



# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

**Wednesday 26<sup>th</sup> April 2023**

## ANZAC Day 25<sup>th</sup> April 2023 Barraba







**BARRABA RSL & RECREATIONAL CLUB LTD**  
Phone: 67821379

For the information of members and guests

**THIS WEEK:**

**THURSDAY: 11AM-**

**FRIDAY: 11AM-**

MEAT AND VEGIE RAFFLES FROM 6PM.  
BONUS PRIZE DRAW AFTER THE RAFFLES.  
MEMBERSHIP DRAW \$1300

**SATURDAY: 10AM-**

**SUNDAY: 10AM-5.30PM**

ANGLERS CLUB RAFFLES 1PM

MEMBERSHIP DRAW \$1600

COURTESY CAR AVAILABLE

**MONDAY: 11AM-5.30PM**

**TUESDAY: 11AM-5.30PM**

BINGO 11AM

**WEDNESDAY: 11AM-**

**HAPPY HOUR: 11am-1pm Wed & Fri**

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**DINE IN OR TAKE AWAY**

MONDAY: 12-2PM

TUESDAY: CLOSED

WEDNESDAY: 12-2PM

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

SUNDAY: 12-2PM



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**LORNA MILLGATE SCHOLARSHIP  
TRUST 2023**

The Trust is sponsored by the Grand Lodge of NSW and ACT.

It is for young people who have started their tertiary education at University, TAFE or other recognised tertiary learning centre.

There is a wide range of disciplines that are covered by the Trust such as Agriculture, Business, Nursing, Teaching, Engineering, Speech Therapy, IT, Plumbing, Vehicle Mechanics and many others.

The nominee must be an Australian Citizen, be a resident in NSW or ACT, attending a recognised institution of tertiary learning and in need of financial assistance to help them in pursuing their chosen course.

**NOMINATIONS CLOSE ON 16 MAY 2023**

For further information contact David Jones on 6785 1836, Secretary of Lodge Saint Andrews, Manilla, NSW or Bryan Barrass on 0410600156, Treasurer of Lodge Saint Andrews, Manilla, NSW.



# Do you feel safe when out in the community? Have your say to help create a safer region!

Tamworth Regional Council is calling on the local community to get involved by providing feedback on the **draft Community Safety and Crime Prevention Plan**.

To read the draft plan and have your say head to [www.haveyoursay.tamworth.nsw.gov.au/a-safer-region](http://www.haveyoursay.tamworth.nsw.gov.au/a-safer-region) or drop in to your local Council office.



Public exhibition closes: 10 May 2023



Everyone should feel safe where they live, work or play. What does this look like to you? 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. It is time to review our Tamworth Regional Crime Prevention Plan and the information collected from this consultation will form the plan. We are calling on the local community to get involved by providing feedback on the draft plan before Wednesday 10 May, 2023.

Thank you to everyone who took part in the first survey and shared thoughts on how we can continue to be a safe and welcoming place for everyone. The full draft plan is available on the Council website.

Have questions or want to learn more about a project, contact Gino Tiberi - Crime Prevention Officer. Phone (02) 6767 5555. Email [trc@tamworth.nsw.gov.au](mailto:trc@tamworth.nsw.gov.au)  
Website [www.tamworth.nsw.gov.au](http://www.tamworth.nsw.gov.au) or in writing to General Manager, Tamworth Regional Council, PO Box 555, Tamworth NSW 2340

## 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**

## BARRABA COMMUNITY NEWS

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A busy week ahead for society members with some visitors due on Friday

for a social gathering and of course some members have attended the Bingara opening of a new part of their museum on Saturday.

The usual monthly meeting on Tuesday went off well with an interesting donation of an item re the 1864 flood – hopefully it will be in next week's notes.

Now to continue with history of the post office from 1871 when Daniel Sinclair appointed his brother, James, as Postmaster. Unfortunately, this arrangement did not last for very long as Daniel wrote to the department from Barraba in February 1875, advising that his brother had died and that he was acting in his place temporarily.

Jane Elizabeth Sinclair, widow of James, was appointed postmistress on 22<sup>nd</sup> February, 1875. Her sureties were Myles Hagan and G.B. Barton. This arrangement only lasted a few years as a telegraph office was opened in Barraba in 1878 with William Harris in charge. John Banfield succeeded William Harris on 24<sup>th</sup> November, 1878 and promptly wrote to the department asking that the Telegraph Office and Post Office be amalgamated.

The telegraph office was, at this stage in premises next to a Hotel, and Barraba residents sent the department a large petition to the department protesting about the site. This may have also been because Mrs Sinclair was a widow with a large family to support and her only income was the postal salary.

However, eighteen months later on 20<sup>th</sup> April, 1880, John Banfield was appointed Post and Telegraph Master of the amalgamated offices. H.E. Williams was his assistant and received 2/6 per week. The Postmaster himself received 185 pounds per annum plus commission on the sale of stamps. The office was still in rented premises and paid 20 pounds per year rent. Although we are not told in the history where the Post Office was conducted it seems that it was the Commercial Hotel as the rent was paid to Richard Thame.

On 5<sup>th</sup> March, 1885, Mr E.W. Connolly was appointed postmaster, succeeding Mr A.J. Thorpe who had been acting postmaster for several months after John Banfield left Barraba and his wife and three children. There is no further information on Banfield in the records although his wife and family lived in Barraba for many years.

It was during the time of Mr Banfield that it was decided to erect a Post and Telegraph Office and a site described as Allotment 5, adjoining the Courthouse, was selected. The building was to have two rooms for an office and a residence of four rooms with a kitchen and pantry for the postmaster. Neither a bathroom nor laundry were included.

William Lee's tender was accepted by the department of works on 13<sup>th</sup> January, 1882. His tender was 2,100 pounds to be erected in a year. The building was occupied on 20<sup>th</sup> November, 1882. The postmaster asked for a bathroom and laundry to be erected and finally they were erected about 1890.

There were various problems with the Post Office building – extensions in 1901 of the office to the side veranda alignments and then the ceiling was in danger of collapsing in 1903 and 752 pounds were outlaid on repairs.

The telephone exchange building was added in 1909 and then there were major alterations to the front of the building in 1926/27 and the steps and columns that some of us remember were added.

In February, 1981, I visited the G.P.O. in Sydney and I have the dates, sureties etc of the postmasters from 1851 to Mr Blackwell in 1909. Some of these notes are not typed but they will be and there should be a copy at the museum in a couple of weeks.

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### *From the Historical Society Facebook page –*

Bill Bright in 1984 at "The Nut House" playing his newly completed harpsicord. Bill made every part of these instruments apart from some of the metal work. Bill studied musical instrument construction in Europe before returning to Barraba to produce these prestige instruments.

The art-work was done by our premier artist at that time, Rupert Richardson. Posted by Brian Coote.

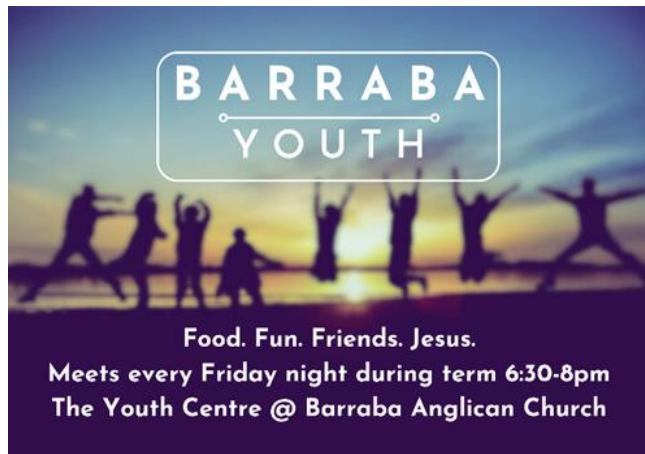


### **CATHOLIC CHURCH TIMES**

Barraba 1st & 5<sup>th</sup> 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 30<sup>th</sup> April 2023

### **NO SERVICE IN BARRABA.**

Combined service in Manilla at 10.30am followed  
by light lunch  
All welcome

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and reach 750 households in our local  
area.**

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## **ANZAC Day address 2023 from the Anglican Church**

We come together every year on ANZAC day to remember those who have fought in the defence of our nation. We don't come to glory in war. For, when we think of the lives that were lost, the families left without parents and siblings, and the survivors left to deal with a lifetime of physical and emotional scars, how could we celebrate?

No, it is a day when we remember all those who, despite knowing the cost they may well pay, would take up the call to fight that we might have peace - and we remember, especially, the 100,000+ Australians who would never return home. Of course, these 100,000 are no mere statistic. They are more than faceless names on a roll.

As John Howard reminded us in his 1997 ANZAC address, "each of the fallen had a family and friends whose lives were enriched by their love and diminished by their loss. Each added to the life of a city suburb or country town. Each worked before enlistment, as a teacher, a farmer, a labourer, a nurse, a doctor, a clerk, or one of countless other occupations which add to the prosperity and the richness of a nation."

I want to share with you the story of one such man.

Andrew Gillison was a Presbyterian Minister, who, when war was declared in 1914, made the decision to enlist immediately and was appointed Chaplain to the AIF in October the same year. Gillison arrived in Gallipoli on 25 April 1915, but as a chaplain was ordered to stay on the ship until the initial fighting had died down. At first, he did this, doing all he could to help medical staff and provide comfort for those soldiers who had been returned to the ship injured.

However, as the casualties grew, and the numbers of dead and injured became too great to bring back to the ships, Gillison managed to gain permission to go ashore on the morning of April 27. He immediately attached himself to the dressing station, the first place to which the casualties were brought, consoling the wounded, and burying the dead.

Gillison conducted funerals under cover of darkness, beginning at 11.00pm and finishing when possible before first light. Such was his conduct, that one soldier wrote in his diary that Gillison was the bravest man he ever knew and that "everyone praised his efforts to cheer the men under hardship and when wounded."

*Continued page 6*

*Continued from page 5*

Corporal J. W. Barr wrote of Gillison, "Stained by earth and the blood of fellow men, he was grandly eloquent, his clothes and appearance telling us what he did not."

Others spoke of his Christian comfort while he supported the weakening frame from which the soul was speeding; a Christ-like devotion to his fellowmen that found him near them in their last moments".

On 22nd August 1915, Gillison was preparing to read a burial service over yet more bodies when he heard groaning in the scrub above them on the ridge. The men crawled up to the top from where they could see a wounded soldier, covered in ants. They crawled out to the wounded man and started to drag him back over the ridge. Suddenly they were in the sights of a Turkish sniper. Crawling backwards, a bullet hit Gillison in the shoulder and exited through his chest. He died in agony three hours later.

What is it that could motivate a man like Gillison to such sacrifice? We need look no further than the epitaph on his tomb stone.

**In remembrance of Rev. Andrew Gillison M.A.  
Greater love hath no man than this, that a man lay down  
his life for his friends.**

Words straight from the lips of Jesus Christ. Words that anticipate the ultimate sacrifice - when Jesus Christ would willingly lay down his life to earn forgiveness of sin and peace with God for any who would turn to him and bring themselves under his protection and lordship.

It is that great sacrifice that changed the life of countless millions throughout history, including Andrew Gillison. It was the example of his master which would lead him to spare nothing in the care of those he was sent to minister to.

And so, I am thankful as I remember the 100,000 Australians who have died, and the many others who have served that I might enjoy this peaceful land. And I thank God for Jesus Christ, whose death has earned peace with God, and has inspired the service of many men and women just like Andrew Gillison.

Matthew Hearne, Barraba Anglican Church

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## **Australian War Memorial praises Montevideo Maru discovery**

Chair of the Australian War Memorial Kim Beazley says the discovery of SS Montevideo Maru in the South China Sea almost 81 years after the tragedy is a "monumental moment in war history".

More than 1,000 Australian soldiers and civilians, captured by the Japanese following the fall of Rabul died at sea on 1 July 1942 when the ship was torpedoed by the USS Sturgeon, unaware that it was carrying Allied prisoners. Mr Beazley's uncle, Syd Beazley, was among those lost in the tragedy.

"Finding the site of Australia's most devastating loss at sea and will help heal Australia's collective memory for generations," Chair of the Australian War Memorial Kim Beazley said. "This has solved a Second World War mystery and my family's history."

Mr Beazley's uncle was a resident of Rabaul in New Guinea's East New Britain province, and was on board the ship.

"This discovery is connected to an enormous Australian tragedy, both from massacres on land and the huge loss of life at sea," Mr Beazley said. "This is a monumental moment in history and for the families who have agonised and grieved about what happened to their loved ones on this ill-fated ship."

In 2009 Mr Beazley joined a group of relatives urging the federal government to launch a search for the wreck.

Australian War Memorial Director Matt Anderson said: "The families on the ship were unaware of their loved ones fate until after the war. According to an account from the handful of surviving Japanese crew, the Australians in the waters sang Auld Lang Syne to their mates still trapped in the ship as it sank beneath the waves. We should take both pride and comfort in the fact we live in a country where we have continued, for 80 years, to find the Montevideo Maru's final resting place. This will bring some measure of closure to the relatives and, I hope, allow all those who perished, to finally rest in peace."

Last year, families of those who died marked the 80th anniversary of the tragedy at the Australian War Memorial.

The Australian War Memorial commemorates the tragedy through a commemorative sculpture and the Memorial's Roll of Honour.

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## APPRENTICES AND TRAINEES REMINDED TO TAKE ADVANTAGE OF TRAVEL CARD

With the TAFE Autumn break coming to a close, Member for Tamworth Kevin Anderson is reminding local students and trainees to take advantage of the NSW Government's Regional Student and Apprentice Travel Card.

The card provides eligible apprentices, trainees and university students living in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel and support access to education and training.

Mr Anderson said he had been flooded with follow-up enquiries about the card since launched in January, with local students eager to take up the opportunity to save a bit of cash getting from home to their training organisation.

"I know how tough it can be for students and apprentices to make ends meet, particularly with the cost of living so high at the moment," Mr Anderson said. "Every dollar counts when you're getting an education, which is why I was a big supporter of the new travel card when it was first proposed last year.

If there's any eligible student or apprentice in our region who still hasn't taken advantage of this card, now is the time to jump on the Service NSW website and get your applications in."

To be considered eligible a participant must:

- meet relevant citizenship or permanent residency requirements
- reside in a regional location outside Greater Sydney and the Newcastle and Wollongong City Council boundaries
- be between the ages of 16 and pension age (currently 66 and 6 months)
- be undertaking an active apprenticeship or traineeship registered with Training Services NSW or an undergraduate university course. Courses must be full-time and face-to-face
- be enrolled in an eligible campus. (Select campuses are still being defined).

For more information please visit [Service NSW](#).

## BOLOGNAISE GNOCCHI BAKE

From The Free Range Butcher

This gnocchi bake will be the quickest dinner you do this month. Just make sure you have a batch of bolognese already made and in the freezer. It's such a timer save to have a cooked frozen meal, rather than just some frozen packets of [beef mince](#).

### Ingredients:

- A batch of spaghetti bolognese (mince was 1kg)
- 1 packet of fresh gnocchi
- 200g fresh mozzarella
- fresh parmesan

### Method:

1. Grab a large baking dish and grease the top edges so your cheese doesn't stick too much.
2. Throw in your gnocchi and bolognese and gently mix until combined.
3. Top with chunks of mozzarella.
4. Grate the parmesan directly on top of your pasta bake. Liberally cover with the parmesan
5. Bake for about 20-25 mins. This will cook the gnocchi and heat up the meat and nicely melt the cheesy top.





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## Rugby Report

With Barraba having a bye last weekend there is no game

report but will travel to Inverell this Saturday to do battle with the locals. Training for the Mens team has been strong and augers well for the season. But the Girls team needs more numbers. So, girls who wish to play and have a good time, you will be most welcome.

The Club is running a steer competition and anyone interested in competing should contact Simon Koopman or Snow Kelly. Steers will be run at Hamilton's Feedlot which will be handy for competition to check how their beast is performing. The steers, when ready will be killed in Inverell.

Barraba's Junior Carnival is to be held on May 14<sup>th</sup> and, as always, a large crowd is expected from near and far. Players from under 6s to under 16s had the largest crowd seen at the ground. Referees for the games come from the senior players who thoroughly enjoy the day and see some young talent on show.

This week's zone games as follows; Narrabri/Scone, Gunnedah/Moree, Pirates/Quirindi, Inverell/Barraba, Walcha bye

## 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.

Contact

[news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)

or drop into the Community College on the corner of Alice and Fitzroy Sts.



## Golf Notes

Craig Ruttley again showed his power off

the tee to card a 2 over par 73, net 67 to win the Mal Stein and Ron Bridges trophy on Sunday. Joint runners up with a net 71 were Peter Simpson and Dave McMurtrie. Balls went to Chris Sweeney net 72, Liam Johnston net 73 and Bevan Benson also net 73.

NTP went to Lyn Groth 12th and Craig Ruttley on the 16th. It was very pleasing to see a good turn up of players. Whilst still not a lot of run on the course, Rutts rifled a couple of his drives over 280 metres or 305 yards to allow birdie opportunities however his putting at times wasn't to be.

Next week we will have a good representation of players supporting Bingara's two days of golf. For those players staying at home there is an Individual stableford for a club trophy on Sunday.

On Sunday the Club held its AGM where Will Sedgwick was again elected President. Will thanked everyone for attending and highlighted the many initiatives and projects undertaken by the club in the past year. He acknowledged the continued support of the community and the great work of our club volunteers. Returning Treasurer Amanda Koopman gave an overview of the clubs pleasing financial position.

# WHY?

Why is the time of day with  
the slowest traffic called  
rush hour?



## **A rose by any other name – how roses and cut flowers became a symbol of love and luxury**

Before the creation of international systems of cultivation and the ability to move goods by air freight, flowers matched the pattern of the seasons. Roses on Saint Valentine's Day were something unexpected, and very expensive.

In very old age, in 1989, the late Queen Mother wrote a letter about her youth:

*I remember dancing with a nice young American at Lady Powis' ball in Berkeley Square (aged 17) and the amazement and thrill when the next day a huge bunch of red roses arrived! In those days flowers were very rare!*

Where does the tradition of flower gifts come from and do they pose risks for an ecologically aware world today?

### **Roses in culture and society**

A Roman [murdered for his religion](#) on February 14, AD 269, St Valentine was promoted by Geoffrey Chaucer in the 14th century as a figure of courtly romance. The red rose therefore signals blood and sacrifice as well as devotion. The tradition of flowers having anything to do with love came to the West much later than the classical world.

Many of our beautiful roses descend from enormously tall, single-petalled specimens originally found in south central and northern China. Simple versions are also found in Europe and North Africa. They required crossings and hybridisation to produce the many lush varieties we enjoy today. We could say the flower that we call natural has been for centuries a product of conquest and commerce.

The rose – so spectacular for its thorny beauty – was all over early floral decorations. In Greek mythology it was woven into the fabric that [Andromache made for Hector](#) at the time of his death in Troy.

Commercial trade in flowers began as early as Hellenistic times. Egypt grew mass-produced blooms and shipped them long-distance for ritual, including wearing garland crowns.



*Hector and Andromache - Giovanni Antonio Pellegrini (1675-1741) Wikimedia Commons*

## **Early Christians were suspicious of flowers**

Greek and Roman men and women wore floral crowns later presented as offerings to the dead. This was too pagan for the early Christian Church. St Jerome and St Ambrose were [suspicious about flowers on tombs](#). They raised concerns of luxury. The rose was doubly suspect as it was linked to the Crown of Thorns worn at the Crucifixion. The evil Roman Emperor Heliogabalus was said to have [smothered his diners with roses and violets](#) released from a false glass ceiling. Exotic flowers were about decadence, not virtue.

The foundations of botany emerged within both ancient China and Greece. Knowledge of plants plummeted after the fall of the classical world in the West. Islam and the Near East were less disrupted by the decline of cities and had rich traditions of cultivation and botanical trade, notably in the 8th and 9th centuries AD. The rose appears stylised in the famous Persian carpets.

China, called by plant collectors the “flowering land”, had one of the most diverse floral resources, a result of its geology and great horticultural expertise encouraged by the literati class. From China came the azalea, the camellia, chrysanthemum, magnolia and new types of rose.

In China flowers were uniformly positive. “Hua” can mean a blossom, a firework, a decorative border or a cotton print, or it can refer to women and courtesans. Han ladies wore large flowers in their hair, either fresh or artificial, and their make-up included flowers and petals. Courtesans, some of whom worked on flower-filled barges, were named after blooms.

Roses were rehabilitated in the Christian West in the 12th century. Within Gothic art, the stained-glass rose window of the cathedral itself resembled that flower.



*A detail of Chinese artist Ma Yuan's On a Mountain Path in Spring. 1190-1225 CE. Ink and colour on silk. (National Museum, Taipei, Taiwan). Public Domain*

## Men liked flowers as much as women

Thirteenth-century French romances describe young men wearing clothes embroidered with flowers, and during this period the Paris guild of hatters produced hats for men decorated with peacock feathers and fresh flowers. Young men decorating their straw hats with flowers in summer remains a tradition at the famous English school Eton.

Flower painting emerges as an independent European form in the Ghent-Bruges School of manuscript decorators after 1475. Many Flemish painters specialised in paintings of the Virgin surrounded by a garland or wreath. The inclusion of bees, butterflies, insects and worms was a reminder of the transience of life, a memento mori.

Flowers underlined the contrast between internal and external beauty typical of classical sources. Sixth-century Roman philosopher [Boethius](#) wrote:

*The beauty of things is fleet and swift, more fugitive than the passing of flowers in Spring". Here is the explanation why we are so fascinated by flowers, they are about life, but at the same time, death and decay.*

By the 17th century, flowering plants were established as essential luxuries for rulers and merchants. Collectors and patrons travelled between notable botanical centres including Prague, London, Leiden, Brussels, Antwerp, Middleburg, Milan and Paris to engage with this new science and form of collecting. This, the [ethnologist Jack Goody](#) claims, was an expert system that led to [floriography](#) – the European language of flowers. The red rose is love, the white rose devotion.



*French Rose and Apple, Joris Hoefnagel (1561–1562). Wikimedia Commons*

## 'Too true, too perfect': nineteenth-century fashion and flowers

In 19th-century Paris the flower market expanded to a twice-weekly format with corner booths, spiced with the erotic charms of the flower sellers who worked the streets.

Large blooms such as lilacs, Easter lilies and the large, perfumed Bourbon roses were the height of luxury. Flowers had shorter seasons and were scarcer than now, although the rich endeavoured to force plants in their private hothouses. The cult of flowers was significant. There were 100 florists in St Petersburg in 1912 – trains carried out-of-season blooms up on the St Petersburg-Paris-Nice express.



*A flower market on the Seine by George Fraipont. Wikimedia Commons*

Mature women were not to use real flowers, the prerogative of youth, but rather artificial ones dispersed in their textiles and made in ornamental fabrics.

Today, flowers can be purchased at corner supermarkets every day. Most of what you see in stores is not grown locally. Much of it has been grown in South America or South Africa, shipped up to the Dutch wholesale markets, then flown back to the southern hemisphere. Flower cultivation uses large amounts of water and pesticides and often proceeds with low-paid labour in the developing world. Many of us could grow a few flowers ourselves, and get back to the simplicity of our grandparents' generation, when **flowers were scarce and also cherished.**

If your flowers have not arrived for Valentine's Day, remember this: Mizza Bricard, who worked for Christian Dior in the 1950s, once noted:

*when a man asks who is your favourite florist, say my florist is Cartier.*



## Why do cats knead?

*Susan Hazel, Senior Lecturer, School of Animal and Veterinary Science, University of Adelaide*

*Julia Henning, PhD Candidate, University of Adelaide*

“Kneading” is when cats massage an object with the front paws, which extend and retract, one paw at a time.

This massaging action, named for its resemblance to kneading dough, is repeated rhythmically. You may have spotted your cat kneading and wondered how on Earth they developed such a behaviour.

So, why do cats knead? Does it tell us anything about how they’re feeling and is there anything you can do if they’re painfully kneading you while sitting on your lap?

### **The evolutionary background of kneading**

Cats first begin to knead when just tiny kittens, still nursing from their mother. Kneading is associated with suckling, which helps stimulate a mother cat’s milk supply through the release of oxytocin and likely evolved for this reason.

Kneading also has another evolutionary advantage. It can be used as a form of tactile and pheromone communication between kitten and mother.

Cats have scent glands in their soft paw pads, and when they knead, these glands release pheromones (chemical messages used to communicate).

Kneading on their mother releases pheromones associated with bonding, identification, health status or many other messages.

One of these, known as “cat appeasing pheromone”, is released by the sebaceous glands round the mammary glands.

Pheromones are not only important for bonding between the mother and young. Cat appeasing pheromone also has the potential to treat aggression in mature cats.



*Kneading can be used as a form of tactile and pheromone communication between kitten and mother. Shutterstock*

## **If kneading is a kitten behaviour, why is my adult cat still doing it?**

While kneading evolved to stimulate milk supply and express chemical and tactile messages between kitten and mother, it’s also a common behaviour in adult cats, because of something called neoteny.

Neoteny is when an animal retains their juvenile physical or behaviour traits into adulthood. It’s likely these traits are advantageous for cats when needing to socialise with humans and other cats or animals in the household.

Kneading, in particular, may be retained into adulthood because it can help communicate messages.

Kneading on your lap is a cat’s way of saying “we’re affiliated” or “you’re in my social group”. Or, to be very human about it, “you’re my person”.

We may also reinforce kneading by rewarding our cat with attention when they do it.

Some cats like to knead on soft or woollen blankets while also sucking on the material, as if from a teat. This may be relaxing or soothing for the cat because of this association.



*We may also reinforce kneading by rewarding our cat with attention when they do it. Shutterstock*

### **What does kneading say about how our cats are feeling?**

In most cases, kneading likely indicates your cat is comfortable.

However, if the kneading (and especially sucking) occur very frequently, for a long time, appear compulsive or are beginning to damage your cat’s paws, legs or mouth, it may be a sign your cat is stressed or in pain and needs to see a vet.

Kneading and sucking can become compulsive, a particular problem in Siamese and Birman cats.

Some cats don’t knead at all. Just like people, cats are individuals and like to show that they are comfortable or affiliated with you in their own ways.





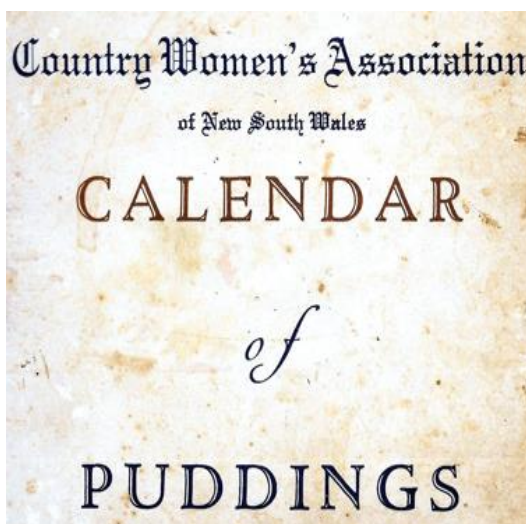
### Help! My cat kneading is hurting my legs

Kneading is a normal behaviour that may be an important part of your cat feeling bonded with you. If your cat's claws are getting a little too involved for your liking then invest in a thick blanket that you can cover your legs with. Avoid telling them off or kicking them off your lap.

Instead, reward kneading where the claws are kept to a minimum by showing more attention via patting or handing out a food treat when your cat is kneading the way you would like them to.

You can even add in a cue to request the claws go away. Something short like "pads!" would be a good option. Simply associate the word and a food reward with the behaviour you want.

And if you need your cat more than they knead you, that's OK too.



### WARREN PUDDING.

**MAY 14** 1½ cups flour, ½ cup sugar, 1 tablesp. (heaped) butter, 1 cup sultanas, 1 cup dates, 1 teasp. ground cinnamon, 1 teasp. nutmeg, 1 piece peel, ½ cup milk. Mix all dry ingredients together, take butter with 1 teasp. carb. soda, and pour over them ½ cup boiling water, add milk, and mix all together. Steam 2 hours or longer. Double this quantity for 8 persons.

Mrs. Percy Russell, Warren Branch.

### PRUNE PUDDING.

**MAY 15** ½ lb. prunes, 1½ cups breadcrumbs, 1 lemon, 2 eggs, ½ cup sugar. Stone and chop prunes, butter a pie dish, cover with breadcrumbs, then prunes, lemon juice, and sugar alternately till dish is full. Bake for half an hour. Beat whites of eggs to a stiff froth with 1 tablesp. icing-sugar. Cover top of pudding, return to oven, and brown slightly.

Mrs. C. A. Lamont, Wagga Branch.

### APRICOT BATTER.

**MAY 16** 1 cup flour, 1 teasp. baking powder, 1 tablesp. butter, 4 tablesp. hot water, pinch salt. Mix egg, butter, and hot water together, add flour, baking powder, and salt. Stew some apricots (soak evaporated apricots all night before stewing), put into a pie dish about 3 parts full, and when boiling hot cover with the batter and bake for half an hour in a fairly hot oven. Serve with cream or custard.

Mrs. W. N. Alley, Braidwood Branch.

### WALNUT AND DATE SPONGE PUDDING.

**MAY 17** 1 oz. butter, 2 eggs, ½ cup sugar, 1 teasp. baking powder, 1 cup flour, ½ cup dates and walnuts mixed. Cream butter and sugar, add eggs, and mix well together. Add dates and nuts, finely chopped, then flour and baking powder, and mix with enough milk to make fairly thin batter. Put into well greased basin and steam 1 hour. Serve with sweet sauce.

Mrs. Donald Stuart, Batlow Branch.

### SPOON PUDDING.

**MAY 18** 6 tablesp. flour, 2 tablesp. dripping, 2 tablesp. sugar, 1 teasp. cream tartar, ½ teasp. carb. soda, mixed with enough milk to make a soft mixture (about ½ cup will do). Put ½ cup golden syrup into buttered basin, pour the mixture on top, and steam for 2 hours. No sauce is required, as the syrup turns out all over the pudding.

Mrs. J. C. Johnston, Glen Innes Branch.

### VANITY PUFFS.

**MAY 19** Boil 1 cup milk, add to it and stir quickly 1 big half-cup flour. Stir until a very stiff dough, remove from fire. When cool, add 3 eggs, one at a time, beating well after adding each egg. Then add 1 tablesp. melted butter. Take up a little of the batter and drop into a pan full of boiling fat. When brown, lift out and drain on paper. Roll in sugar and cinnamon, well mixed.

P. Marina, Young Branch.

### SAGO PLUM PUDDING.

**MAY 20** 1 cup breadcrumbs, 2 large tablesp. sago, ½ cup sugar, 1 cup raisins, 2 tablesp. butter, 1 teasp. soda (dissolved in boiling water). Soak the sago in milk to cover (overnight if possible). Mix all ingredients with enough milk to make a fairly firm mixture. If double quantity is required, the same amount of butter and raisins as above will be sufficient for a plainer pudding. Steam in greased basin 4 hours.

Mrs. H. Denyer, Temora Branch.

### BANBURY TART.

**MAY 21** 1 cup chopped raisins, 1 cup sugar, 3 tablesp. biscuit or sponge cake crumbs, 1 egg (beaten), 1 tablesp. melted butter, good pinch salt, 1 lemon (juice and grated rind). Bake between 2 crusts (see June 24), in hot oven.

Miss Valerie Holcombe, Burren Junction Branch.