



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 7th December 2022

Position Vacant

General Assistant – Barraba Preschool Incorporated

Barraba Preschool is looking for a motivated General Assistant to help maintain the Preschool grounds on a weekly basis.

Details of Employment are as below:

- Employment Type: Casual
- Hourly Rate of Pay: \$28.30 minimum (per award)
- Requirements: Working With Children Check & Police Check (or willingness to obtain prior to commencement)
- Days/Hours of Employment: Minimum 3-4hrs per week (during Monday to Friday)
- Roles & Responsibilities:
 - Mowing lawn (push mower) & edging
 - Garden maintenance (including spraying, weeding, hedging & pruning)
 - Regular maintenance (including cleaning gutters & drains)
 - Basic repairs as needed
- Start Date: January 2023

The successful applicant will be reliable, self-motivated, have basic maintenance and gardening skills and have a responsible attitude towards equipment and its operation in a public space.

Interested persons should contact Katie at the Preschool directly either by phone or email, contact details are as below

Phone: 0267821097 or Email:

barrabapreschool@gmail.com



BARRABA RSL & RECREATIONAL CLUB LTD

Phone: 67821379

For the information of members and guests

WE ARE A COVID-19 SAFE CLUB

ALL NSW HEALTH REGULATIONS APPLY

THIS WEEK:

THURSDAY: 11AM-

MULTISCREEN DRAW-SUSPENDED UNTIL FURTHER NOTICE

FRIDAY: 11AM-MEAT/VEG RAFFLES 6PM

EXTRA DRAW AFTER EACH RAFFLE FOR A BONUS PRIZE

MEMBERSHIP DRAW \$1,500

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,800

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

COMING EVENTS

17TH DEC- XMAS PARTY (BOOKING PREFERRED)

\$25ph Entertainment Tommy Miller

18TH DEC- CLUB AGM 10AM

23RD DEC-TOY, HAMS, MEAT,FRUIT VEG TRAYS RAFFLES

Salvos lunch on Christmas Day.

Lunch is at the Salvation Army Hall at the rear of the church at 11.00 am with lunch at 12.00

We would love to have people come for lunch and not stay at home on their own.

Please call Julie Fenwick on 0400318544 or Margie Francis on 0416869045.

Bookings are limited so please ring to book.



ANNUAL GENERAL MEETING NOTICE

Barraba Pony Club will be holding their

Annual General Meeting at the

Barraba Bowling Club on

14th December, 2022 at 7pm.

All positions will be declared vacant.

**All interested persons are invited to
attend.**

General meeting to follow the AGM.

D Etheridge, Secretary

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Checking blood pressure in a heartbeat, using AI and a camera

Monitoring blood pressure using a digital camera could soon be the norm, thanks to an innovative technique demonstrated by Australian and Iraqi researchers.

Using the same remote-health technology they pioneered to monitor vital health signs from a distance, engineers from the University of South Australia and Baghdad's Middle Technical University have designed a non-contact system to accurately measure systolic and diastolic pressure. It could replace the existing uncomfortable and cumbersome method of strapping an inflatable cuff to a patient's arm or wrist, the researchers claim.

In a new paper published in *Inventions*, the researchers describe the technique, which involves filming a person from a short distance for 10 seconds and extracting cardiac signals from two regions in the forehead, using artificial intelligence algorithms. The systolic and diastolic readings were around 90 per cent accurate, compared to the existing instrument (a digital sphygmomanometer) used to measure blood pressure, that is itself subject to errors. Experiments were performed on 25 people with different skin tones and under changing light conditions, overcoming the limitations reported in previous studies.

"Monitoring blood pressure is essential to detect and manage cardiovascular diseases, the leading cause of global mortality, responsible for almost 18 million deaths in 2019," UniSA remote sensing engineer Professor Javaan Chahl says. "Furthermore, in the past 30 years, the number of adults with hypertension has risen from 650 million to 1.28 billion worldwide. The health sector needs a system that can accurately measure blood pressure and assess cardiovascular risks when physical contact with patients is unsafe or difficult, such as during the recent COVID outbreak. If we can perfect this technique, it will help manage one of the most serious health challenges facing the world today," Prof Chahl says.

The cutting-edge technology has come a long way since 2017, when the UniSA and Iraqi research team demonstrated image-processing algorithms that could extract a human's heart rate from drone video. In the past five years the researchers have developed algorithms to measure other vital signs, including breathing rates from 50 metres away, oxygen saturation, temperature, and jaundice in newborns.

Their non-contact technology was also deployed in the United States during the pandemic to monitor for signs of COVID-19 from a distance.



COLLEGE CHAT

www.ccni.nsw.edu.au

RTO90027

The Staff at the Community College Northern Inland Barraba Campus would like to thank our clients for supporting the College through 2022. We wish you and your families a very Merry Christmas and all the best for the New Year.

The Barraba Campus will be closed from Friday 16 December until Monday 9 January.

Our final workshop for the year will be **Combined Food Handling** being held on Monday 12 December at the Barraba Campus in Fitzroy Street. If you are interested in this workshop please call us on 6782 1662 to secure your place.



Would you like to train to gain employment in the Hospitality Sector?

Monday 12 December

Food Handling (Level 1) 9AM – 3PM

SITXFSA001 – Use hygienic practices for food safety

Food Safety Supervisor 9AM – 5PM

SITXFSA001 – Use hygienic practices for food safety

SITXFSA002 – Participate in safe food handling practices

RTO: 91434

MedCIRC Closures over December 2022

The surgery will be closed for the following dates

Friday 9th December

Monday 12th December

Tuesday 13th December

Re-opening Wednesday 14th December @ 9.00am

Christmas break we will be closed: 🎄

Boxing Day Public Holiday 26th December

Christmas Day Public Holiday 27th December

Re-opening Wednesday 28th December @ 9.00am

Opening Hours 9.00am - 1.00pm / 2.00pm - 5.30pm

Surgery will be closed for lunch between 1.00pm - 2.00pm.

Phones will not be answered during this hour.

In case of an emergency between 1.00pm - 2.00pm

please call 000 or contact Barraba Hospital on 67822500

Remember to ensure you have an adequate supply of your medication
for the Christmas break.



Christmas is just around the corner and the last edition of *Barraba Community News* for 2022 will be Thursday 15th December. (yes, Thursday for that week only)

If you would like to include a Christmas message to your customers, clients or members please email it to news@barrabacommunitynews.org.au

or phone Bronwyn on 0447165008 to discuss.

We'll be back mid-January 2023 after the *News* team has a break.

The Denyer Family Christmas display



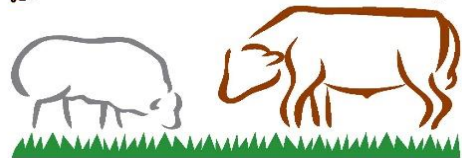
From the Barraba Show Society Facebook page
Barraba local Zac Mallise wins second place at the National Sports Shear Championships



Wow!!!! What an achievement. 2nd place in the SSAA National Development Senior Shear 2022. Congratulation Zac from the Barraba Show Society. Bring on the Sports Shear & Wool

Handling Competition at the Barraba Show on the 4th March 2023 that Jock & Zac are organizing.

STOCK & CROP



YOUR RURAL SHOP

Wish all our customers a Merry Christmas and Happy New Year and thank you for your patronage throughout the year.



Christmas Drinks

Please come and join us for Christmas drinks on Wednesday 21st December from 1pm.

Christmas/New Year closure

Last trading day for 2022 Friday 23rd Dec 2022.
 Reopen on Tuesday 3rd January 2023.



History Notes

Enquiries re family and town history continue as we rapidly approach Christmas –

don't forget the Christmas markets in the evening a week before Christmas Eve and please let Carol know if you will be attending the members get together for lunch on 20th – we need numbers now as we are being catered for – no charge for members and their partners/friends.

Anyone who has researched the early generations of their ancestors will know just how confusing that can be. I found this with the Murray family after I found my great grandmother's marriage certificate which said she married John Capel in Tamworth in 1866. The ensuing research covered a year or two and further pieces of information have come to light in the last couple of years. The earliest information dates back to the 1820's when Mary Ann Steel, a daughter of John Steel and his wife, Ann nee Mongea, gave birth to a daughter, Emma, by John Wilson of Highgate, London. The modern-day cemetery records in Bingara list Emma's date of death as 4th January, 1905 aged 75, so she was probably born in 1829.

The next reference to Mary Ann Steel is her marriage to Alfred Murray in 1834 at Southwark, London, when

they were both 27 years of age. The young couple next appear in NSW records when their daughter was baptised at St Lawrence's, Sydney on 26th March, 1843. She was born on 27th February, 1843, probably in Sydney but the Murray family seem to have travelled steerage from England with no record of their arrival.

Martha was the next daughter to be baptised at St. Lawrence's on 29th December, 1844. Her date of birth was 12th November, 1844 and her death certificate says she was born at sea which is rather unlikely. Alfred and May Ann were living in Sydney during these early years where Alfred was a seaman and later a carpenter. It is strange that Emma Wilson is not mentioned at all although we know she was more than likely with them because she appears again when the family arrived in this area.

Alfred and Mary Ann left Sydney, probably in 1845, and their next appearance is at Scone, in the Hunter Valley, where the next daughter, Maria, was born on 6th March, 1846. Their stay at Scone was during a very severe drought and families were struggling to find enough to eat so they moved further north to Copes Creek in the Bingara/Bundarra area.

It was at Copes Creek that the two sons were born – George in 1848 and Walter in 1853. Eldest daughter, Emma, married Charles Bull on 27th July, 1848 and they later settled on 'Cooringoora', east of Bingara. It seems that the Murray family also moved to 'Cooringoora' or nearby as Alfred Murray died there on 10th October, 1859, aged 55 years. He is buried over on the riverbank near an old building and as far as I know the grave is unmarked.

His widow's movements are unknown but it is likely she lived in the Bingara district for a while as son George died in December, 1867, aged 18 years, and is buried at Upper Bingara. Maria married John Capel in Tamworth in 1866 and all their children were born at Peidmont Woolsheds (about halfway between Bingara and Barraba) Martha married a widower, William Lockrey, and had a number of children while Caroline married twice and lived her life in Bingara. Young Walter Murray married and lived in Bingara with his family until he died at the age of 35 years. Mary Ann Murray died at Little Fields, near Scone, on 2nd January, 1867, at the age of 58 years. Her brother, Jacob Steel lived at Little Fields and filled in the death certificate giving her parents as John Steel and Ann Mongea. She is buried at Scone.

Snippets from St Laurence's

Who says the days drag? I have barely put the Christmas bits away and here it is, time to get them out again! Next Sunday, 11th December, Christmas services will be at Woodsreef at 11am and at Bereen at 5pm. On Christmas Eve there will be a service at 11pm at St Laurence's (some of us still call it the Midnight Service!) and on Christmas Day the service will be at 9am.

We were all shocked when Daniel announced in August that he and Jenni will be leaving us at the end of the year. That time is getting close and even the knowledge that our new vicar will be arriving in January doesn't make it any easier to farewell a couple who have worked so faithfully and lovingly through three exceedingly difficult years, and we wish them joy in the future.

The season of Advent has us looking forward to celebrating Christ's birth, but we need to remember that the Babe in the Manger grew to adulthood. Think about these words from John, chapter 1, verses 10 to 12: *"He was in the world, and though the world was made through him, the world did not recognise him. He came to that which was his own, but his own did not receive him. Yet to all who received him, to those who believed in his name, he gave the right to become children of God."*

St Laurence's Barraba

Sunday service at 9.00am
Woodsreef: 2nd Sundays 11am
Bereen: Sun 11th Dec at 5pm

Uniting Church Notice

Sunday 11th December
Service at 10.45am
ALL WELCOME

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



⚠ ATTENTION ⚠

Council staff are currently reading water meters in your area.

Please ensure your water meter is easily accessible and clear of overgrown plants, gardens or vegetation.

We appreciate your assistance in providing safe access to your water meter for our staff.



Soft plastics recycling now available in Tamworth region

Residents across the Tamworth region can help prevent soft plastics from going to waste through a new, innovative kerbside recycling program. Tamworth Regional Council have been trialling soft plastic recycling through the kerbside bin since February this year and from Thursday 1 December 2022 the program will be opened up to everyone in the region.

The Curby Program gives residents a home-based option to recycle clean, soft plastics that are captured within a bag via their yellow-lid kerbside bin, including shopping bags, bread bags and bubble wrap. The CurbyApp (available from Apple App Store or Google Play Store) manages both registration and keeps participating

households up to date with the items to place into the CurbyTagged bag. Up until recently, these items could only be recycled through community drop-off sites and with the announcement from REDcycle that the Return to Store Program will be paused, the introduction of this new service has proven to be very timely.

Tamworth region Mayor Russell Webb said the Curby Program will bolster the region's recycling capabilities, which are all designed to reduce the amount of rubbish going to landfill. "Tamworth Regional Council is focussed on becoming more sustainable through new and innovative systems and processes. For the very first time the region will now have access to soft plastics recycling on a region wide scale. Ninety-four per cent (94%) of soft plastics across Australia still end up in landfill, with the introduction of this new innovative service our region can do its part in reducing waste and contributing to a circular economy. By weight, soft plastics make up a small component of the household waste that ends up at our Waste Management Facilities. However, given their lightweight nature, they can sometimes be picked up by the wind and escape into the environment, where they pose a serious threat to our native animals and marine life."



Interested households can register at www.curbyit.com/softplastics or by downloading the Curby App from the [Apple App Store](https://apps.apple.com/au/app/curby-app/id1538888888) or [Google Play Store](https://play.google.com/store/apps/details?id=com.curbyit.curbyapp).

ABCRA AFFILIATED • FULL POINTS

UPPER HORTON CAMPDRAFT & JUNIOR RODEO

UPPER HORTON SPORTS CLUB

30th, 31st Dec & 1st Jan 2023
UPPER HORTON SPORTS GROUNDS
CONTACT: DAVID KELLY - 0428 827 240 / SHELLY STEIGER 0428 832 242

CAMPDRAFT

FRIDAY 30TH DECEMBER 2022 - 7.30AM
60/40 JACKPOT - THE LINDSAY MITCHELL MEMORIAL NOVICE CAMPDRAFT & FINAL - Entry: \$55.00
\$500 - THE MCGREGOR GOURLAY ENCOURAGEMENT CAMPDRAFT
- Entry: \$30.00 (LIMITED 2 RUNS 17YRS OVER) NO FINAL

SATURDAY 31ST DECEMBER 2022 - 7.30AM
\$2000 - MATT EDWARDS LIVESTOCK OPEN CAMPDRAFT & FINAL - Entry: \$60.00 (NOVICE OPEN ONLY)
\$1000 - THE JOEY TURNBULL MEMORIAL LADIES CAMPDRAFT
SPONSORED BY RAY WHITE LIVESTOCK - Entry: \$35.00 (LIMITED 2 RUNS 17YRS OVER)
\$300 - BENALLA STUD 13-U17 JUVENILE CAMPDRAFT - Entry: \$25.00 (LIMITED 2 RUNS)
\$200 - GWYDIR SHIRE COUNCIL 8-U13 JUNIOR CAMPDRAFT - Entry: \$22.00 (LIMITED 2 RUNS)

SUNDAY 1ST JANUARY 2023 - 7.30AM
\$1000 - ROSS POLLOCK MAIDEN 'A' DRAFT & OTTLEY CAPITAL MAIDEN 'B' DRAFT - Entry: \$41.00 + FINAL
JACKPOT - STEPHEN KING MEMORIAL JACKPOT OPEN 4 OPEN - Entry: \$60.00

ENTRIES THROUGH CAMPDRAFT CENTRAL - NO CHANGES TO THE DRAW AFTER THEY
ARE COMPLETE/COMPETITORS MUST RUN IN DRAW ORDER.
CAMPDRAFT NOMINATIONS OPEN MONDAY 12/12/2022
AT 9.00AM FOR 48 HOURS & CLOSE 14/12/2022.

FAILURE TO NOTIFY OF SCRATCHINGS 7 DAYS PRIOR TO EVENT COMMENCEMENT, WILL FORFEIT ENTIRE ENTRY FEE.

JUNIOR RODEO

SUNDAY 1ST JANUARY 2023 - 10.00AM

Jackpot Junior Barrel 8-U11	Entry: \$18.00	AB: \$11.00
Jackpot Junior Barrel 11-U14	Entry: \$18.00	AB: \$11.00
Jackpot Junior Barrel 14-U18	Entry: \$18.00	AB: \$11.00
Jackpot Juvenile Steer Ride 14-U18	Entry: \$16.00	AB: \$11.00
Jackpot Mini Bull Ride 8-U11	Entry: \$27.00	AB: \$11.00
Jackpot Mini Bull Ride 11-U14	Entry: \$27.00	AB: \$11.00

**NO DOGS • GLASS • BYO
CANTEEN • BBQ & BAR**

STALLIONS ARE TO BE COLLARED AND YARDED
THE COMMITTEE RESERVES THE RIGHT TO VARY OR ALTER THE PROGRAM AT THEIR DISCRETION.

- Stock levy: \$22 • Youth: \$11 • Trophy: \$1.50 • First Aid: \$2.75 • CRF: \$1.10
- "B" first round runs (excluding Open For Open)
- Committee registered for GST. All prize money paid is GST inclusive where applicable.
- Committee reserves the right to refuse any nomination for any event without giving reason for refusal.
- Failure to notify the committee of scratchings Sun 23/12/2022 prior to commencement of the program will forfeit nomination fees.
- Events paid out 1st to 5th place. All prizemoney will be paid out over the weekend, please collect from the office.

The Upper Horton Committee wish to thank all sponsors for the weekend.
All competitors under 18 must wear an approved helmet at all times while mounted.
• Encouragement riders must wear an approved helmet whilst competing in any event.

ENQUIRIES: David Kelly Ph: 0428 827 240
Shelly Steiger Ph: 0428 832242

 HELMETS CAN
SAVE LIVES

Adam Marshall's Facebook page

Additional \$3.72 million to urgently fix potholes across the region

I was very pleased to announce this week an immediate **\$3.72 million** shot-in-the-arm from the State Government to help the region's beleaguered councils, which are struggling to keep on top of the growing number of potholes and damage on local roads.



With almost record rainfall being experienced across our region in the last 12-18 months – and two floods thrown in for the Moree district – our local roads have copped an absolute flogging and many are in a terrible condition. To make matters worse, the continued wet weather has hampered councils' efforts to undertake any major repairs, instead just patching what they can until the next rain does more damage. This extra cash alone isn't the panacea, but it is a welcome boost for our councils and their road crews, who trying to take advantage of the current dry period to complete as much repair work as they can. Under the funding round, councils were allocated funding based on the size of their local road network:

• Armidale Regional	\$265,448.66
• Glen Innes Severn	\$395,357.10
• Gwydir Shire	\$709,204.63
• Inverell Shire	\$794,261.52
• Moree Plains Shire	\$927,639.40
• Uralla Shire	\$316,306.28
• Walcha	\$314,554.94
Total	\$3,722,772.53



NSW GOVERNMENT DELIVERS FOR GUNNEDAH'S KOALA SANCTUARY

The NSW Government's Resources for Region Round 9 has delivered for Gunnedah's proposed Koala sanctuary with \$5.624 m locked in to ensure work can begin on Stage 2 of the project.



Member for Tamworth Kevin Anderson said this funding is on top of the NSW Government's \$6.48 million investment from the Regional Communities Development Fund in 2018, bringing the total NSW Government investment to \$12.1m.

"The Gunnedah Koala Sanctuary project is an exciting project for the Gunnedah community with real potential to drive the region's visitor economy," Mr Anderson said. "We're also focused on ensuring our local koala population is healthy, which is why the sanctuary will also include a koala hospital which will give sick and injured koalas the care and respite they need to recover."

Gunnedah Shire Mayor Jamie Chaffey welcomed the funding towards this important project. "The Gunnedah Koala Sanctuary will provide care for injured and sick koalas and native animals, and will add to our reputation as the Koala Capital of the World," Cr Chaffey said. "A lot of work and planning has gone into getting the project to this stage and we are now very close to the start of construction. We are looking forward to the Gunnedah Koala Sanctuary playing an important role in both koala conservation and education. The NSW Government's Resources for Regions funding will play a key role in making this happen."

For further information, visit: www.nsw.gov.au/R4R

POPULAR FREE LEGAL DIARIES FOR SENIORS RETURNS



The Legal Topics for Seniors Diary has returned for 2023, helping our region's seniors avoid scams, plan for retirement, make a will or get financial help.

Member for Tamworth Kevin Anderson said the diaries were incredibly popular among local seniors and he expected his 10 boxes of free diaries to go quickly. "The free Legal Aid diary is a fantastic resource for local seniors who are looking to plan the year ahead while staying safe from predatory scammers," Mr Anderson said. "I've already had several seniors already drop into my office to check in and see if the diaries have arrived and I expect local seniors to be lining up for their copy over the next few days. Stocks are limited so I'd encourage anyone interested in a copy to pay a visit to my office at 13 Fitzroy Street and grab their copy soon. They can also be ordered online and delivered to your home, free of charge."

Seniors can [pre-order](#) their copy of the 2023 Legal Topics for Seniors Diary or calendar online, which will be released on 9 December.

The calendar and diary includes artwork by Aboriginal artist of Dharawal, Bidjigal and Dhungutti descent Garry Purchase.

STAYING SUN-SAFE THIS SUMMER

Member for Tamworth Kevin Anderson has issued a reminder of the importance of sun safety after a newly released melanoma hotspot map showed that the Tamworth region ranked among the top 25 hotspots for melanoma in NSW.

Mr Anderson said that now summer had begun, it's important that we remind family members and friends of the importance of being sun safe.

"Melanoma is the most common form of cancer amongst young people and is the third most commonly diagnosed cancer in Australians," Mr Anderson said. "We've all seen the ads reminding us to 'Slip, Slop, Slap' and now is the time to make sure we're in that habit. Whether you're out for a day on the water at Lake Keepit, playing cricket with mates, or in the yard keeping the weeds at bay, it's important that we have the sun protection we need to avoid the risk of developing melanoma."

The melanoma hotspot map shows the Tamworth region ranking 23rd in local Government areas, alongside mainly regional areas like Bathurst, Lismore, Byron and Port Macquarie.

95 per cent of melanoma and 99 per cent of non-melanoma skin cancers are caused by overexposure to UV radiation from the sun, and can be prevented with proper sun protection.

Cancer Institute NSW recently launched a powerful new skin cancer campaign targeting the nearly 70 per cent of 18-24 year olds who fail to protect their skin outdoors.

The campaign focuses on the invisible but potentially lethal threat of UV radiation, illustrated through the use of arrows penetrating unprotected skin.

The most effective defence against UV radiation is to follow five key steps before leaving the house:

Slip on protective clothing,

Slop on SPF50 sunscreen,

Slap on a wide brimmed hat,

Seek shade, and

Slide on sunglasses. Sunscreen should always be re-applied every two hours.

Regional Dam Levels from Water NSW

Chaffey 100.4%

Copeton 97.2%

Keepit 98.2%

Split Rock 100.2%



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PHIL DENYER

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and reach 750 households in our local
area.**

Contact

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for the best advertising rates in the
region.**



Golf Notes

Manilla Boys Ed Lockrey was last week's winner of twilight golf with 23 points. He and teammate Neil Bonnett combined for 41 points to be the best team of the week and gives them a total of 224 points but trail the Hackers by 18 with 2 weeks to go. They are in a close battle for second with Lotta Piggins 233, Bareela Birdies 231 and Golf Creek 221. Ball winners last week were Kerrie Smith with 21 points, Dan Harris, Craig Ruttley and Adam Russell 20 and Richard Pudicomb and Ian Cabot 19.

We had a 3 person Ambrose on Sunday to send Phil Denyer and Dan Etheridge on the "Shitbox Rally" which is a cancer fundraiser event early next year. There were approximately 60 people in attendance and a good day was had by all.

On Saturday night we had our golf presentation night over dinner at the Commercial Hotel. The winners were;

Golf Trophies 2022 Presentation Night 03/12/22

Name Winners	Event	Donated by
Lib Thompson & Lyn Groth by 1 Shot (from Gail & Lyn)	Ladies Foursomes Champions	Club
Gail Simpson & Lyn Simpson	Ladies Net Foursomes Champions	Club
Lib Thompson	Ladies Net Champion	David York
Amanda Koopman	Ladies Club Champion	David York
Amanda Koopman and Peter York by 5 shots from Lib & Campbell	Mixed Foursomes Championships	Lloyd and Vera Bridges Memorial Trophy donated by Lyn Groth
Will Sedgwick & Campbell Tonkin by 1 shot from Shayne Middlemiss and Craig Ruttley	Mens Foursomes Championships	Peter York and Allan Yates
Peter York & Craig Ruttley over Dave Kelly and Garry Allen	4BBB Matchplay Champions	Doonba Pastoral
Craig Ruttley over Campbell Tonkin	Singles Matchplay Champions	Chub Jackson Memorial
Tom Mellor by 4 shots over Craig Ruttley	Club Net Championships 2022	Brock Sampson Golf
Kevin Kelaher by 6 shots over Peter York.	Club Championships 2022	Bert Goldman Memorial Donated Jenny and Shayne Middlemiss

Barraba 7 day Forecast from the Bureau of Meteorology

Wednesday 7 Dec
Summary Max 32
Possible storm



Thursday 8 Dec
Summary Min 14 Max 29
Sunny



Friday 9 Dec
Summary Min 7 Max 28
Sunny



Saturday 10 Dec
Summary Min 11 Max 29
Partly cloudy



Sunday 11 Dec
Summary Min 12 Max 31
Possible Shower



Monday 12 Dec
Summary Min 17 Max 29
Shower or 2



Tuesday 13 Dec
Summary Min 10 Max 29
Sunny



3 ways app developers keep kids glued to the screen – and what to do about it.

Sumudu Mallawaarachchi, PhD Candidate, School of Psychology, Deakin University
Sharon Horwood, Senior Lecturer in Psychology, Deakin University

From learning numbers to learning how to brush your teeth, it seems there's a kids' app for everything.

Recent US statistics indicate more than half of toddlers and three-quarters of preschoolers regularly access mobile apps. So, it's no surprise there has been an explosion of options within the app market to keep kids engaged.

These apps certainly offer some fun interactive experiences, not to mention good educational content in many cases. They're also very good at keeping young minds engaged. So, what's the catch?

You just read it: they are very good at keeping young minds engaged – so much that kids can struggle to put their devices down. If you've ever wondered why it's so hard to tear your child from their device, read on.

What is persuasive design?

Although there are national recommendations to help guide parents through the minefield of kids' screen time, there is a hugely under-acknowledged piece of this puzzle – and that's the way the technology itself is designed.

Persuasive design refers to strategies that grab and hold our attention. It's something both kids and adults experience (usually unknowingly) while scrolling through social media or fighting the urge to play another round of Candy Crush.

If persuasive design can influence the screen-use behaviours of adults – who have supposedly developed regulatory skills and self-control – then toddlers and kids don't stand a chance. This aspect of the screen-time debate is rarely scrutinised with the seriousness it deserves.

To find out just how persuasive kids' apps can be, we applied a well-established model of persuasive design to 132 of the most popular early childhood apps downloaded by Australian families via the Android and iOS app stores. We found three main ways persuasive design features keep kids coming back.

1. Motivation

A key concept in persuasive design is to tap into kids' emotions to ensure they stay motivated to engage with the app. This is done by:

- offering pleasure through rewards. Kids are still developing their ability to delay gratification. They're more likely to seek an immediate reward of lower value than wait for a reward of higher value. In the context of apps, they're likely to be motivated by instant rewards that bring happiness or excitement. The apps we tested offered many more instant rewards (such as sparkles, cheers, fireworks, virtual toys and stickers) than delayed rewards.
- provoking empathy. Just as adults seek positive feedback through "likes" on social media, kids love receiving social feedback from characters they admire (think Hello Kitty, or Bluey). Kids often attribute human feelings and intentions to fictional characters and can form emotional ties with them. While this can help foster a positive learning experience, it can also be exploited for commercial purposes. For instance, character empathy is at play when Hello Kitty looks sadly at a shiny locked box of food that can only be opened in the paid version of the app.

2. Ability

No one wants to play a game that's too difficult to win. Ability features provide kids with continuous instructions to reduce the likelihood of disengagement.

One way to increase a child's sense of mastery is repetition. Many early childhood apps include rote learning, such as making the same cookie over and over with the Cookie Monster. By including tasks that are quick to learn and repeating them, app designers are likely trying to tap into children's growing sense of autonomy by helping them "win" on their own.

So, what's the problem with that? While repetition is great for learning (especially for developing minds), the removal of any requirement for help from a parent can encourage more solitary use of apps. It can also make it harder for parents to engage in social play with their child.



We have a responsibility to ensure kids' apps are genuinely educational and aren't exploiting their developmental vulnerabilities. Google Play/Sesame Street Alphabet Kitchen

3. Prompts

Commercial prompts were the most common trigger we found in early childhood apps, especially free apps. They have one main purpose: to bring in revenue.

Prompts include pop-up advertisements, offers to double or triple rewards in exchange for watching an ad, or prompting the user to make in-app purchases. While adults might be able to see prompts for what they are, kids are much less likely to understand the underlying commercial intent.

So, what can be done?

There's no doubt some of these features in moderation help maintain a basic level of app engagement. But our research makes it clear a lot of persuasive design features simply exist to serve business models.

We need to have more conversations about ethical design that doesn't capitalise on children's developmental vulnerabilities. This includes holding app developers accountable.

The early-childhood app market is vast. Parents often won't have enough information on how to navigate it, nor enough time to assess each app before downloading it for their child. However, there are a few ways parents can get an upper hand:

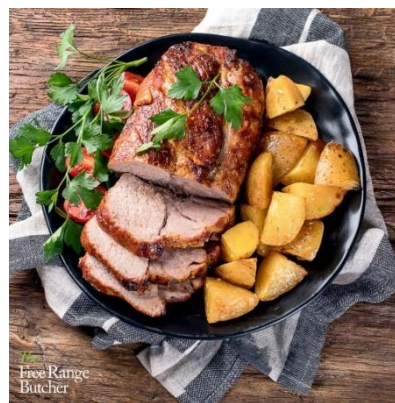
- talk to your child after they've played with an app. Ask questions like "what did you learn?", or "what did you enjoy the most?".
- play the app with your child and decide if it's worth keeping. Are they getting smothered by rewards? Are there many distracting prompts? Is it too repetitive to be genuinely educational?
- look for the "[teacher-approved](#)" indicator (on Play Store) when considering an app, or check reviews from trusted sources such as [Children and Media Australia](#) and [Common Sense Media](#) before downloading.

Ideally your child should be leading the play, actively problem-solving, and should be able to end their time on an app relatively easily.



Slow Roasted Pork Neck with Sticky Glaze

From The Free Range Butcher



Pork neck is a great cut of meat for slow cooking or slow roasting. This recipe is from one of the Women's Weekly cookbooks. Who doesn't love sticky, glazed pork.

Ingredients:

- Pasture Fed Pork Neck
- 125ml Chinese cooking wine, medium dry sherry or Mirin
- 80ml soy sauce
- 1/3 cup firmly packed brown sugar
- 4 clove garlic, crushed
- 5 centimetre piece fresh ginger, grated
- 1 tsp sesame oil
- 2 star anise
- 1 1/2 cup (375ml) water

Method:

1. Combine cooking wine, soy sauce, sugar, garlic, ginger, oil and star anise in a medium jug
2. Place pork in a large glass dish and pour over half the sauce ingredients. Make sure to turn to fully coat the pork in the marinade. Reserve remaining sauce mixture for serving
3. Cover pork and refrigerate for 3 hours or overnight, turning pork occasionally if you can
4. Preheat the oven to 180 degrees fan-forced
5. Pour water into the bottom of your baking dish. Add your roasting rack and place the pork on top. Reserve the remaining marinade for basting. Cover tightly with foil and place into oven.
6. Reduce temperature to 140 degrees fan-forced and roast for 1 hour & 30 minutes. Remove foil and roast for a further 1 hour or until pork is tender, brushing occasionally with reserved marinade.
7. If you are planning on serving with roast vegetables, add them to the oven now.
8. Remove pork from the dish, cover with foil and stand for 20 minutes before slicing.
9. Meanwhile, heat the unused marinade in a small saucepan. Bring to boil, reduce heat and simmer for 1 minute.
10. Serve the pork slices drizzled with sauce.