



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 25th January 2023



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 \$2,000 (2 draws)

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1,000

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM

BINGO 11AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS

Phone 0427330808

CLOSED MON/TUES/WED

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

SUNDAY: LUNCH 12-2PM

COURTESY CAR NOW AVAILABLE

**BARRABA RUGBY CLUB
SPONSORSHIP EVENING**
WITH GUEST SPEAKER
Gemma Etheridge

Friday 3 February
Seafood Dinner
6:30PM TICKETS \$60
VENUE: BARRABA RUGBY CLUB
DRESS: COCKTAIL

TICKETS AVAILABLE AT
[HTTPS://WWW.TRYBOOKING.COM/CFJA](https://www.trybooking.com/CFJA)
OR INSTORE AT STOCK & CROP OR
BARRABA BEEF

GEMMA ETHERIDGE IS AN AUSTRALIAN WOMEN'S RUGBY 7S GOLD MEDALLIST WHO COMPLETED AT THE 2016 RIO OLYMPIC GAMES. GEMMA HAS PLAYED ELITE LEVEL RUGBY WHICH HAS ALLOWED HER TO TRAVEL THE WORLD AND BECOME AN AMBASSADOR FOR WOMEN IN SPORT



A new competition for 2023 will be the Sports Shear & Wool Handling Competition at the **Barraba Show on the 4th March 2023** organised by Jock & Zac Mallise. Zac was recently placed 2nd in

the SSAA National Development Senior Shear 2022 in Bendigo. Come along and support our local and National competitors. It will be a very exciting event for all to view. Thank you to our sponsors and donors of sheep.



A Big Thankyou to the Barraba Lady Bowlers

Recently the Lady Bowlers gave a generous donation to Richardson House. This donation was deposited in the Fundraising account which supports the purchase of items to enhance the lifestyle and comfort of the residents. The residents were asked what they would like and their decision was to purchase a small garden shed to store their garden tools. Thanks to Peter, Paul and Gavin for erecting the shed. Then Ken and Bob completed the job by installing a tool rack for storing and easy access to tools.

There are a group of keen gardeners amongst the residents who enjoy pottering around the sensory garden, weeding, keeping it tidy, putting in some new plants. A great activity and includes important physical exercise.

A big thank you to the members of the Ladies Bowling Club for making this possible.



LETTER TO THE EDITOR

I am putting together a book on the small schools which used to be an integral part of the Barraba district. I have quite a bit of information but would be grateful if anyone has any stories or photos about any of these schools that they could contribute. If you would like to contribute contact Carolyn on 67821535.

Thanks
Carolyn Faint



History Notes

The historical society has returned from holiday mode. At the meeting last week there was much discussion about future events. The first markets of the year will be held on Saturday 11th February, starting just a little bit later than last year at 9 am. The present stall holders will be contacted but if there is anyone in town or around the area who wishes to hold a stall, please contact Diana on tulicattle@bigpond.com or you can ring her on 67821647 and leave a message. We are also advertising the markets elsewhere in this publication. Last week's notes on Cunningham exploring our district attracted attention from some residents who did not know about his travels through this area. The R.A.H.S. journal also has a number of other journeys taken by Cunningham and of course there were some rather dangerous adventures also included.

Browsing through the article I noticed that he was camped beside a little creek near present day Laidley, Queensland, when the natives lit the long grass surrounding the camp. This could have been a disaster if Cunningham had not insisted that his men cut some green limbs and put them beside the tents. The group managed to escape the fire with the use of the green limbs and by burning a small area in front of the tents as a firebreak—some of his men were badly scorched by the flames but all managed to survive. They continued on their way to Brisbane.

Family history and descendants looking to find their ancestors take up quite a lot of time but bring a lot of interest to members. Recently Dr Poggioli's descendant contacted the society in his search for more information. Dr Poggioli was Barraba's doctor for some years before 1908 and he and his family were well known in the town.

In search for some more information I found a photo of the Poggioli home in Queen Street – it is still there with a few modifications over the last 120 years. The home I am referring to was always the doctor's home from the 1950s and was added to as various doctors and their families lived there. It is on a large block of ground and has been extended to the west but the roof line from the front looks the same. Added to this information there is a woman standing at the gate who could very easily be Mrs Poggioli.

Have you got garden produce, home grown vegs, handcrafts, books, cakes and biscuits other home make produce. There is space for your stall at the Museum Markets.



**Market Stall
Holders
Wanted**

The next Market Day is
Saturday 11th Feb, starting
at 9am

Contact Diana Sims at
tulicattle@bigpond.com
or you can ring her on
67821647 and leave a
message.

The Barraba Volunteer Fire Brigade 5th March 1983 with all the names embedded.

This team served Barraba and district so brilliantly over the decades fighting some terrifying infernos like the McKenzies Machinery Building fire and the dangerous Commercial Hotel fire.

They gave freely of their time in maintaining their skills in weekend training sessions and Peter Hancock especially was always available to give our local businesses staff fire drills and talks on the best method of fighting the different types of fires starting inside the premises.

We all owe them our sincere thanks for their community service for such a long time.

Posted by Brian Coote.



Barraba Volunteer Fire Brigade 5th. March 1983

L to R. Ian Campbell, Jim Bridges, Eric Whetton, Stephen Hawkins, Bill Saunders, Ian Butler, Mervyn Lavender, Peter Hancock, Frank Perry & Bruce Butler (Capt.)



Summer Health Hazards

Summer is a time for outdoor activities, BBQs, and soaking up the sunshine. However, The Australian Digital Health Agency is encouraging people to be aware of the potential health hazards that can come with the warmer weather. Below are some things to watch out for and tips on how to stay safe and healthy this summer:

Heat stroke: When the body is unable to regulate its temperature, it can lead to heat stroke. Symptoms include dizziness, headache, rapid heartbeat, and loss of consciousness. To prevent heat stroke, stay hydrated, avoid excessive alcohol consumption, and take frequent breaks in a cool place. Heat stroke is a medical emergency. The information in your My Health Record can help inform and support medical care in emergencies and your regular GP can be updated online for follow up treatment.

Sunburn: Prolonged exposure to the sun can cause sunburn, which can increase the risk of skin cancer. To protect yourself from sunburn, apply sunscreen with at least SPF 30, wear protective clothing, and avoid the sun during the peak hours of 10 am to 4 pm. If you do get severe sunburn, your doctor can prescribe a corticosteroid cream and upload a summary of the event to your My Health Record so skin damage can be monitored and inform further skin cancer screenings.

Insect bites: Mosquitoes, ticks, and other insects can carry diseases and cause allergic reactions. To avoid insect bites, use insect repellent, wear long-sleeved shirts and pants, and avoid areas with standing water. If you are bitten by an insect and experience symptoms such as swelling, redness, or difficulty breathing, immediately seek medical attention and the details in your My Health Record, like allergies, medicines and history can assist healthcare providers to best deliver care.

Food poisoning: Eating contaminated food can cause food poisoning, which can lead to symptoms such as nausea, vomiting, and diarrhea. To prevent food poisoning, make sure to properly store and handle food, keep raw and cooked food separate, and cook food to the recommended temperature. If you do experience symptoms of food poisoning, seek medical attention, and having the incident recorded in your My Health Record can provide context to your greater wellbeing journey.

Taking appropriate precautions can help ensure your safety, however, if things go sideways your My Health Record can be a valuable tool to manage your health this Summer.

NSW GOVERNMENT

Grazing on the Gwydir

Saturday 18 March 2023

An event held in the main street of Bingara, that showcases local food, businesses and entertainment.

Live music performed by the Contingency Plan & Natalie Baker from 2pm at Junction Park

Info: Tiff Galvin 0428 241 318 or Lenore Kennedy 0428 977 923

Stall Bookings: Bingara Information Centre 02 6724 0066

GWYDIR COUNCIL

NSW COVID-19 weekly update

In the past 7 days to 4pm Thursday 19 January 2023

9,062 new cases	131 lives lost*
4,493 RAT	4,569 PCR

As at 4pm Thursday 19 January 2023

1,236 people in hospital	31 people in ICU
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* Not all COVID-19 deaths occurred in the week in which they are reported as there is sometimes a delay between a death occurring and it being notified to NSW Health.

NSW

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

news@barrabacommunitynews.org.au

for the best advertising rates in the region

New land values published for North West Regional NSW

The NSW Valuer General has published land values for the North West Regional NSW Region. The land values reflect the value of land only, as at 1 July 2022.

Land value is the value of the land only. It does not include the value of a home or other structure. Property sales are the most important factor valuers consider when determining land values.

The new land values will be used by Revenue NSW to calculate land tax for the 2023 land tax year. Councils receive new land values for rating at least every three years. Land values are one factor used by councils to calculate rates. All councils have been issued with the 1 July 2022 land values. Landholders will receive a Notice of Valuation showing their land value before it is used by council for rating. Notices will be issued from January 2023. This gives landholders time to consider their land value. Please visit www.valuergeneral.nsw.gov.au for more information on land values and the NSW valuation system.

Total land values for the North West Regional NSW

North West NSW Region local government areas

Gunnedah, Gwydir, Liverpool Plains, Moree Plains, Narrabri, Tamworth Regional and Walgett.

General overview

The total land value for the North West region increased by 38.7% between 1 July 2021 and 1 July 2022 from approximately \$26.1 billion to \$36.2 billion.

Residential land values experienced an overall increase of 33.7%. The strongest increases were in Liverpool Plains (69.9%) and Tamworth Regional (37.5%). Residential land value increases were driven by increased demand primarily from metropolitan and coastal purchasers.

Strong increases were also attributed to the strengthening demand in the surrounding residential and rural sectors upon which the commercial market relies.

Industrial land values experienced a moderate increase of 8.7% overall. The highest increases were in Liverpool Plains (35.8%) and Walgett (25%), driven by strengthening demand in the surrounding residential, rural and mining sectors, as well as the relative affordability.

Rural land values recorded an overall very strong increase of 37.1%, attributed to continued favourable climatic conditions, and strong commodity prices. The strongest increases were recorded in Narrabri (59.0%) and Tamworth Regional (61.3%), which was partially driven by the demand for lifestyle properties in these locations. Additional drivers to these markets include the impact of the Inland Rail project and ongoing mining and gas projects in the region.

For more information, visit: www.valuergeneral.nsw.gov.au



Graduate Program for Valuation NSW

Valuation NSW has launched a Graduate Program offering opportunities to kick-start an exciting and rewarding career in Australia's leading property sector.

Leon Walker, Deputy Secretary of the Homes, Property and Development group said: "Valuation NSW delivers a broad remit of valuation functions on behalf of the Valuer General and other NSW Government agencies and local councils, so graduates can be assured no two days will be the same. Graduates in this program will have the opportunity to learn and partner with many property development and delivery agencies of government within the wider Homes, Property and Development group, including Property and Development NSW."

Chief Executive Officer of Valuation NSW Stewart McLachlan said: "Valuation NSW is one of Australia's most renowned valuation organisations, responsible for valuing over 2.6 million land parcels with a current combined value of over \$2.24 trillion. Our organisation has an unsurpassed depth of experience in land valuation while remaining at the forefront of the latest industry developments. Graduates who join the program will be given help and mentorship to develop skills and knowledge to pursue a range of career paths in the valuation industry."

NSW Acting Valuer General Josh Etherington said: "The program will give graduates or students nearing completion of their degree hands-on experience to get their careers off to a running start with an award-winning valuation team."

Six graduates will be chosen for the inaugural entry-level program. The 24-month program will involve up to four rotations of about six months each, giving graduates experience in a diverse range of property-related valuation teams. It will likely include a six-month rotation outside Valuation NSW in either the wider Department of Planning and Environment or another department.

The Graduation Program is open to any Australian or New Zealand citizen, or permanent resident of Australia, who has a keen interest in learning more about the property valuation industry. Ideally, applicants will have completed or be undertaking qualifications required for Associate Membership of the Australian Property Institute.

Graduates can work in and around metropolitan Sydney and in regional offices across NSW. Flexible work conditions allow graduates to work more hours on some days and less on others for a 35-hour week. For more information, visit: www.valuergeneral.nsw.gov.au



for St John's wort (*Hypericum perforatum*) with current conditions across north west NSW ripe for the weed.

St John's wort contains the toxin hypericin, which causes photosensitisation in sheep, cattle, horses and goats. The skin damage associated with this problem leads to weight loss, reduced productivity and, in extreme cases, death.

Local Land Services Regional Weed Coordinator Jo Skewes said now was a critical time for control with the weed capable of growing in a variety of areas including well established competing pastures, riparian areas and bushland.

"One St John's wort plant can produce 30,000 seeds annually, so early identification and control is paramount," Ms Skewes said. "The sticky seeds are spread primarily by animals and may remain viable in the ground for more than 20 years, so it is important that all known infestation sites are regularly monitored. All new plants must be treated before seed set, as every plant left untreated has the potential to produce thousands of new plants."

North West Regional Weed Committee Chair Ian Schwartz encouraged landholders to take action now.

"St John's Wort is a priority species under the North West Regional Strategic Weed Management Plan," Mr Schwartz said. "The best way to control St John's Wort is to take an integrated control approach. An effective spray program to be undertaken now, followed by pasture seeding and fertilising to help establish desirable pasture species to help out compete new St John's Wort seedlings."

Infestations can also be grazed heavily in winter to help control the weed.

"Biocontrol agents are present in some areas but to date have not been an effective tool to get large infestations under control," he said.

There is a general biosecurity duty for any person who deals with a plant that poses a risk of causing an adverse effect on the economy, the environment or the community and who knows, or ought to know about the risk the plant poses, has a legally enforceable duty to prevent, eliminate or minimise the risk of that impact occurring.

To get more information on St John's Wort check out the WeedWise app (www.dpi.nsw.gov.au/weeds) or download the North West Regional Strategic Weeds Management Plan (www.lls.nsw.gov.au).

For technical advice and assistance with identification please contact your local council weeds officer.

Harrisia cactus (*Harrisia martinii*) is native to Brazil and the Chaco area of Argentina and Paraguay and, since introduction to Australia around 1900, has become a major weed in both Queensland and NSW.

The Harrisia Cactus Task Force (HCTF) was established in 2015, when relevant local and state government agencies, Landcare, landowners, contractors, and regional natural resource management bodies recognised that collaboration was the key to successful control of this invasive weed, that is both economically and environmentally devastating. The group meets twice a year to communicate and share information and lessons learnt, and to collaborate on ideas for the region.

The HCTF supports an integrated approach to the management of this weed, where one of the tools used is biological control (biocontrol). HCTF works with the NSW Department of Primary Industries (DPI), the Queensland Department of Agriculture and Fisheries (QDAF) and NSW Weed Biocontrol Taskforce, and has funding support from North West Local Land Service (NW LLS).

The current biocontrol agent for Harrisia cactus is a mealybug, *Hypogeococcus festerianus*, which is found on Harrisia cactus in the north west region of NSW and QLD. More information on the mealybug can be found in the 'Biological control of weeds – A practitioners guide for south-east Australia' on the [Northern Slopes Landcare website](#) or you can request a pdf version from [NSW Department of Primary Industries](#).

Recently, the HCTF welcomed Michael Mulholland from National Parks and Wildlife Services and new Narrabri Shire Council Weed Officer, Aaron Cross who said he joined the HCTF "to improve my knowledge and to assist in improving public awareness of Harissa cactus and preventing its spread."

You can help us control this weed and prevent further economic and environmental hardship.

Seen it? Call us: Help protect our lands, plants and wildlife. If you spot any infestations of Harrisia cactus, please contact the NSW Biosecurity Helpline 1800 680 244.

To find out more about the biocontrol agent for Harrisia cactus, contact NW Cacti Control Coordinator Ali Bigg on nwcactus@nsla.net.au

Kids Helpline says positive mental health and wellbeing should be a priority in primary schools in 2023

As children across Australia begin a new school year, Kids Helpline is reminding families to keep an eye on their children's wellbeing at what can be an anxious and stressful time.

"It's not surprising that heading back to school or the important step of starting school for the first time can be an anxious time for children.

To help make things a little easier not only at the beginning of the new school year, but also through the year, schools are encouraged to tap into the free Kids Helpline @ School program supported by Bupa Foundation," said **yourtown** CEO Tracy Adams.

Kids Helpline @ School, one of **yourtown's** service offerings, strengthens the reach of Kids Helpline by providing evidence-informed learning to support the social and emotional wellbeing of children when at school with topics such as bullying, resilience, friendships and student wellbeing. Kids Helpline @ School supports primary school students' mental health literacy, normalisation of help-seeking behaviours, and promotion of positive health and wellbeing.

"We're fortunate that Bupa Foundation has partnered with Kids Helpline to support our primary school-based program, aimed at intervening and preventing mental health and other wellbeing issues for children from a young age. We know that mental health challenges often begin during childhood and if left unattended they can lead to poor outcomes in adulthood", continued Ms Adams. "Over the last two years there has been a surge in popularity of this innovative school-based program which has supported over 100,000 primary school students in this time. We're looking forward to continuing that at this time of year as school is about to commence again. Teachers can connect their classroom to a Kids Helpline counsellor free of charge simply by booking a session at kidshelpline.com.au/schools/primary for a session that is both educational and interactive in a fun, engaging environment," said Ms. Adams.

"Available 24 hours a day, 7 days a week, children are able to choose telephone, WebChat or email counselling when they need to connect. Kids Helpline @ School offers early intervention and prevention sessions for primary schools in Australia to further support the wellbeing of students," Ms Adams continued.

CSIRO RESEARCH OFFERS DIETERS A NEW APPROACH TO COMBAT CRAVINGS AND WEIGHT LOSS WITH THE FAST START PROGRAM

CSIRO, Australia's national science agency, has released new research that will help Australians start healthy weight loss in 2023 by tackling one of the biggest obstacles to successful dieting: cravings.

Off the back of the findings, CSIRO Total Wellbeing Diet has launched its Fast Start program. It's an alternative way for Australians that are overweight or obese to make sustainable, safe and healthy diet changes.

A recent survey of 330 Australians revealed that 66 per cent of respondents reported a constant struggle to resist higher levels of cravings, while 82 per cent said it would be easier to lose weight without cravings.

With one in five of this group also reporting more than 25 attempts to actively manage their weight, CSIRO conducted a follow up study to explore alternative ways they could better curb their cravings and avoid derailing their weight loss.

The follow up study asked participants to engage in three weeks of partial meal replacement, before making a fully supported transition into the CSIRO Total Wellbeing Diet's high protein, low-GI wholefoods program. Evidence shows that people who start strong in the first three weeks of a weight loss program go on to lose 3.5 times more weight after 12 weeks, than those who struggle to get started.

On average, participants that completed the study lost 4.1kg in the first three weeks of using meal replacement shakes within their diet, and 80 per cent of people reporting feeling better at controlling their cravings. By week six, participants lost an average of 5.9 kg, two-thirds achieved a clinically significant weight loss, and confidence in their ability to resist cravings increased by 19 per cent.

CSIRO Research Scientist and report author, Dr Gilly Hendrie said the findings were a welcome development in providing an alternative start to weight loss for some Australians, that better suits their needs and lifestyle. "With 67 per cent of Australians overweight or obese it's more important than ever that scientists continue to find new ways to help people lose weight. There is no one-size-fits all approach to healthy weight loss. We know that people who experience higher than average cravings not only have more weight to lose, but also lose less weight than others," Dr Hendrie said.

[Google the Fast Start program for a link to their webpage.](#)

A Girl's League Group in Nurses' Uniforms leading the Oddfellows and a procession of decorated cars up Queen St in a patriotic march in 1918. Kerb & gutters now in place and another transient business, this one a Jeweller, next to Dean & Smith. Not a horse in sight in this historic photo shared with us from Nancy Baldwin's great albums. Posted by Brian Coote.



*Procession in Queen St Barraba 1918
girls club + Oddfellows with
decorated cars.*

RECENT ANNIVERSARIES

- the first successful caesarean section operation (1794)
- the deaths of Lewis Carroll (1898), Dorothea Mackellar (1968) and Alan Rickman (2016)
- the establishment of the Reserve Bank of Australia (1960)
- of Henry VIII declaring himself head of the Church in England (1535), and of Elizabeth I becoming Queen of England (1559)
- the eruption of the Hunga Tonga–Hunga Ha'apai volcano, which was the largest this century (2022)
- Captain James Cook coming across the Hawaiian Islands, which didn't end well... (1778)
- the first group of ships from the First Fleet arriving in Botany Bay (1788)

- ABC's Triple J broadcasting for the first time (1975)
- champion cyclist Lance Armstrong admitting to doping in all 7 of his Tour de France victories (2013)
- China ceding Hong Kong to the British during the 1st Opium War (1841)
- the execution of the last king of France, King Louis XVI during the French Revolution (1793), as well as the deaths of Vladimir Lenin (1924) and George Orwell (1950)
- the start of the Battle of Khe Sanh (1968)
- the death of Queen Victoria (1901)
- the landmark Roe v Wade ruling, which saw the US Supreme Court legalise most abortions (1973)
- the Shaanxi Earthquake, the deadliest ever recorded. It killed 830,000 in Shaanxi Province, China (1556)

New Anglican Vicar for Barraba

St Laurence's Anglican Church are excited to welcome a new Vicar to start in 2023.

Matthew Hearne, with his wife Chloe and two daughters, Elise and Kate start their ministry here in Barraba this weekend. They will be welcomed to Barraba by Bishop Rod at our 9am service on Sunday 29 January 2023 and all are welcome to attend.

Matt is a "local", having been born in Tamworth and grown up in Quirindi. He studied Physiotherapy in Newcastle, worked in private practice for a year then completed a 2 year ministry apprenticeship at Hunter Bible Church. He then attended Moore Theological College. Matt is a mad keen Roosters fan and enjoys all sports. He is looking forward to getting back to the country and serving the people of Barraba.

Chloe, too is a "local", being raised in Boggabri and going to school in Gunnedah. Chloe studied Occupational Therapy at University and then like Matt did a ministry apprenticeship. Since their first born, Elise, arrived she has spent her time raising their daughters. She loves gardening, listening to music, reading, camping, playing with the girls and fixing up old bits of furniture. She cannot wait to get out of Sydney and get back into country living. She loves reading the Bible with women and is keen to connect with young mums in the community.

Elise, 3, and Kate, 1, are full of energy, determined and bring lots of laughs to the family.

We, at St Laurence's, look forward to welcoming Matt, Chloe, Elise and Kate into our church family and hope and pray that they settle well into Barraba.



Snippets from St Laurence's

The English poet, Rudyard Kipling wrote, "God gave all men all earth to love,/But since our hearts are small/Ordained for each one spot should be/Beloved overall." As we come to another Australia Day let us remember with thankfulness all the people for whom that "beloved spot" has been in the Barraba district.

This Sunday, 29th January, Bishop Chiswell will be with us to welcome our new vicar, Matthew Hearne, to Barraba. Matthew's ordination will be on 18th February.

Psalm 117 is so short it is easy to overlook it. It says, "Praise the Lord, all you nations; extol him, all you peoples, for great is his love towards us, and the faithfulness of the Lord endures for ever. Praise the Lord."

How it must grieve him to see the mess we are making of his world!

Beth

St Laurence's Barraba

Sunday service at 9.00am

Woodsreef: 2nd Sundays 11am

Uniting Church Notice

Sunday 29th January 2023 this week only combined service with Manilla at Barraba at 10.30 am

All welcome light lunch after service.

From Sunday 5th February 2023 all services return to 8.45am.

CATHOLIC CHURCH NOTES

Barraba 1st & 5th Sunday, 6pm Saturday evening

2nd 3rd & 4th Sunday 9am

Upper Horton 3rd Sunday 11am

Weekday Mass Wednesday 10am

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PREMIER'S BACK TO SCHOOL VOUCHING EASING HIP-POCKET PRESSURES ON LOCAL FAMILIES

Families across the region can now access \$150 worth of vouchers through the Premier's Back to School NSW program, keeping cash in the wallet of local families by saving on textbooks, uniforms, stationary and other school essentials.

Member for Tamworth Kevin Anderson said that while students had just waved goodbye to their school communities for 2022, now was the time to start gearing up for the new year with all the essentials.

"Families are really doing it tough this festive season with the price of everything from groceries to fuel so high," Mr Anderson said. "We don't want the cost of living to leave any student behind which is why the Premier is making sure our kids have all the supplies they need for a successful first term in 2023. Parents, guardians and carers, including foster carers, can apply for three \$50 Premier's Back to School NSW Vouchers per child, which can be used at registered businesses towards items including bags, shoes, prescribed textbooks and lunchboxes. Local businesses are already lining up to accept the vouchers, so I'd encourage local families to jump on the Service NSW website soon to get their hands on these vouchers."

For more information about the vouchers visit www.service.nsw.gov.au/back-to-school-vouchers, call Service NSW on 13 77 88 or visit your local Service NSW Service Centre.

Customers can search for registered businesses here: <https://vouchers.service.nsw.gov.au/vouchers/providers-search/>

\$250 REGIONAL SENIORS TRAVEL CARD RETURNS

The region's seniors will soon be saving another \$250 on travel with the return on the NSW Nationals Regional Seniors Travel Card.

Member for Tamworth Kevin Anderson said this was the fourth year the card had been available, and it had proved a hit with local seniors with more than two thirds of local seniors taking up the card in 2022. Mr Anderson said. "The \$250 pre-paid Visa card can be used on fuel, taxis, electric

charging stations, pre-booked NSW TrainLink regional trains and coaches, helping those eligible with the cost of getting from A to B. Last year, 9,918 seniors in the Tamworth Electorate took advantage of the card meaning almost \$2.5 million in savings for local seniors."

Applications are now open and will close on November 30, 2023. Seniors can apply online at service.nsw.gov.au, by visiting their local Service NSW shopfront or calling 1800 569 070.

PALLIATIVE CARE EXPANSION FOR TAMWORTH HOSPITAL

Local palliative care services will be more than doubled with the NSW Nationals in Government today announcing they will deliver a stand-alone, expanded and purpose-built palliative care unit at Tamworth Hospital.

"Last September, I joined Friends of Nioka in pushing for expanded palliative care services in Tamworth and today, the NSW Nationals in Government are delivering on that promise," Mr Anderson said. "As part of the NSW Government's \$743 million boost to enhance end-of-life care across the state, we will more than double the current bed capacity available for palliative care services in the Tamworth region. Planning is already underway and over the coming months we will work with local clinicians and the community, including the Friends of Nioka, to ensure the community's needs are front and centre. I will ensure that every person in our region has access to quality end-of-life care they deserve."

Minister for Regional Health Bronnie Taylor said "As a former palliative care nurse, I know how important quality end-of-life care is to people living in our regions, and I'm so pleased to be here today with the Member for Tamworth to announce this major expansion of local palliative care services."

Further detail about the redevelopment of Tamworth Hospital's palliative care unit will be confirmed following further planning and consultation with health professionals and community members.

NSW GOVERNMENT RESTOCKS KEEPIT DAM

The NSW Government's Fish Stocking Program continues to play a vital role in enhancing recreational fishing opportunities and strengthening fish populations across the state.

Member for Tamworth Kevin Anderson said the drought was devastating for fish populations in Keepit Dam and the NSW Government was stepping in, releasing a record number of native fish into the region's waterways, including 40,000 Murray Cod fry.



“NSW Department of Primary Industries (DPI) Fisheries produce the fish fry or fingerlings at their state-of-the-art hatcheries that are then released across the State,” Mr Anderson said. “They continue to breed strong, healthy native fish and have been releasing them into

waterways across the state, helping native populations recover. “In 2023, DPI will continue to breed fingerlings as part of the State’s largest-ever breeding program, aimed at sustaining fish populations in NSW lakes and rivers following years of drought.

For more information about fish stocking in NSW, visit www.dpi.nsw.gov.au

REGIONAL JOB CREATION FUND BACK TO BOOST LOCAL BUSINESSES

Businesses in the Tamworth electorate are being encouraged to expand thanks to the NSW Nationals in Government’s \$100 million Regional Job Creation Fund. Member for Tamworth Kevin Anderson welcomed the return of the fund which opens for Expressions of Interest (EOI) tomorrow, Friday the 13th of January and gives local businesses an opportunity to tap into a co-funding arrangement with the NSW Government to expand.

“Manufacturing and agriculture make a significant contribution to our economy and this fund has proven to boost those sectors while providing opportunities to young apprentices and job seekers.”

Eligible businesses can apply for grants of between \$100,000 and \$10 million for projects such as replacing plant equipment, upgrading technology and ensuring businesses that might otherwise have to relocate can remain operational in regional areas.

Expressions of Interest for Round Three of the Regional Job Creation Fund open on Friday, 13 January 2023 and close 5pm Monday, 6 March 2023. Successful EOI applicants will be invited to submit detailed applications from May 2023. For further information about the Regional Job Creation Fund, including program guidelines and eligibility criteria, go to: www.nsw.gov.au/RJCF.

THOUSANDS MORE WOMEN TO RECEIVE FERTILITY TREATMENT REBATE

Member for Tamworth Kevin Anderson has welcomed the NSW Government’s announcement of an Australian-first rebate for IVF or other assisted reproductive technology. The extension and expansion to the NSW Affordable IVF initiative also includes:

- extending rebates for pre-IVF fertility testing
- expanding state-wide access to lower cost IVF treatment through publicly-supported clinics
- boosting fertility preservation services for patients with cancer and other medical needs
- providing up to five days’ paid fertility treatment leave for teachers, nurses and other public servants across NSW.

To be eligible for the \$2,000 rebate you must:

- be a resident of NSW
- have incurred an out-of-pocket cost from a registered private provider
- have accessed the treatment from 1 October 2022.

More information on how to submit an application form for the rebate is available here: <https://www.service.nsw.gov.au/transaction/apply-for-the-fertility-treatment-rebate>

FAST-TRACKING APPLICATIONS FOR \$500M ROAD REPAIR FUND

The NSW Nationals in Government have fast-tracked the opening of applications for the \$500 million Regional and Local Roads Repair Program.

Member for Tamworth Kevin Anderson said councils in the Tamworth electorate would now be busy getting their applications ready ahead of the opening date on the 11th of January. “Those who have travelled throughout our state these holidays know how important it is that we fast-track this funding to bring our roads back to the best condition possible.”



Councils need to make an application to Transport for NSW, who will allocate the funds based on total kilometres of roads managed in each local government area. The funding

split will provide \$280 million for rural and regional councils and \$220 million for councils in Greater Sydney and outer metropolitan areas. This new money is on top of existing funding and assistance to councils including the Regional Roads Block Grant program and NSW Disaster Assistance Arrangements.



Rugby Union News

The Sponsorship Night will be held on Friday 3rd February to commence at 6pm for a seafood dinner. Tickets available at:

[HTTPS://www.trybooking.com/cfjan](https://www.trybooking.com/cfjan) or at Stock and Crop.

As mentioned last week, Gemma Etheridge will be the guest speaker, and is the daughter of Jeff Etheridge who played for the Rams, along with her uncle Rob, a very handy half-back.

Gemma and her twin sister, Nickie, have both played '7's' for Australia around the world in a very successful team.

Gemma was in the Australian team at the Rio Olympic Games and came home with a Gold Medal in 2016 Games. She has travelled the world with this great game of Rugby and became an Ambassador for Women's Sport.

Stories of her trips should be very interesting to hear and the Club is looking forward to another top night to get the season away on a positive note.

Training has started on Tuesday and Thursdays at 7pm, so roll up and have another good season with the Barraba Rams.

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Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 25th Jan

Summary Max 35

Mostly sunny

Chance of any rain: 20%



Thursday 26th Jan

Summary Min 18 Max 35

Possible storm

Chance of rain: 20%



Friday 27th Jan

Summary Min 17 Max 34

Shower or 2, possible storm

Chance of any rain: 50%



Saturday 28th Jan

Summary Min 17 Max 34

Mostly sunny

Chance of any rain: 20%



Sunday 29th Jan

Summary Min 17 Max 32

Possible shower

Chance of rain: 40%



Monday 30th Jan

Summary Min 18 Max 29

Shower or 2

Chance of any rain: 60%



Tuesday 31st Jan

Summary Min 16 Max 28

Shower or 2

Chance of any rain: 70%

Message from the Editor

At *Barraba Community News* we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

Advertise in *News* at a competitive cost and reach 750 households in our area who receive a free copy each week.

Contact news@barrabacommunitynews.org.au or drop into the Community College on the corner of Alice and Fitzroy Sts.

Regional Dam Levels from Water NSW

Chaffey 100.0%

Copeton 91.0%

Keepit 95.0%

Split Rock 100.0%