HOLDERS WANTED 🌳🌟

**Saturday 26 November | Gwydir Oval, Bingara**

If you make it, grow it, cook it or sell it, we want YOU. With market stalls, kid's entertainment, a visit from Santa and an epic live concert featuring THIRSTY MERC and talented local performers, it is sure to be one of the biggest nights on the Bingara calendar!!

**Contact:** Georgia Standerwick [0491272614](tel:0491272614)  
[gstanderwick@gwydir.nsw.gov.au](mailto:gstanderwick@gwydir.nsw.gov.au)

## Barnaby Joyce launches New England public survey

Member for New England, Barnaby Joyce is today launching an electorate wide survey to hear your thoughts on the growing cost of living. As inflation, interest rates, and electricity & fuel prices continue to rise, Mr Joyce wants to give his constituents the chance to have their say on an issue that is affecting thousands in the New England and nation-wide.

The former Deputy Prime Minister said he is very interested in hearing more about the power increases that you are paying so that he has more facts to try and change this crippling power crisis. "Right now, individuals and families in New England are being forced to tighten their purse strings as power prices soar, for some this could even mean skipping meals," Mr Joyce said.

"While businesses are now facing the daunting choice of putting rising costs onto their product, meaning customers are again forced to pay more. Even if you have just five minutes spare, give my office a call or go to my website to complete the survey."

You can find a link to the survey here <https://forms.gle/YrrdUmzSKWvSJH4x6> or on Mr Joyce's website [www.barnabyjoyce.com.au](http://www.barnabyjoyce.com.au)

From MP Adam Marshall's Website –



### Marshall will vote for legislation regardless of Government

WITH State Parliament resuming next week for the last two sitting weeks of this term, Member for

Northern Tablelands Adam Marshall is gearing up to debate and vote in support of legislation which will allow the Port of Newcastle to establish itself as a leading NSW grain export and receivable facility. Mr Marshall said the successful passage through Parliament of the *Port of Newcastle (Extinguishment of Liability) Bill 2022*, brought forward by Independent Lake Macquarie MP Greg Piper, was crucial to finally break the impediments placed on the Newcastle Port, when Port Kembla and Port Botany were privatised by the State Government in 2013, requiring the State to compensate those two ports if container traffic at the Port of Newcastle exceeds a cap.

"These Port Commitments Deeds (PCD) created a monopoly for the movement of containers in NSW, for which our region's farmers and businesses continue to pay the price," Mr Marshall said.

"It is crucial that we move with the times and instead 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, now redundant rules are keeping the door to Port of Newcastle locked and bolted."

Mr Marshall said 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*'. "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," he said. "The fact is these deeds are no longer relevant and the time has come to open up our State to investment and export opportunities. 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."

## Gwydir Shire Council Financial Hardship Payment Support



The COVID-19 pandemic, plague, bushfire and flood have created tough times for many, and Gwydir Shire Council recognises there are increasing cases of genuine financial hardship, which require respect and empathy. Council is committed to the fair, equitable and compassionate treatment of ratepayers and customers facing hardship when recovering outstanding debts and is now offering an early assistance arrangement to help those in need manage debt and avoid legal action.

In the coming weeks, those with outstanding debts will receive a letter and follow-up phone call from Recoupa, a discrete third-party early intervention agency, who will assess individual situations and develop a manageable and personalised payment plan.



## How do you teach a primary school child about consent? You can start with these books

Emma Whatman, Sessional Academic, Faculty of Arts and Education, Deakin University

Paul Venzo, Deakin University

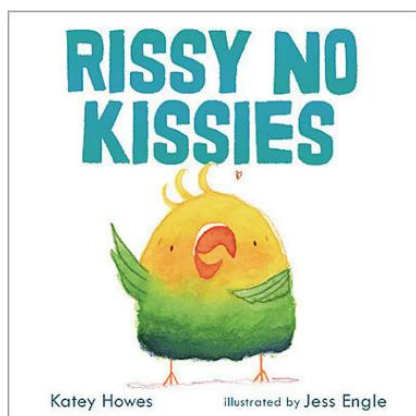
Parents will be increasingly aware they need to talk about consent with their children. There is no such thing as “too young” to start the conversation. In fact, the earlier the better, when it comes to understanding how to have respect for your body and other people’s. We are researchers on children’s literature that deals with issues around sex and gender. Books can provide a safe, engaging way to discuss the tricky but vital topic of consent.

### Books for younger children

For primary-aged children, books don’t usually discuss sexual consent, but cover topics such as boundaries, safe touching and healthy relationships. Let’s Talk About Body Boundaries, Consent and Respect by primary teacher and mother Jayneen Sanders is one place you can start. This book teaches verbal and non-verbal ways children can show they are OK for another person to go inside their “body boundary” – an invisible line around the child’s body. It also reminds adult readers that if a child indicates they don’t want to be touched, it’s important to respect this. As the book says in its opening line:

*“Your body belongs to you and you are the boss of it.”*

Rissy No Kisses by children’s author Katey Howes is about a lovebird named Rissy. She says “no” to kisses because they make her uncomfortable, but this makes other people think she is being rude. Rissy learns there is nothing wrong with her. As her mother tells her: *“your body and your heart are yours, and you choose how to share”*.

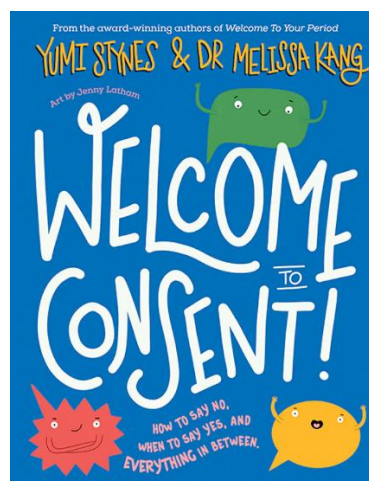


Both these books show the importance of kids talking to trustworthy adults. They provide notes for children, parents and educators about body autonomy, consent and different ways to show affection. Even just reading and talking about consent with kids shows them their parents are part of their “safety network” (adults they can trust).

Consent (for Kids!): Boundaries and Being in Charge of You by former higher school teacher Rachel Brian uses more light-hearted language, but stays on the same theme. It with begins with the message: *“Consent, it’s like being the ruler of your own country. Population: You. ‘I hereby decree that I won’t be doing any snuggling today’.”*

### Books for older children

For older primary school children, there are also books that talk about consent more broadly, as well as sexual consent. These books introduce the concepts of agency (the power to decide), saying “yes” and “no”, and what consent is before introducing sex, puberty and developing crushes. They talk about how understanding consent is part of growing up.



*Welcome To Consent by Yumi Styne and Melissa Kang.  
Hardie Grant*

Two books to consider here are Welcome to Consent by broadcaster and mother Yumi Styne and former Dolly doctor Melissa Kang and Can We Talk About Consent by sex and relationships educator Justin Hancock and illustrator Fuchsia Macaree. The latter’s chapter on sex begins by telling the reader “it’s okay if you aren’t ready to learn about sex yet. Either skip ahead, or put the book down for a bit”.

Both books use hand-drawn illustrations to represent different bodies and experiences.

Importantly, they define consent in clear ways, and use correct language to describe body parts and sexual acts. Unlike the Morrison government's infamous, confusing "milkshake" video in 2021, there are no embarrassed metaphors or unhelpful euphemisms to talk about sex.

### What to watch out for

Not all books cover consent well. Some frame consent as something that boys must get from girls, reinforcing gendered stereotypes. Others assume all readers are heterosexual, white and able-bodied. Look for books featuring different perspectives.

Welcome to Consent uses "own voices" quotes from lots of different people, meaning consent is approached from different angles. For example, 15-year-old Tans writes: *I have ADHD and autism and anxiety. These things can affect my ability to interpret body language. I need a few more cues.*

Sometimes you can read these books with your child, sometimes they may want to read them alone. The most important thing is you are starting an open discussion with them. Talking about consent with young people can be daunting, but it's an important topic we can't ignore. Books about consent can teach kids about safety and respect and – when the time is right – can empower them with understanding sex and consent as well.

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From The Conversation

### **Want to reduce your food waste at home? Here are the 6 best evidence-based ways to do it.**

*Mark Boulet, Research Fellow, BehaviourWorks Australia,  
Monash University*

From the farm to the plate, the modern-day food system has a waste problem. Each year, a third of all food produced around the world, or 1.3 billion tonnes, ends up as rubbish. Imagine that for a moment – it's like buying three bags of groceries at the supermarket then throwing one away as you leave.

Wasting food feeds climate change. Food waste accounts for more than 5% of Australia's greenhouse gas emissions. And this doesn't include emissions from activities required to actually produce the food in the first place, such as farming and transport.

One of the largest sites of food waste is the home. In Australia, households throw out about 2.5 million tonnes of food each year. That equates to between A\$2,000 and \$2,500 worth of food per year per household. But there's some good news. Our Australian-first research, released today, identified the six most effective behaviours anyone can do to reduce food waste. Combined, these relatively small changes can make a big difference.



### What we did

Food waste by households is a complex problem influenced by many factors. Some, such as food type, package size and safety standards, are out of a consumer's control. But some are insignificant daily behaviours we can easily change, such as buying too much, forgetting about food at the back of your fridge, not eating leftovers and cooking too much food.

We wanted to better understand the complex nature of household food waste. Together with Australia's leading food rescue organization, OzHarvest, our research sought to identify and prioritise evidence-based actions to reduce the amount of food Australians throw away.

We reviewed Australian and international literature, and held online workshops with 30 experts, to collate a list of 36 actions to reduce food waste. These actions can be broadly grouped into: planning for shopping, shopping, storing food at home, cooking and eating.

We realised this might be an overwhelming number of behaviours to think about, and many people wouldn't know where to start. So, we then surveyed national and international food waste experts, asking them to rank behaviours based on their impact in reducing food waste. We also surveyed more than 1,600 Australian households. For each behaviour, participants were asked about:

1. the amount of thinking and planning involved (mental effort)
2. how much it costs to undertake the behaviour (financial effort)



3. household “fit” (effort involved in adopting the behaviour based on different schedules and food preferences in the household).

Consumers identified mental effort as the most common barrier to reducing food waste.

### What we found

Our research identified the three top behaviours with the highest impact in reducing food waste, which are also relatively easy to implement:

1. Prepare a weekly meal at home that combines food needing to be used up
2. Designate a shelf in the fridge or pantry for foods that need to be used up
3. Before cooking a meal, check who in the household will be eating, to ensure the right amount is cooked.



Despite these actions being relatively easy, we found few Australian consumers had a “use it up” shelf in the fridge or pantry, or checked how many household members will be eating before cooking a meal. Experts considered a weekly “use-it-up” meal to be the most effective behaviour in reducing food waste. Many consumers reported they already did this at home, but there is plenty of opportunity for others to adopt it.

Some consumers are more advanced players who have already included the above behaviours in their usual routines at home. So, for those people, our research identified a further three behaviours requiring slightly more effort:

1. Conduct an audit of weekly food waste and set reduction goals
2. Make a shopping list and stick to it when shopping
3. Make a meal plan for the next three to four days.

Our research showed a number of actions which, while worthwhile for many reasons, experts considered less effective at reducing food waste. They were also less likely to be adopted by consumers. The actions included:

1. Preserving perishable foods by pickling, saucing or stewing for later use

2. Making a stock of any food remains (bones and peels) and freeze for future use

3. Buying food from local specialty stores (such as greengrocers and butchers) rather than large supermarkets.

### Doing our bit

Today is the United Nations’ International Day of Awareness of Food Loss and Waste. It seeks to increase awareness and prompt action in support of a key target in the global Sustainable Development Goals to halve food loss and waste by 2030.

Australia has signed up to this goal, and we hope this research helps fast-track those efforts. OzHarvest is launching its national Use-It-Up food waste campaign today, aiming to support Australians with information, resources and tips. Based on our findings, we’ve also developed a decision-making tool to help policy makers target appropriate food waste behaviours. Australia, and the world, can stop throwing away perfectly edible food – but everyone must play their part.

### Investing in the Future of Local Women

Organisations across the region with project that empower women and promote their wellbeing are encouraged to apply for the NSW Government’s \$1 million *Investing in Women Funding Program*.

Member for Tamworth Kevin Anderson said our region was blessed with several great organisations who were focused on supporting our women and encouraged them to apply for the latest round of the program.

“The NSW Government is focused on improving economic and social outcomes our women and girls with a range of initiatives designed to empower them to have greater autonomy over their careers and their families,” Mr Anderson said. “This fund gives local advocates and organisations an opportunity to host events or programs that will help us achieve those goals.”

Past projects include a targeted workplace employer program to facilitate employers to be able to provide flexible opportunities for those with endometriosis, and a mentoring program for girls interested in entering the trades sector.

Funding applications close on Sunday 27 November 2022, 11:59pm (AEDT).

For more information and details on how to apply, head to:

<https://www.nsw.gov.au/grants-and-funding/investing-women-funding-program>

## Golf notes

Kieren Darlington scored a massive 26 points to claim the chook last Friday. Ball winners were Adam Russell with a big 24 points, Jesse Phillips 23, Brock Phillips, Bill Simpson and Josh Austin 21 and Pickles Artis and Sam Faint with 20 points. Ben Freeman was the best of the 5 holers. Thabiso Msiza won the meat.

In the Teams event we see that Hackers (Tom Mellor, Lincoln Brown, Tim Coombes and Adam Russell) with 124 points leading Lotta Piggini (Craig Ruttley, Dan Lott, Kieren Darlington and Peter Summerell) on 120 points with The Pottaroos (Dave and Helen Kelly, David McMurtrie and Bevan Benson) on 113 points. The young blokes from Next Gen are on 110, Bareela Birdies 109, The Geriatrics on 107 and The Manilla Boys 105. The rest of us have a bit of work to do!

At this stage we will not be running a two-hole comp but one never knows!



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## Barraba 7 day Forecast from the Bureau of Meteorology



**Wednesday 16 Nov**

**Summary** Max 20

**Partly cloudy**

Chance of any rain: 0%



**Thursday 17 Nov**

**Summary** Min 4 Max 21

**Sunny**

Chance of rain: 0%



**Friday 18 Nov**

**Summary** Min 4 Max 24

**Mostly sunny**

Chance of any rain: 0%



**Saturday 19 Nov**

**Summary** Min 8 Max 28

**Sunny**

Chance of any rain: 20%



**Sunday 20 Nov**

**Summary** Min 16 Max 27

**Showers**

Chance of rain: 90%



**Monday 21 Nov**

**Summary** Min 9 Max 25

**Sunny**

Chance of any rain: 0%



**Tuesday 22 Nov**

**Summary** Min 8 Max 23

**Sunny**

Chance of any rain: 0%

### Regional Dam Levels from Water NSW

Chaffey 103.5%

Copeton 96.4%

Keepit 95.8%

Split Rock 100.7%

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