



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 29th March 2023



BARRABA RSL & RECREATIONAL CLUB LTD
Phone: 67821379

For the information of members and guests

MEMBERSHIPS ARE NOW OVERDUE

THIS WEEK:

THURSDAY: 11AM-

FRIDAY: 11AM-

MEAT/VEG RAFFLES FROM 6PM

PLUS BONUS PRIZE DRAW AFTER THE RAFFLES

MEMBERSHIP DRAW \$1100

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1200

COURTESY CAR AVAILABLE

MONDAY: 11AM-5.30PM

TUESDAY: 11AM-5.30PM

BINGO 11AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

EASTER RAFFLES WEDNESDAY 5TH APRIL

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKE AWAY

MONDAY: 12 NOON-2PM

TUESDAY: CLOSED

WEDNESDAY: 12NOON-2PM

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

SUNDAY: 12 NOON-2PM

MT KAPUTAR PEST CONTROL OPERATION

NSW National Parks and Wildlife Service (NPWS) will be conducting an aerial pest control operation in Mount Kaputar National Park from 6:00AM Monday 27 March until 6:00PM Sunday 2 April 2023. During operations, you may see a low flying helicopter and hear shooting. Some areas of the park will be closed and clearly signposted with closure notices and traffic control. Closures will impact access to Kaputar Road, some walking tracks and visitor access areas, typically for a 2-hour period. This aerial pest control operation will be conducted as part of an ongoing program to protect the ecological values of Mount Kaputar National Park and reduce impacts of feral vertebrate species on reserve and surrounding private property.

If you have any questions, please contact the NPWS Barwon Area office on Tel. 02 6792 7300. For a full list of closed areas, please visit the NPWS website:



nationalparks.nsw.gov.au

Mount Kaputar National Park |
Local alerts | NSW National
Parks

With camping, cycling, walking,
horse riding and bird watching
waiting for you, Mount Kaputar

is a fantastic wilderness escape in NSW.



SKYE MCMILLAN
OSTEOPATH

For more information contact : 0476867340

Frost Over Barraba – Meeting

9 am Sunday 2nd April, 2023

Playhouse Hotel Lounge

Purpose: Discuss future Event

RSVP frostoverbarraba@yahoo.com.au

New volunteers welcome

Letter to Editor

Hi,

I was interested to read the article about renewal of the Barraba Town Clock.

In 1974-75 the Commonwealth Government started making direct funds available to Councils via State Governments Grants Commissions and I recall Barraba Shire Council receiving the first grant of approx. \$52,000.

The Town Clock at the time had been "dormant" for many years and Council decided to allocate some of this money to get it up and running again. I cannot recall the exact cost, but after a few months the old clock was back in full operation. The repairs carried out were mechanical with replacement of the worn out parts and I wonder if this is the last time it was repaired up to now?

Graham Kellett (ex Shire Clerk)

WE NEED YOUR HELP!

TRANSPORT DRIVER
Provide transport to individuals or groups of older persons to remain actively connected

COMPANION INDIVIDUAL
Spend one on one time with a GoCo client in their home or out in the community with cups of tea

COMPANION GROUP
Help out our group officers to deliver fun activities to our clients such as bingo or mystery tours!!

MEALS ON WHEELS DELIVERY
Love the locals and having a quick chat? Sign up to deliver meals to clients straight to their door

GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE

Barraba Library School Holiday program

Wednesday 19 April 2023:

Robotics 2:30pm - 3:30pm Barraba Library FREE

Ages 9+ will team up and prepare their robot for battle while trying to avoid the deadly PIT OF DOOM!

Thursday 20 April 2023:

Robotics 2pm - 3pm Barraba Library FREE

Ages 9+ will team up and prepare their robot for battle while trying to avoid the deadly PIT OF DOOM!

2023 Australian Quarter Horse Association National Championships

Thursday 30 March 2023, 09:00 AM to Sunday 09 April
2023, 03:00 PM

AELEC Arena (Main), 503 Goonoo Goonoo Rd Tamworth



The Australian Quarter Horse Association Q23 National Championship Show brings huge display of equine disciplines to showcase the breed at AELEC from 30 March to 9 April 2023.

The event, which runs over Easter, has a mix of youth events, halter, showmanship, western pleasure and trail classes. There's also plenty of focus on the breed's ability on a beast with cutting competitions during the week.

For more information head to the [Australian Quarter Horse Association webpage](https://aqha.com.au).

Want to buy

Looking for a small bush block to purchase.
Electricity not essential. Out of the way preferred.
Water would be handy. Phone Chris 0438 65 65 25



EASTER TRADING

WE WILL BE CLOSED
THURSDAY 6th April to
MONDAY 10th April

Please note our last trading day before Easter will be Wednesday 5th April.

OFF THE CLOCK CHARITY BAREFOOT BOWLS

WHEN
April 1st 2023
Bowls from 11am – 3pm
Raffles
Live music

WHERE
Oxley Bowling Club
 158-168 Piper Street, North Tamworth 2340

BARRABA BUS
 C. W. Jeffreys Bus Service will have a bus
 PICK UP Barraba Mall 9.15 for 9.30 depart
 RETURN to Barraba approx. 4.30pm.
 Call or text Ally to bags your seat 0458448325

TEAMS
 Teams of 4 - \$5 pp

ON THE DAY
 \$1 table raffles
 Jumping castle
 Live music
 Hot food
 Cold beer

DRESS CODE
 THEME IS YELLOW

FEATURING
 Matt O'Leary live

BENEFITING
 Dan Etheridge and Phil Denyer are team "OFF the CLOCK" participating in the SHITBOX Rally Autumn 2023 raising money for the Cancer Council.

QR to team page on The Shitbox Rally site.

QR to Facebook event

thank you for your support

The interest in the history of the ambulance and its station is great and it was also nice to hear from Grahame Down again. His name appears in the records quite regularly especially when he held the position of treasurer early in the 1960s. A difficult time as Barraba was trying to raise money to build an ambulance station, run an ambulance and find and pay a permanent officer. At one stage the Inverell ambulance came to the aid of a road accident near Cobbadah and the Barraba committee firmly told them to stay in their area! I remember the accident but did not realise that the Inverell ambulance had attended and been rebuffed!

Money for the ambulance station was being raised from a number of directions as well as donations. Council land had been offered for the proposed station in 1956 and the building was to be of brick. Required fencing was discussed at length and actually changed once or twice before being finally built.

Ian McGuffog was the ambulance officer in Barraba for six years, resigning in July 1966 to go to Walgett. In April 1965, Bill Randall was accepted on to the committee and car tracks to the car port were to be cemented on 18th November 1965 and a tender for a Chev. Ambulance was accepted on 8th March 1966. I also note that Mr J.B. Smith was President in 1966.

The typed notes end here so I will need to visit the Historical Society storeroom to continue from 1966 as soon as I can find time. In the meantime, if the photo is of a Chev ambulance on cemented car tracks I will stick with last week's decision – Bruce Smith and Bill Randall are definitely in the photo in 1966/7 accepting a new ambulance. Mackenzies are still in business across the road. I wonder has anyone found the appropriate newspaper?

Easter is almost upon us and no doubt there will be visitors in town – we will be open while the markets are on and will gladly help any visitors that ring the given numbers.

Please do not ring to get a member to the museum and then ask about the Falls or Glacial area and take off without a glance at the museum. This happened to one of our members a couple of months ago and it is not on.



History Notes

The meeting on Tuesday went off well with much discussion

about the success of the markets and what we could add to make it even more interesting for both those visiting and those taking part. The next markets will be on Easter Saturday which could mean quite a crowd attending and much chatter. At the moment our market coordinator is suffering some health issues and we wish her well – we are well on the way to running the markets while she recovers so don't stress Diana.

Bovine Ephemeral Fever cases prompt renewed warning for cattle producers

Local Land Services is urging producers to stay alert for signs of 3 Day Sickness in their herd following confirmed cases in cattle in the Northern Tablelands and northwest of the state. This includes areas near Inverell, Wyallda, Narrabri and Gunnedah and comes after a series of similar reports across the north coast of the state in January.

Local Land Services Team Leader Animal Biosecurity and Welfare Andrew Biddle said these latest incidents highlighted that the sickness was now spreading. "With this virus moving into new areas it is time for farmers to remain vigilant and keep a lookout for signs of Bovine Ephemeral Fever, more commonly known as 3 Day Sickness," Mr Biddle said. "Signs include animals developing a high temperature, which makes them appear depressed and lethargic, while animals laying down, not feeding, appearing lame, drooling and nasal discharge are also common indications. Landholders who notice these signs should contact their Local Land Services District Veterinarian or local veterinary practice."

Three-day sickness is an insect-transmitted virus of cattle that causes a high fever and pain in the muscles and joints, with symptoms usually lasting a few days before most cattle recover. Some cattle, especially bulls and heavier conditioned animals, may go down and take several days to get back to their feet, something Mr Biddle said can prompt an increased risk of other complications.

"Untreated animals may die, there is risk of pneumonia, while pregnant cows may abort, and bulls can become infertile for up to six months. Minimising the impact of 3 Day Sickness in your herd will depend on regular observation and timely treatment. Ensure your cattle have easy access to water and shade and that you intervene early with assistance rather than wait too long.

Medication is also highly effective in bringing down fever and reducing muscle and joint pain and can be obtained in consultation with a private veterinarian."

For more information, contact your local LLS District Veterinarian or visit <https://www.lls.nsw.gov.au/>.

Frontline staff prepare to protect NSW from animal disease emergency

Part of the state's Emergency Animal Disease (EAD) response capabilities are being put to the test with Local Land Services staff undertaking a series of exercises in a bid to prepare to combat an outbreak. Local Land Services Emergency Management Coordinator Megan Davies said the exercises would ensure staff were ready to support landholders during an animal disease emergency.

"This exercise we are holding in Tamworth is a simulation of a Foot and Mouth Disease (FMD) outbreak designed to give staff an insight into what they could experience if FMD made it to Australia and Local Land Services was called on to respond. The exercise covers everything from the initial reports of a landholder who notices signs of a potential EAD and does the right thing by calling it in, to our response and ongoing management of the disease. Staff will practice decontamination processes, how to manage sites in terms of preventing disease from escaping to neighbouring areas, and map how to effectively use and position response resources. This is the best way we can help to ensure our staff know our role and provide the most effective response to support landholders and communities during an animal disease emergency."

Local Land Services Business Partner Animal Welfare and Biosecurity Scott Ison said the exercises were one of many ways the agency was working to prevent and prepare for EADs.

"We continue to work together with landholders to ensure we are doing what we can to protect NSW from exotic diseases like FMD," Mr Ison said. "That is why we encourage all landholders to do their bit to play an active role in monitoring and reporting any suspect cases of emergency animal disease."

If you suspect an emergency animal disease, call the EAD Watch Hotline immediately on 1800 675 888 or contact your local LLS District Veterinarian.

For more information, visit www.lls.nsw.gov.au/biosecurity/emergency-animal-disease/.

Thanks to Ian Butler and members of Barraba Apex for more information about the ambulance service in Barraba.

Thanks to Ian Butler and Apex Club members for supplying pictures and information about the fundraising efforts in Barraba to replace the ambulance in 1969. The Chrysler ambulance was needing replacement after 10 years on the road. A new Ford ambulance was commissioned at a cost of over \$5000. In 1965 the miles travelled by the ambulance was 17979 and by 1969 the distance was over 40000 miles demonstrating the need for the service to maintain a reliable vehicle.



A fundraiser for a new ambulance. Pictured Len Steed (laying down); Phill Hawkins, hospital CEO; Norm Russell and Ian Brownscombe.



2 day Pole sitting telethon fundraiser was held on the 22 and 23 March 1969. The Apex members took a turn and had a phone installed on top of the platform to take the calls with cash donations of livestock pledges. Total raised for the weekend was \$1224.71 which included \$452.21 in cash, pledges of \$572.50 and a promise of 37 sheep and 4 ducks.



Handover of the new ambulance in March 1969.

Colin Bennett, David Witten, Brian Carter, Alan Henderson (ambulance officer), Bob Suttie, Peter Hancock, Ian Butler, Peter Louis, Alan Newton, Norm Russell and Lenny Mallise.



Council ramps up major road repair program

Approximately \$10 million will be spent repairing roads in the Tamworth region over the next 12 months, with Tamworth Regional Council contracting four extra graders and four road crews in addition to Council's maintenance crews to tackle the extensive damage to the region's 3000 kilometre road network.

Unusually high rainfall and regular flooding over the past 18 months has resulted in the rapid deterioration of roads across the region. It is estimated that the wet weather during this period caused roads to deteriorate at twice the rate usually experienced annually.

Northern parts of the Tamworth region have been particularly badly affected due to the granite sand soils around Moonbi, Watsons Creek, Bendemeer and Barraba.

Most of the road damage sustained is scattered and patchy, with potholes appearing sporadically across the road network. As a result, road repairs will be prioritised based on safety risks, extent of damage, and the amount of traffic regularly using a road. Council will also ensure road crews are working efficiently by tackling multiple jobs at a location where possible.

The local community can now find weekly grading and sealed road repair schedules on Council's website, as well as major roadwork projects being undertaken as part of the flood recovery program. Find this week's repairs schedule here: <https://www.tamworth.nsw.gov.au/explore/getting-around/roads-in-the-region>

Manager, Operations Murray Russell said that Council will be doing its very best to repair the damaged road network as quickly and efficiently as possible.

"While it's no small task, returning our road network to a safe, accessible and comfortable state is Council's top priority this year. The extra road crews and graders should help us to work through the huge program of repairs as quickly as we can," he said.

Stimulus funding totalling \$7 million has been allocated to the Tamworth region by the NSW Government since November 2022 under their Regional and Local Roads Repair Program (\$5.9 million) and Fixing Local Roads Pothole Repair Round (\$1.1 million).

Recent Anniversaries

- the first-ever public 'bus' service operating in Paris (1662)
- the ratification of the North Atlantic Treaty Org (NATO) (1949)
- Alexey Leonov becoming the first person to walk in space (1965)
- the Lumière brothers recording the first footage ever using their newly patented cinematograph (1895)
- the first International Women's Day (it was moved to 8 March in 1913) (1911)
- the opening of the Sydney Harbour Bridge (1932)
- the beginning of the invasion of Iraq by American and British-led forces (2003)
- the founding of KFC (1930)
- Oz closing the international border amid the COVID-19 pandemic (2020)
- Persia officially being renamed Iran (1935)
- the wedding of actors Humphrey Bogart and Lauren Bacall (1945)
- Ethiopia abolishing its monarchy after 3,000 years (1975)
- the US confirming its troops used chemical warfare against the Vietcong (1965)
- the Brussels terror attack which killed 35 (2016)
- a terror attack on London's Westminster Bridge and Houses of Parliament, which killed 4 people (2017)
- the 1st recorded use of "OK" [oll korrekt] in the *Boston Morning Post* (1839)
- the Battle of Okinawa, the largest battle of the Pacific War in World War II (1945)
- the death of former Governor-General Sir John Kerr (1991)
- Federal Parliament overturning the world's first euthanasia law that was passed in the Northern Territory (1997)
- the Aussie cricket ball-tampering scandal in Cape Town (2018)
- the first Easter, according to calendar maker Dionysius Exiguus (31)
- the abolishment of the slave trade throughout the British Empire (1807)
- the death of Beethoven (1827)
- Boris Yeltsin becoming Russia's first President (1989)
- the Schengen Treaty going into effect (1995)
- the patenting of kerosene (1855)
- Billie Holiday playing in front of a sold-out crowd at Carnegie Hall 11 days after being released from prison (1948)
- Suharto officially succeeding Sukarno as president of Indonesia (1968)
- the worst aviation disaster in history when two Boeing 747s collided in Spain, killing 583 people (1977)

CATHOLIC CHURCH TIMES

Barraba 1st & 5th Sunday, 6pm Saturday evening
2nd 3rd & 4th Sunday 9am
Upper Horton 3rd Sunday 11am
Weekday Mass Wednesday 10am
Holy Week Program: Holy Thursday Mass 5.00pm,
Good Friday, Stations of The Cross 10.00am,
Easter Saturday Vigil Mass 6.00pm.

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 9.00am
No Woodsreef service in April
Bereen service 4pm Easter Sunday

Snippets from St Laurence's

It was good to see the Youth Centre still standing after the Barraba Bash. According to reports about 150 young people and thirty plus leaders gathered despite the weather, and had a great time of "food, fun and fellowship" and of learning from God's Word, the Bible.

If you still have a BCA box at home, please get it to Matt ASAP for counting. Parish Council meet on Sunday 26th March.

On Good Friday, 7th April, the service at St Laurence's will be at 9am. On Easter Day, 9th, the 9am service will extend after morning tea to lunch. There will be no service at Woodsreef in April, but there will be a service at Bereen at 4pm on 9th.

In chapter 15 of John's Gospel, verses 9 to 13, we find this: *"As the Father has loved me, so have I love you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command in this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends."*

Think about that as we approach Easter.

Beth

UNITING CHURCH TIMES

Sunday 2nd April 2023
Preparation 8.30am, Service at 8.45am.
All welcome

IN LOVING memory

Tony John Chester

In loving memory of our dear
son and brother, Tony.

Accidentally killed 4.4.1980.

Aged 19 years.

As time goes by without you,

And another year passes by,

The loss we felt when you left us,

Has never gone away.

Only we, who knew and loved you,

Know how much we lost.

But precious memories of your loving
ways, will be with us forever.

Loving you always,

So sadly missed by

Dad, Mum and Craig.

CELEBRATE

Easter

WITH

BARRABA ANGLICAN CHURCH

GOOD FRIDAY 7TH APRIL 2023
9AM BARRABA ANGLICAN CHURCH

EASTER SUNDAY 9TH APRIL 2023
9AM BARRABA ANGLICAN CHURCH
4PM ST MARKS ANGLICAN BEREEN

JOIN US ON EASTER SUNDAY 11AM
AFTER CHURCH FOR A BBQ LUNCH

GOT QUESTIONS?
CALL MATT 67821037 OR
EMAIL OFFICE@BARRABAANGLICAN.ORG

Mediterranean Pork Sausage Tray Bake

From The Free Range Butcher



Spicy pork sausages are perfect for this one pan dish. Lots of colourful vegetables and a full flavoured sausage and the family will be very impressed with dinner. Super easy and simple to make.

Ingredients:

- Pork sausages cut in half (Italian or Chilli Fennel will increase the flavour)
- 3-4 small chat potatoes, quartered
- 2 medium zucchini, cut diagonally into 2cm slices
- 1 medium red and 1 medium yellow capsicum, halved, seeded and cut lengthways into 2cm strips
- 1-2 red onions, cut into 2cm wedges
- ¼ cup extra virgin olive oil
- 3 garlic cloves, crushed
- 2 teaspoon dried oregano
- 200g cherry tomatoes
- 100g feta cheese, crumbled
- ¼ cup flat-leaf parsley leaves, chopped

Method:

1. Preheat oven to 180°C fan-forced. Grab a large baking tray or use 2 trays.
2. Add all your chopped vegetables to roasting dish.
3. Sprinkle with grated garlic and herbs and drizzle with olive oil. Gently toss vegetables to coat with oil and flavourings.
4. Place sausages into roasting dish.
5. Bake 35-40 minutes until vegetables are cooked through.
6. Scatter tomatoes over sausages and vegetables and bake for another 6-8 minutes until tomatoes soften.
7. Sprinkle with feta and parsley and serve.

BINGARA ANGLERS CLUB



EASTERFISH 2023

FRIDAY 7TH APRIL TO SUNDAY 9TH APRIL

Registrations at the Hatchery Friday and Saturday 8 am - 4 pm
No registrations accepted on Sunday

Entry Fees: Adults \$15 - Juniors \$5 (16 and under) - Secret Length \$5
COMPETITION CLOSSES SUNDAY 3 PM

Prizes for: Mens - Ladies - Boys - Girls
 Longest Cod - Longest Yellowbelly - Longest Catfish - Secret Length
 Overall Heaviest European Carp - Most European Carp -
 Secret Weight Carp

All Carp to be weighed in at the Hatchery
Native Carp will not be accepted

PRIZES, MUSIC, BBQ, BAR & DRINKS
FROM 3PM ON THE 9TH AT THE HATCHERY

For enquiries contact:
 Stuart Lanagan 0400923982 - Steve Apthorpe 0487262219
 Stan Fletcher 0428241909 - Donna Walton 0447048138 -
 Jamie Wilson 0412506216 or find us on Facebook, Bingara Anglers Club

All profits from the Easterfish go towards the Bingara Anglers Club
 Murray Cod Hatchery river restocking program.
 The Bingara Anglers Club appreciates the support received from sponsors, supporters and
 community in promoting and conducting the Easterfish Competition.



FARMGATE SUPPORT PROGRAM

The Farmgate Support Program provides **free** emotional and mental health support to people living and working in rural & remote communities throughout the Hunter New England Local Health District.

We Travel To You
 Visits can be arranged on your farm, home or business
 OR any other place of convenience like your favourite coffee shop.

Who Can Get Help
 Anyone experiencing stress from drought, fires, floods, COVID or other hardships
 Farmers and farming families
 Front line workers/business providers
 Local Businesses
 Contract/seasonal workers



0477 322 85

Email HNELHD-FarmgateSupport@health.nsw.gov.au

Monday to Friday's 8am - 4.30pm



We're told to 'eat a rainbow' of fruit and vegetables. Here's what each colour does in our body.

Evangeline Mantzioris, Program Director of Nutrition and Food Sciences, Accredited Practising Dietitian, University of South Australia

Nutritionists will tell you to eat a rainbow of fruit and vegetables. This isn't just because it looks nice on the plate. Each colour signifies different nutrients our body needs. The nutrients found in plant foods are broadly referred to as phytonutrients. There are at least 5,000 known phytonutrients, and probably many more. So, what does each colour do for our body and our overall health?

Red



Red fruits and vegetables are coloured by a type of phytonutrient called "carotenoids" (including ones named lycopene, flavones and quercetin – but the names aren't as important as what they do). These carotenoids are found in tomatoes, apples, cherries, watermelon, red grapes, strawberries and capsicum. These carotenoids are known as antioxidants. You will have heard this name before, but you might not remember what it means. It has something to do with "free radicals", which you've also probably heard of before.

Free radicals are formed naturally in our body as a byproduct of all our usual bodily processes such as breathing and moving, but they also come from UV light exposure, smoking, air-pollutants and industrial chemicals. Free radicals are unstable molecules that can damage proteins, cell membranes and DNA in our body. This natural but damaging process is known as oxidation or oxidative stress. This contributes to ageing, inflammation and diseases including cancer and heart disease.

Importantly, antioxidants "mop up" the free radicals that form in our body. They stabilise the free radicals so they no

longer cause damage. Increasing antioxidants in your diet lowers oxidative stress and reduces the risk of many diseases including arthritis, type 2 diabetes, heart disease, stroke and cancer.

Orange



Orange fruits and vegetables also contain carotenoids, but slightly different ones to red veggies (including alpha and beta-carotene, curcuminoids, and others). These are found in carrots, pumpkins, apricots, mandarins, oranges and turmeric.

Alpha and beta-carotene are converted to vitamin A in our bodies, which is important for healthy eyes and good eyesight. Vitamin A is also an antioxidant that can target the parts of your body made of lipids (or fats) such as cell membranes. The vitamin A targets the free radicals building up around our cell membranes and other areas made of lipids, reducing the risk of cancers and heart disease.

Yellow



Yellow fruit and vegetables also contain carotenoids, but they also contain other phytonutrients including lutein, zeaxanthin, meso-zeaxanthin, violaxanthin and others. These are found in apples, pears, bananas, lemons and pineapple.

Lutein, meso-zeaxanthin and zeaxanthin have been shown to be particularly important for eye health and can reduce the risk of age-related macular degeneration, which leads to

blurring of your central vision. These phytonutrients can also absorb UV light in your eyes, acting like a sunscreen for the eyes and protecting them from sun damage.

Green



Green fruits and vegetables contain many phytonutrients including chlorophyll (which you probably remember from high school biology), catechins, epigallocatechin gallate, phytosterols, nitrates and also an important nutrient known as folate (or vitamin B9). These are found in avocados, Brussels sprouts, apples, pears, green tea and leafy vegetables.

These also act as antioxidants and therefore have the benefits as described above for red veggies. But this group also provides important benefits in keeping your blood vessels healthy, by promoting something called “vasodilation”. These phytonutrients help make our blood vessels more elastic and flexible allowing them to widen or dilate. This improves blood circulation and reduces blood pressure, reducing our risk of heart and other vessel complications and disease.

Folate is recommended before pregnancy because it helps reduce the risk of neural tube defects (such as spina bifida) in babies. Folate helps the development of the foetal nervous system during the first few weeks of pregnancy, as it has been shown to promote healthy cell division and DNA synthesis.

Blue and purple



Blue and purple produce contain other types of phytonutrients including anthocyanins, resveratrol, tannins and others. They are found in blackberries, blueberries, figs, prunes and purple grapes. Anthocyanins also have antioxidant properties and so provide benefits in reducing the risk of cancer, heart disease and stroke, as explained under red fruit and veg.

More recent evidence has indicated they may also provide improvements in memory. It is thought this occurs by improving signalling between brain cells and making it easier for the brain to change and adapt to new information (known as brain plasticity).

Brown and white



Brown and white fruits and vegetables are coloured by a group of phytonutrients known as “flavones”, this includes apigenin, luteolin, isochlorogenic acid and others. These are found in foods such as garlic, potatoes and bananas.

Another phytonutrient found in this colour of vegetables, particularly in garlic, is allicin. Allicin has been shown to have anti-bacterial and anti-viral properties. Most of this research is still at the lab-bench and not many clinical trials have been done in humans, but lab-based studies have found it reduces microorganisms when grown under laboratory conditions.

Allicin has also been found in systematic reviews to normalise high blood pressure by promoting dilation of the blood vessels.

How can I get more veggies in my diet?

Coloured fruit and vegetables, and also herbs, spices, legumes and nuts provide us with a plethora of phytonutrients. Promoting a rainbow of fruit and vegetables is a simple strategy to maximise health benefits across all age groups.

However most of us don't get the recommended amount of fruit and vegetables each day. Here are some tips to improve your intake:

1. when doing your fruit and vegetable shopping, include a rainbow of colours in your shopping basket (frozen varieties are absolutely fine)
 2. try some new fruit and vegetables you haven't had before. The internet has tips on many different ways to cook veggies
 3. buy different colours of the fruit and vegetables you normally eat like apples, grapes, onions and lettuces
 4. eat the skins, as the phytonutrients may be present in the skin in higher amounts
 5. don't forget herbs and spices also contain phytonutrients, add them to your cooking as well (they also make vegetables more appealing!)
-

The photo below posted by Brian Coote

St. Joseph's Primary School Barraba Staff Nov 1987. I have posted a photo of this group a little while ago. The names were supplied by Kerry Carter and I was assured that the cream coloured brick cross in the wall was laid by Kevin Good.

This new St. Joseph's Convent Primary was constructed by York & McCusker to their customary high standard and opened circa 1969. These classrooms replaced those in the small church / school building which had been built in the very early 1900s.



St. Joseph's Staff Nov 1987.
L to R Pauline Lynch, Sr Roche, Dale Cain, Lynn Forbes,
Kerry Carter (McNeill), & Sr Cecilia.



Golf Notes

Liam Johnston and Tom Mellor were able to claim the John and Toni Waugh and Bill Simpson 4 BBBB trophy on Sunday. Carding 42 stableford points they just edged out Dan Lott and Craig Rutley on 41 points with balls going to Kevin Kelaher and Rob Sweeney on 37 points. It has been a big weekend for Liam coupling his win with the very rare feat of his beloved Broncos now sitting top of the NRL leaderboard.

Next Sunday is an Individual Bisq Par for a trophy donated by Ian and Brenda McColl.

One to put on the calendar and invite some friends to is our 3 days of golf in early May. On Friday 5th May is our annual Barraba Vets day followed on Saturday 6th May with the Barraba Mixed Open. Sunday 7th is our Mens Barraba Open.



Lic No. 306630C

- Plumber
 - Drainer
 - Gasfitter
 - Polywelder
 - Roof Welder
- Ph0408117358

wardsplumbing@bigpond.com

Rod Bonner

Your local Plumber, Drainer,
Gasfitter
and Handyman
Lic No. L8791
Text is best 0447 052 140

PHIL DENYER

MECHANICAL REPAIRS
Ph (02) 67 821 107

Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 29th March

Summary Max 25

Mostly sunny

Chance of any rain: 80%



Thursday 30th March

Summary Min 12 Max 25

Mostly sunny

Chance of rain: 10%



Friday 31st March

Summary Min 7 Max 24

Mostly sunny

Chance of any rain: 5%



Saturday 1st April

Summary Min 8 Max 24

Mostly sunny

Chance of any rain: 10%



Sunday 2nd April

Summary Min 8 Max 25

Showers

Chance of rain: 60%



Monday 3rd April

Summary Min 9 Max 23

Shower or two

Chance of any rain: 70%



Tuesday 4th April

Summary Min 11 Max 22

Showers

Chance of any rain: 90%

OFF THE CLOCK CHARITY BAREFOOT BOWLS

WHEN
April 1st 2023
Bowls from 11am – 3pm
Raffles
Live music

WHERE
Oxley Bowling Club
158-168 Piper Street, North Tamworth 2346

TEAMS
Teams of 4 - \$5 pp

ON THE DAY
\$1 table raffles
Jumping castle
Live music
Hot food
Cold beer


DRESS CODE
THEME IS YELLOW

FEATURING
Matt O'Leary live

BENEFITING
Dan Etheridge and Phil Denyer are team "OFF the CLOCK" participating in the SHITBOX Rally Autumn 2023 raising money for the Cancer Council.

"BARRABA BUS"
C. W. Jeffreys Bus Service will have a bus
PICK UP Barraba Mall 9.15 for 9.30 depart
RETURN to Barraba approx. 4.30pm.
Call or text Ally to bags your seat 0458448325

thank you for your support



Regional Dam Levels from Water NSW

Chaffey 99.0%

Copeton 85.0%

Keepit 83.0%

Split Rock 100.0%