



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 19th April 2023

ANZAC DAY



The commemoration of ANZAC Day in Barraba will commence with our dawn service which will be held at the memorial clock in Queen Street.

This service will assemble at 5:45 am with the service to commence at 6.00AM. At the conclusion of this service breakfast will be provided by the Barraba RSL & Recreation Club Limited.

The main service will assemble in Queen Street opposite Andy's Guest House at 10:45 and then march to the Memorial Clock with the main service to commence at 11:00am.

This year we commemorate the 105th year since the end of World War 1 and 50 years since the end of Australian involvement in the Vietnam war.

In the last two years we have seen increasing conflict in the world with the continuation of the war in Ukraine and tensions arising with China and it's claims in relation to Taiwan.

Conflict in Africa never seems to end and the rise of dictatorial regimes throughout the world contribute to a sense of uneasiness.

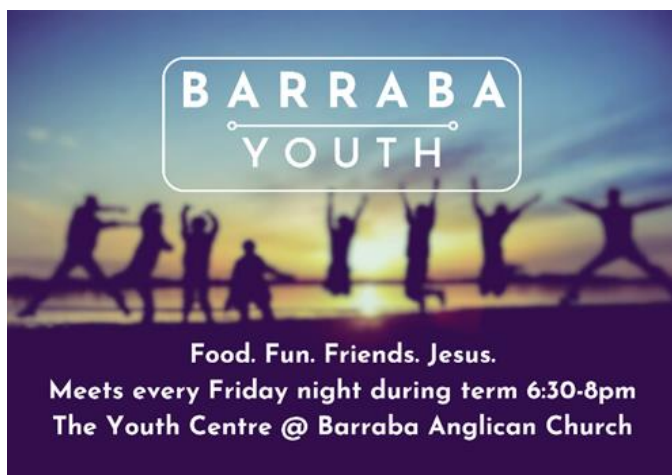
In these uncertain times we need to remember that freedom is never easily won, and we remember those who have lost their lives in defence of this fundamental right. We particularly remember those who have served from Barraba and District.

Again, we remember those that continue to serve in ongoing conflicts and thank them for their commitment.



To coincide with Anzac Day, there will be a Boer War, WW1, WW2, and Korean War display at 114 Queen Street (Next door to Chemist), from 15th April to 30th May.

LEST WE FORGET



BARRABA COMMUNITY NEWS

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Published by Community College

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Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses.



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 AND VEGIE RAFFLES FROM 6PM.

BONUS PRIZE DRAW AFTER THE RAFFLES.

MEMBERSHIP DRAW \$1200

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1500

COURTESY CAR AVAILABLE

MONDAY: 11AM-5.30PM

TUESDAY: 11AM-5.30PM

BINGO 11AM

WEDNESDAY: 11AM-

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKE AWAY

MONDAY: 12-2PM

TUESDAY: CLOSED

WEDNESDAY: 12-2PM

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

SUNDAY: 12-2PM



History Notes

Another week has passed and we are more than half way through April. Next week will

be Anzac Day once again and time to remember all those who went to war so that we could live a peaceful life. Each year we pay tribute to those who have served in the forces even though we may not have known them – grandfathers, great grandfathers, great uncles and uncles – we owe them so much, so make sure you think of them next Tuesday.

A couple of weeks ago I may have misled readers with the paragraph about a family looking for a connection with an aboriginal family here. No one picked up the error until Nancy Carter saw it and got a friend to ring and let me know. I will attempt to get it right next week.

This month I am enjoying the photo of the old Barraba Post Office on the Calendar – it is a lovely clear photo taken by Percy Williams and prepared for the calendar by Brian Coote. It is going to be hard to part with this calendar at the end of the year and we only have a couple left in the museum.

The first postmaster in Australia was appointed in 1809 and the service grew from there. Tamworth established it's first Post Office in January, 1840, and the service extended to Barraba a few years later when citizens brought the mail back to town when they returned from business in Tamworth or further down the line.

The first office in Barraba seems to have opened on 1st July, 1851, early postmasters included Abraham Cohen and A.A. Adams who was appointed on 1st April, 1853 with a salary of fifteen pounds per annum. Mr Adams resigned in March, 1854, as his partner had died and he was living on "Gineroi" near Warialda. The post office closed after the departure of the Adams family as there was no one able to take on the business.

On 1st April, 1856, Henry Edwin Williams, storekeeper, became Postmaster. Unfortunately, he resigned at the end of the year due to ill health and left the district. The next postmaster was Mr Dan Sinclair who began on 1st April, 1857, with sureties, Edward Newton and John Cameron. A year later Mr Sinclair had left his 19-year-old brother to do the work at the post office.

However, both Sinclair brothers had left the district by October, 1858, and Catherine McKid was looking after the post office until Dan Sinclair returned from his cattle drive to Melbourne. In August 1871, Dan Sinclair resigned and appointed his brother James Sinclair as Postmaster.

WE NEED YOUR HELP!



TRANSPORT DRIVER

Provide transport to individuals or groups of older persons



COMPANION INDIVIDUAL

Spend one on one time with a GoCo client in their home or out in the community



COMPANION GROUP

Deliver fun activities to our clients such as bingo or mystery tours!!



MEALS ON WHEELS DELIVERY

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

COUNTRY ARTS SUPPORT PROGRAM (CASP) NOW OPEN

Do you have an arts project idea that needs Arts North West's help to get off the ground? Country Arts Support Program (CASP) is open for applications.

CASP is a Create NSW initiative that supports locally initiated projects by not-for-profits, local government authorities and collectives in regional NSW. The small grants fund supports a creative, vibrant, and resilient NSW arts and cultural sector that engages with diverse audiences and communities.

Applications open 9.00am 14 April 2023 and close midnight 30 May 2023.

"In previous years, groups have been successful in securing CASP funding for a diverse range of really interesting activities, ranging through exhibition support, street activations, live music and theatre performances, museum tours and oral histories projects as well as creative development workshops just to name a few." said Arts North West Executive Director Lauren Mackley.

"If you, or someone you know, has an idea for a short term, locally initiated arts project in 2023 you may be able to access a little extra support through CASP." said Miss Mackley

Call Arts North West today to have chat about your eligibility to apply for the Country Arts Support Program or book in a free one-on-one session near you with our Executive Director to discuss your application.

More information can be found on our website <http://www.artsnw.com.au/funding-from-artsnorth-west> or contact Lauren Mackley on 0493 316 463 or via rado@artsnw.com.au



**Here is an overview of
outcomes from
Tamworth Regional
Council Ordinary
Meeting 11th April 2023:**

➤ A priority for Council as part of the Tamworth Regional Blueprint 100 is for our region to continue to be a safe and resilient community. Council's draft Community Safety and Crime Prevention Plan 2023-2028 has been created based on from actionable information received through an online community safety survey, focus groups and our partner networks. The information collected

through the 118 survey respondents provided actions in the draft plan. The draft plan is now on public exhibition for community feedback until Wednesday 10 May 2023 before being considered for adoption by Council for action over the next five years. Community members can learn more or provide feedback at haveyoursay.tamworth.nsw.gov.au/a-safer-region

➤ Councillors tonight approved the removal of the disused sewer pipe in the Peel River near Darling Street to mitigate the current environmental impacts. Councillors also agreed to engage consultants to prepare design options for Council in relation to the extending and improving Jewry Street Park for recreational purposes and to investigate the cost of undertaking a detailed ecological survey of the Peel River from Paradise to Jewry Street to identify environmental improvements on the river such as removal of exotic plant species and erosion protection of the river bank and should the funding be approved undertake the work in the 23 -24 financial year.

➤ In a move which aligns with Council's strategy for future growth of the Tamworth region, Councillors have agreed to amend the *Tamworth Regional Local Environmental Plan 2010 (TRLEP 2010)* in relation to the lands identified as 'Stratheden'. With the aim to enable future residential expansion, 'Stratheden' will now be rezoned from the existing primary production zone to residential zones. Identified in Council's Blueprint 100 strategy, 'Stratheden' is a key future residential area which has the potential to facilitate smart growth to Tamworth city's north. The planning proposal was publicly exhibited for 29 days ending 13 March 2023 and 14 submissions were received.

➤ Tonight's Ordinary Meeting also included one of the first steps in Council's budget preparations for the upcoming 2023/2024 financial year with Councillors giving in-principle approval to three documents detailing the proposed fees and charges which will form part of the Annual Operational Plan. The fees and charges will go on public exhibition next month with the Annual Operational Plan. Among the Draft 2023-2024 Fees and Charges are changes to water and waste charges, increases to burial costs and other changes proposed to cover increasing operating costs. The draft Annual Operational Plan will go on public exhibition in May for 28 days, providing the opportunity for community members to submit formal feedback before Councillors finalise the Budget for the new financial year.

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

Thanks to Brad Taylor for supplying this photo as follow up to last week's History Notes

Simshauser fam at Slately Gully



Most of the building crew of York & McCusker and contractors constructing Richardson House in Dec 1982.

There are some missing from this history snapshot from 40 years ago, Jon York for sure and possibly others.

How blessed we were with builders and trades just 40 years ago.

Posted by Brian Coote.

Builders constructing Richardson House Dec 1982.

Rear: Maurie Barwick, John Woodward, Mandy York, Alan McCusker, Bill Rumsby & David York.
Front: Ken McCusker, Harry Allanson, Don Flynn, Daryl Simpson, Bob Munson & Peter York.

CATHOLIC CHURCH TIMES

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

ANGLICAN CHURCH TIMES

St Laurence's Barraba
Sunday service at 9.00am
No Woodsreef service in April

UNITING CHURCH TIMES

Sunday 23rd April 2023
Special pre-ANZAC Service at 8.45am.
All welcome

Youth Week celebrations to kick off on Thursday

There is no shortage of activities this week for those aged between 12 – 18, as Youth Week 2023 kicks off from this Thursday, 20 April. A variety of events have been coordinated by the Tamworth Youthie and Tamworth Regional Youth Council to create a program that is reflective of this year's theme: connect, participate and celebrate.

Youth Week is organised by young people, for young people, in communities across New South Wales and Australia. The aim of Youth Week is to celebrate young people and their contributions to their local communities, as well as help them share ideas, attend activities and voice issues of concern. NSW Youth Week 2023 will run from 20 – 30 April.

"Tamworth Regional Youth Council have done a fantastic job in selecting events throughout the week that reflect the current needs of youth in the area" said Haley Fenn, Coordinator, Out of School Hours Care & Tamworth Regional Youth Centre.

2023 Youth Mayor Chloe-lee Opie was heavily involved in the selection of the events planned, and is excited to see how young people come together across the region.

"Youth Week is all about having fun, sharing experiences with your friends and feeling heard by our community. In speaking to those who attend these events, I'm looking forward to hearing how we, as a Youth Council, can plan ahead to become a strong voice for young people in the Tamworth region".

Rainbow Run, the first event of the program, will start at 2pm at Viaduct Park on Thursday 20 April, followed by an outdoor movie screening of *Blueback* from 4pm. Cooking classes will take place at the Youthie – including a nutrition workshop hosted by University of Newcastle and cooking experience hosted by a local chef – intend to teach young people how to choose and prepare food independently. The final event for the week, Glow Party, will also be held at the Youthie from 5 – 7 pm on Friday 28 April.

To find out more about the events scheduled for Youth Week 2023, head to the Tamworth Youth Centre page of Council's website or Tamworth Youthie's Facebook page.

<https://www.tamworth.nsw.gov.au/live/community/youth-centre>

Youth Week 2023 activities have been made possible through \$4,636 in funding from the Department of Community Justice. Tamworth Regional Council have also contributed \$3,846 of funding to support these events.

Recent Anniversaries

- the beginning of the US Civil War with the Battle of Fort Sumter (1861)
- US President Bill Clinton cited for contempt of court for giving "intentionally false statements" in a sexual harassment civil lawsuit (1999)
- Apollo 13 announcing "Ok, Houston, we've had a problem here", as an oxygen tank exploded en route to the Moon (1970)
- Tiger Woods becoming the youngest golfer to win the Masters Tournament at 22yo (1997)
- Winx ending her racing career with a 3rd Queen Elizabeth Stakes win in Sydney (2019)
- US President Abraham Lincoln's assassination by John Wilkes Booth (1865)
- Dr Harry Plotz discovering the typhoid vaccine (1903)
- the RMS Titanic sinking after hitting an iceberg (1912)
- Justin Trudeau being elected leader of Canada's Liberal Party (2013)
- the birthday of Leonardo da Vinci (1452),
- the death of Abraham Lincoln (1865)
- Ray Kroc opening the first McDonald's in Illinois (1955)
- the Notre Dame Cathedral fire, which destroyed its spire and roof (2019)
- the birthdays of Charlie Chaplin (1889), Spike Milligan (1918)
- the invention of modern snooker by Sir Neville Chamberlain (aka not the former UK PM...) (1875)
- the premiere of Game of Thrones on HBO (2011)

Why do cats and dogs get the zoomies?

Susan Hazel, Associate Professor, School of Animal and

Veterinary Science, University of Adelaide

Ana Goncalves Costa, PhD student, University of Adelaide

Julia Henning, PhD Candidate, University of Adelaide

Does your cat or dog suddenly get a burst of energy and perform athletic feats around the house that would make even a gold medallist jealous? Welcome to the world of zoomies. Zoomies involve intense periods of high-energy activity including running, spinning, jumping and rolling. All at top speed.

A proposed scientific name is frenetic random activity periods (FRAPs). In rabbits these high activity periods are called “binkies”. But many cat and dog owners simply call them “zoomies”. So why do our animals experience the zoomies? And is it something we should be worried about?

Why do animals get the zoomies?

Think about when your cat or dog gets the zoomies. You might see post-bath zoomies, dog park-zoomies, midnight-zoomies and good ol’ out-of-nowhere zoomies. The trigger may be excitement or a sudden increase in stimulation.

In cats, a commonly reported trigger is using the litter tray. This may be explained by “poo-phoria”, a feeling of euphoria following defecation. This is possibly caused by large bowel movements stimulating the vagus nerve, resulting in positive feelings and a drop in heart rate and blood pressure.

Zoomies can be characterised as play as the two behaviours share many of the same characteristics. This would make zoomies intrinsically pleasurable – in other words, a whole load of fun. If the zoomies are occurring as part of your animal’s regular play routine, this indicates your animal is happy and enjoying themselves.

While we don’t yet know if zoomies are more likely to occur at certain times of the day, or more in some breeds compared with others, we do consider them a general indication of a high level of excitement – and likely a pretty good mood.



no reason? Shutterstock

*Does your cat
ever zoom
around the
house at top
speed,
seemingly for*

Humans are animals too and some people also experience what could be similar to the “zoomies”. Ever get a sudden feeling of intense excitement and spare energy? Maybe you’ve felt the need to jump, shake or dance, before it wears off and you’re back to your regular settings. This can be caused by a multitude of things – an exciting or novel situation, a spike in energy after an extended period of resting or perhaps a change in your inner chemistry. Perhaps you got a rush of adrenaline caused by excitement, over-stimulation or stress.

Are zoomies always a sign your cat or dog is happy?

It’s important to remember animals are individuals and, just like us, why they behave the way they do is complex and multifaceted. When assessing your animal’s behaviour, it’s essential to also assess the context. Zoomies are mentioned a lot online, but there is a real lack of scientific research on what causes them, how often they occur, or even an official definition of what they are. Ask yourself: am I invited to the zoomie? In dogs and cats, zoomies can include an invitation for others to join – in dogs this is most commonly a play bow, where the dog appears to “bow” to another in an effort to signal it is keen to play – followed by a pause commonly seen in dyadic play (play between two or more individuals).

In cats, an invitation may include physically interacting with you or repeatedly rolling over. If this is the case, your animal is likely experiencing excitement and a desire to interact with you.

What do I do during a zoomie outbreak?

Unless there’s an element of immediate danger (such as zoomies on or near a road) there is no reason to stop your cat or dog from enjoying their burst of fun. Cats and dogs are often superstars at avoiding obstacles even at high speed. If you’re lucky enough to receive invitations to partake in the chaos, feel free to join in the play. Enjoying shared activities such as play with your dog or cat can have many benefits for the human-animal relationship. It’s also a lot of fun for you!

When should I be worried?

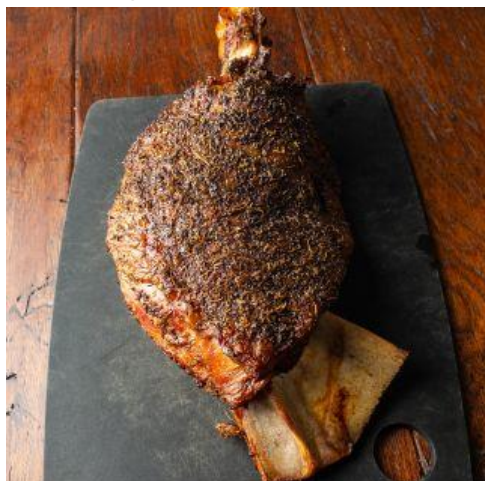
Zoomies are usually a completely normal (and fun) part of being a dog or cat. Sometimes, however, it may be a symptom of either stress or an underlying medical condition. As always, context is key. You should consult with your veterinarian if your dog or cat is displaying the behaviour for extended periods of time (in particular, spinning, or behaviours occurring during times of confinement). These might be signs of a repetitive behaviour disorder.

If you struggle to distract or stop the behaviour, or if it is resulting in injuries, seek veterinary assistance. Even if you don’t get the call of the zoomies yourself, take a moment to stop and enjoy your dog or cat having fun. Sometimes we all need to run wild.

Think Lamb for ANZAC Day. Here's easy 2 recipes to feed the family

SLOW ROASTED LAMB SHOULDER

From The Free Range Butcher (Serves 6)



Ingredients:

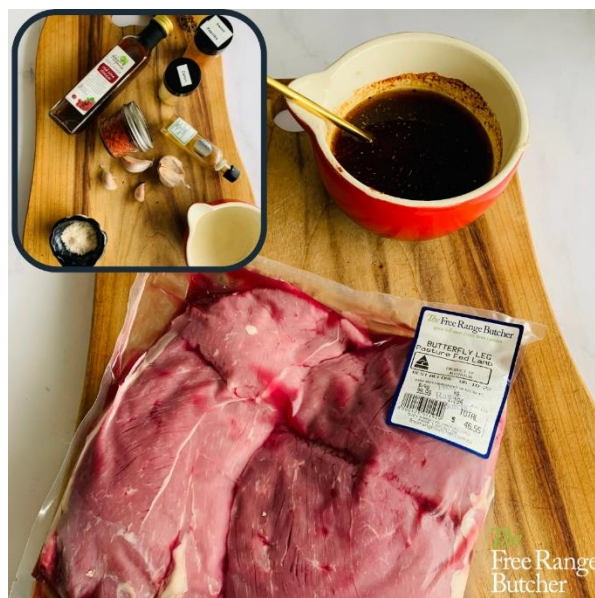
- 2 Pasture Fed lamb shoulders
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel
- 1/2 tsp ground cinnamon
- 2 star anise, ground
- 1/4 tsp ground cardamom
- 2 tsp sea salt
- 1/4 tsp freshly ground white pepper
- 1/4 cup olive oil, plus extra
- Lemon wedges

Method:

- The night before, mix the spices, sea salt, 1/4 tsp white pepper and 1/4 cup olive oil together, and rub over the lamb. Place the lamb in a container, loosely covered and refrigerate overnight.
- The next day, remove the lamb from the fridge 2 hours before cooking.
- Preheat the oven to 130°C.
- Place the lamb in a roasting dish large enough to fit both shoulders and drizzle with a little olive oil. Add 1/4 cup water. Use 2 sheets of foil joined together to make a tent over the lamb (i.e. cover it loosely), then cook for 2.5 – 3 hours.
- Reduce the oven temperature to 110°C and cook for a further 4 hours. When ready, the meat will be very well done and falling apart.
- Allow the lamb to rest for 20 minutes, then shred the meat
- Place on a platter or divide among plates and serve with lemon and freshly ground pepper.

SPANISH MARINADE FOR LAMB

From The Free Range Butcher



Try this delicious marinade with lamb chops, steaks or on a butterflied leg of lamb this week. It was a beautiful rich, red colour and the paprika provided just a hint of smokiness. The cayenne pepper is optional but I think it definitely needs it and it's only a teaspoon so won't be too hot.

Ingredients:

- 2 tbsps sweet smoked paprika
- 1 tsp cayenne
- 1 tsp salt
- 1/2 cup olive oil
- 1 tsp cumin
- 2 cloves garlic, minced
- 1 tsp Italian herbs
- 1 tbsps red wine vinegar

Method:

Mix all ingredients together
Place lamb into a glass dish
Pour over marinade
Cover and place in fridge for 3-4 hours



Great Mother's Day Idea Resin Placemats

One day workshop on Saturday 29 April
9am-12pm. For enrolment details
contact the College on 6782 1662.

More details page 11 or [Short Course Details
\(ccni.nsw.edu.au\)](https://ccni.nsw.edu.au)

Here's why having chocolate can make you feel great or a bit sick – plus 4 tips for better eating.

Saman Khalesi, *Postdoctoral Fellow of the National Heart Foundation & Senior Lecturer and Discipline Lead in Nutrition, School of Health, Medical and Applied Sciences, CQUniversity Australia*

Australians were predicted to spend around A\$1.7 billion on chocolates, hot cross buns and other special foods this Easter season.

Chocolate has a long history of production and consumption. It is made from cacao beans that go through processes including fermentation, drying, roasting and grounding. What is left is a rich and fatty liquor that is pressed to remove the fat (cocoa butter) and the cacao (or “cocoa”) powder which will then be mixed with different ingredients to produce dark, milk, white and other types of chocolates. There are several health benefits and potential problems that come in these sweet chocolatey packages.

The good news

Cacao beans contain minerals like iron, potassium, magnesium, zinc and phosphorus and some vitamins. They are also rich in beneficial chemicals called polyphenols.

These are great antioxidants, with the potential to improve heart health, increase nitric oxide (which dilates blood vessels) and reduce blood pressure, provide food for gut microbiota and promote gut health, boost the immune system and reduce inflammation.

However, the concentration of polyphenols in the chocolate we eat depends largely on the cocoa solid amounts used in the final product.

In general terms, the darker the chocolate, the more cocoa solids, minerals and polyphenols it has. For example, dark chocolates may have around seven times more polyphenols compared to white chocolates and three times more polyphenols compared to milk chocolates.



But also, some bad news

Unfortunately, the health benefits of cocoa solids are easily offset by the high sugar and fat content of modern-day chocolates. For example, milk and white chocolate eggs are on average 50% sugar, 40% fat (mostly saturated fats) – which means a lot of added kilojoules (calories).

Also, there may be some side effects that come with ingesting chocolate.

Cocoa beans include a compound called theobromine. While it has the anti-inflammatory properties responsible for some of the health benefits of chocolate, it is also a mild brain stimulant that acts in a similar way to caffeine. The mood boost it offers may also be partly responsible for how much we like chocolate. Dark chocolate has higher theobromine compared to milk and white chocolate.

But accordingly, overindulging in chocolate (and therefore theobromine) may lead to feeling restless, headaches and nausea.

What else is in your chocolate?

Milk and dairy-based chocolates may also cause stomach upset, abdominal pain and bloating in people with lactose intolerance. This happens when we don't produce enough lactase enzymes to digest milk sugar (lactose).

People with lactose intolerance can usually tolerate up to 6 grams of lactose without showing symptoms. Milk chocolate can have around 3 grams of lactose per 40 grams (the size of a standard chocolate bar). So, two chocolate bars (or the equivalent in milk chocolate eggs or bunnies) may be enough to cause symptoms.



It's worth noting that lactase enzyme activity dramatically declines as we age, with the highest activity in newborns and children. So, lactose sensitivity or intolerance may not be such an issue for your kids and your symptoms may increase over time. Genetics also plays a major role in how sensitive people are to lactose.

Allergic reactions to chocolate are usually due to the added ingredients or cross-contamination with potential allergens such as nuts, milk, soy, and some sweeteners used in the production of chocolate.

Symptoms can be mild (acne, rashes and stomach pain) or more severe (swelling of the throat and tongue and shortness of breath).

If you or your family members have known allergic reactions, make sure you read the label before indulging – especially in a whole block or basket of the stuff. And if you or your family members do experience symptoms of an allergic reaction after eating chocolate, seek medical attention immediately.

4 take home tips

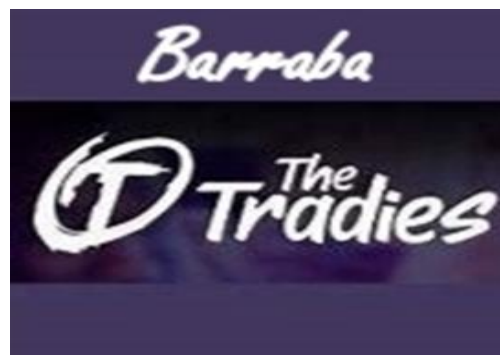
So, if you are like me and have a weakness for chocolate there are a few things you can do to make the experience a good one.

1 keep an eye out for the darker chocolate varieties with higher cocoa solids. You may notice a percentage on labelling, which refers to how much of its weight is from cocoa beans. In general, the higher this percentage, the lower the sugar. White chocolate has almost no cocoa solid, and mostly cocoa butter, sugar and other ingredients. Dark chocolate has 50–100% cocoa beans, and less sugar. Aim for at least 70% cocoa

2 read the fine print for additives and possible cross-contamination, especially if allergies might be an issue the ingredients list and nutrition information panel should tell you all about the chocolate you choosing.

3 Go for varieties with lower sugar and less saturated fat. Nuts, seeds and dried fruits are better ingredients to have in your chocolate than sugar, creme, syrup, and caramel

4 finally, treat yourself – but keep the amount you have within sensible limits!



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Golf Notes

Lyn Groth and
Fermin Allan
carding an 89

survived a three-way countback on Sunday to win the 2023 Mixed Foursomes Championships. It was a special win for Lyn winning her family trophy, the L and V Bridges Memorial. Lyn holds many memories of the club going back to her sub junior days when she was affectionately known as "Mighty Mouse".

Lyn and Peter Simpson were runners up also on 89 with Lib Thompson and Campbell Tonkin finishing third on 89. Lib and Campbell took out the Lions Club best net trophy.

In the Individual Stableford event another countback was required with Rob Sweeney on 32 stableford points just edging out Will Sedgwick 32 with Dave McMurtrie on 31. Again, no NTPs were claimed this week.

Next Sunday the 23rd we will play a Stroke event for a trophy donated by Mal Stein and Ron Bridges. At the completion of golf on the 23rd we will hold our annual AGM. It would be nice to see a good attendance of members for the AGM.

On the 30th April is an Individual Stableford for Bevan Bensons trophy.

On a lighter note it appears some of our golf carts are self-drive and swapping cart sheds at night.



Rugby Report

The 2023 season kicked off on Saturday with Barraba hosting Quirindi in the opening match. The Women's game was called off as Quirindi did not have enough girls for a team so forfeited to Barraba.

The Men's game started with Barraba in the Quirindi half with some solid forward work, with kick and drives and strong rucking, only to be stopped by solid defence. But after 10 minutes a lost possession enabled Quirindi to get a relieving kick away to get out of their half. Play see-sawed from end to end with some very hard defence from both sides until the home side received a penalty for Clarke to convert a 3-0 lead.

Before half-time break the visitors scored two tries and converted one for a 12-3 lead, in a game that looked fairly even with both teams having opportunities but unable to add further points because of the stout defence.

The second half saw Quirindi make several changes which showed out with more dominance allowing them to score two more converted tries for a 26-3 lead.

Barraba kept up the fight but were unable to add points until late in the half for a converted try for a final score of 26-10 to Quirindi. The game showed that the Rams will produce good rugby during the season and should get their share of wins.

With the forwards showing plenty of determination and effort, especially in the tight work, enabled the backs to do their work with good clean ball. As stated earlier, the defence was very solid in the forwards and backs and some of the tackles were felt in the crowd.

Best and Fairest points for the game would have been a hard selection but were as follows;

3 points O. Mackenna, had a strong game at 5/8th with some good kicking and use of the ball for the backs good defence.

2 points Tabuso very strong game in the forwards with plenty of carries and work in the tight stuff.

1 point J. Ward, good lineout work ensured the Rams a clean ball and his general play.

1 point N. Sweeney, another solid performance, his all round game is good.

Players Player W. Robinson, again a captain's knock who leads from the front.

This week's zone draw is as follows;
Walcha and Narrabri / Scone and
Gunnedah / Moree and Pirates /
Quirindi and Inverell / Barraba - Bye

Rifle Club Report

The weather on Saturday was good for our shooters as the wind was only light at times. The morning Centrefire event had four shooters and an RCO. With four also for the Benchrest in the afternoon. Scores were mostly in the 90's and Brendan scoring two possibles, congratulations Brendan. There were a couple not far behind him with 98's. The scores in the past few shoots have been extremely close, so it might a fight to the finish to see who gets that number one trophy at the end of the year.

Congratulations goes to John also for scoring two possibles in the Centrefire.

Unlimited 50m

B. McIlrick 98.7, 98.5, 97.6 = 293.18
D. McIlrick 93.2, 97.1, 94.3 = 284.6

AA Grade 50m

R. Bridges 95.6, 92.3, 96.5 = 283.14
G. Urquhart 92, 91, 88 = 271

Unlimited 100m

B. McIlrick 100.4, 99.6, 100.7 = 299.17
D. McIlrick 95.1, 93.2, 93.1 = 281.4

AA Grade 100m

R. Bridges 93, 98.4, 92.1 = 283.5
G. Urquhart 91.2, 93.1, 90 = 274.3

Centrefire

J. Adams 97.4, 100.7, 100.3 = 297.14
D. McIlrick 94.2, 95.2, 92.1 = 281.5
R. Clark 81, 83, 93.3 = 257.3
H. Clark 78, 73, 76.1 = 227.1

1.4.23 Results

Unlimited 50m

B. McIlrick 98.2, 95.2, 98.4, = 291.8

AA Grade 50m

A. White 98.4, 94.3, 97.4 = 289.11

R. Bridges 98.4, 94.3, 93.1 = 285.8

G. Urquhart 93.4, 94.1, 92.1 = 279.6

D. Dewson 84.1, 96.2, 98.2 = 278.5

C. White 88, 95.3, 93.2 = 276.5

A Grade 50m

N. Hull 95.3, 92.1, 95.3 = 282.7

Unlimited 100m

B. McIlrick 98.5, 99.4, 100.3 = 297.12

AA Grade 100m

D. Dewson 99.5, 98.4, 99.3 = 296.12

A. White 98.3, 96.4, 98.3 = 292.10

R. Bridges 98.2, 97.3, 97.3 = 292.8

G. Urquhart 94, 94.1, 93.2 = 281.3

C. White 98.2, 81, 94.2 = 273.4

A Grade 100m

N. Hull 99.2, 96.3, 98.4 = 293.9

Centrefire

J. Adams 98, 99.4, 99.4 = 296.8

N. Hull 99.5, 97.5, 97.4 = 293.14

B. McIlrick 77, 90, 94.2 = 261.2

A. White 85.1, 82, 92.1 = 259.2

R. Clark 91.3, 60.1, 80, 231.4

H. Clark 59, 50, 67 = 176

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COLLEGE CHAT

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RT090027

Wednes 19th April



Summary Max 26

Mostly sunny

Chance of any rain: 5%

Thursday 20th April



Summary Min 5 Max 25

Partly cloudy

Chance of rain: 5%

Friday 21st April



Summary Min 6 Max 24

Partly cloudy

Chance of any rain: 10%

Saturday 22nd April



Summary Min 4 Max 25

Mostly sunny

Chance of any rain: 5%

Sunday 23rd April



Summary Min 6 Max 25

Mostly sunny

Chance of any rain: 20%

Monday 24th April



Summary Min 5 Max 24

Mostly sunny

Chance of any rain: 10%

Tuesday 25th April



Summary Min 5 Max 25

Partly cloudy

Chance of any rain: 30%

✿✿ Great Mother's Day Idea - Resin Placemats ✿✿

Bring Mum along and have some fun pouring different coloured resin onto a set of six placemats and create unique and marvellous pieces of artwork as individual as you and one of a kind.



One day workshop on Saturday 29 April 9am-12pm. For enrolment details contact the College on 6782 1662 and talk to Michelle



or head over to our website

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CSIRO STUDY UNCOVERS THE SECRET TO LONG TERM WEIGHT LOSS SUCCESS

New research from CSIRO, Australia's national science agency, has revealed that regular self-monitoring behaviours and tracking tools are the secret to losing weight – and keeping it off.

The study initially mapped the total weight loss of 6602 CSIRO Total Wellbeing Diet members that had completed the 12-week program. It found 64 per cent lost a clinically significant amount (>five kilograms) of weight at one year, with a sustained average weight loss of 10.6kg, or 11.9 per cent of their starting body weight.

The most successful of this group lost an average of 22.3kg, equivalent to 21.7 per cent of their starting body weight.

RIGHT: Regular self-monitoring and tracking tools are the secret to losing weight and keeping it off, according to new CSIRO research.

To better understand the behaviours resulting in this success, CSIRO scientists conducted a further study* to compare the usage patterns of various CSIRO Total Wellbeing Diet platform features. This second stage analysis revealed the perceived importance of tracking, self-monitoring and ongoing education to individuals.

Study participants who achieved weight loss exceeding 10 per cent of their starting body weight used all of the CSIRO Total Wellbeing Diet's tools – weigh ins, food diary, menu plan, exercise plan, program content, forum and food search – 50 per cent more than those who lost less than five per cent over the same time period.

CSIRO research scientist Dr Gilly Hendrie said using tools and support frameworks to educate around diet and nutrition was critical for ongoing societal health and lifestyle improvements, especially given that 67 per cent of Australians are currently overweight or obese.

"There are no quick fixes when it comes to sustainable weight loss and a healthy lifestyle, and this study helps us to show that weight loss comes from a range of regular actions and positive behaviours," Dr Hendrie said.

"It's repeatedly using Total Wellbeing Diet tools, while developing positive habits, that help people to come back to, and maintain, a healthy lifestyle.

"We're really happy to have more research that reinforces the critical role that lifestyle and behaviour change plays in long term weight loss and management," she said.

Other key findings of the study included:

- It was most common (14.6 per cent of study participants) for people to lose weight during the first six months of a weight loss journey and then enter a maintenance phase for the remainder of the year
- In spite of the maintenance phase, 54 per cent of 738 participants surveyed who had lost 14kg or more had been able to continue weight loss after a plateau
- Most people reported that they were still monitoring their weight on a weekly basis (44 per cent), or at least weekly (daily + weekly, 64 per cent)
- Members who lost more than 10 per cent of their body weight tended to view menu plans 70 per cent more
- After the first 12 weeks, usage of the food diary was two-and-a-half to three times higher over the remainder of the year in members who lost 10 per cent or more of their starting body weight.

CSIRO Total Wellbeing Diet member, Terry from Queensland, reinforced the importance of having ongoing access to the food and exercise tracker, menu plans and Facebook support group, crediting them to helping him maintain his 100kg weight loss for two years and nine months.

"The tools have created habits that are within me and now just part of my lifestyle," Terry said. "Every weekend, I'm using the food tracker to create my own meal plan before spending time in the kitchen to pre-prepare the meals for the busy work week ahead. With a little bit of preparation and accountability, eating well is really easy. There's less room to move off track as you know you already have a nutritious meal ready for you. There's less decision fatigue. It's also important to acknowledge that even though this is ideal, some weeks this doesn't happen. Last year, I let things slide a bit over the Christmas break. Rather than beat myself up, I just decided to simply refocus and reset by going back to basics - logging my weight and tracking my food intake. I was also kind to myself, something I picked up from others in the CSIRO Total Wellbeing Diet Facebook group. These days, I remind myself of how far I've come, reframing a setback as just part of the process, and an opportunity to reassess, refine and move forward." he said.

Find out more about the CSIRO Total Wellbeing Diet.