



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 24th May 2023



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of member's and guests.

THIS WEEK

FRIDAY 26TH MAY:

MEAT RAFFLES FROM 6PM

MEMBERSHIP DRAW

SUNDAY 28TH MAY:

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW

BISTRO HOURS

Phone 0427303808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZA'S MADE TO ORDER

MONDAY: CLOSED

TUESDAY: CLOSED

WEDNESDAY: 12PM-2.00PM

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

SUNDAY: 12-2PM

BARRABA CANCER PATIENTS FUND RAISING GROUP



BIGGEST MORNING TEA

THURSDAY 25th MAY, 9am. Queen Street Mall
NENW HealthWISE free health checks available

Form 114 (version 4)

Succession Act 2006 s.93, Probate and Administration Act 1898 s 92 and Trustee Act 1925 s 60.

NOTICE OF INTENDED DISTRIBUTION. ESTATE OF JEAN STOBIE.

Any person having any claim upon the estate of Jean Stobie, late of Barraba who died on 6 November 2021 must send particulars of the claim to the legal representative for the estate at care of PJK Law, 149 Queen Street, Barraba NSW 2347. Ref PJK:MS:2022/0972, within 30 days from the publication of this notice. After that time the legal representative intends to distribute the property in the estate having regard only to the claims of which the legal representative had notice at the time of distribution.



Phone: 0459 192 265

Email: admin@barrabaveterinaryservice.com

219 Mulwarree Rd, Barraba 2347

Mon to Fri 8:30am – 5pm. Closed from 1-2pm

After Hours service available for emergencies only.

Offering veterinary services within the Barraba district for small and large animals in clinic or on farm.

Cat & Dog Boarding available for short or long-term stays.

PIAZZOLLA, TANGO AND SPAIN

There are still tickets available to a concert at The Playhouse Hotel at 6 pm on Saturday 27th May.

Piazzolla, Tango and Spain is a collaboration between soprano Ayşe Göknur Shanal and pianist Benjamin Martin. Their performance celebrates the music of the great Argentinian composer Astor Piazzolla. Piazzolla (1921 - 1992) bridged the gap between street music and the concert hall by inventing a style which came to be known as *nuevo tango* - music which is by turns tender, sensuous and thrilling. Ayşe Göknur Shanal has enjoyed a prominent career as both opera singer and recital artist. After graduating from London's Royal College of Music she joined the Young Artist Development Program at New York's Metropolitan Opera. She is the winner of numerous international vocal competitions and awards.

Benjamin Martin is a pianist of exceptional versatility and subtlety of expression. A graduate of New York's prestigious Juilliard School, in 2000 the music critic of *The Australian* dubbed him "the best young talent for the new millennium."

After the concert, patrons are invited to stay on for dinner in the Playhouse Hotel dining room.

Concert tickets are \$35, and the optional post-show dinner is \$45 pp. For bookings phone 6782 1109.



This year, the Service's Engineering Teams at its Broadmeadow Heavy Maintenance Facility, face the intricate exercise of completing major four yearly maintenance inspections on each of the Service's four multimillion-dollar aircraft.

'The Team essentially strip each aircraft back to a shell and then rebuild it, with any necessary replacement parts and components sourced from the aircraft manufacturers in Italy or from suppliers here in Australia,' Jones said. 'It's a complex, time consuming and highly involved process that takes several weeks and is meticulously planned to ensure we can have our aircraft back in service as soon as possible,' Jones continued.

"It's a significant cost to conduct these inspections, so on behalf of our Engineering Team, I'd like to thank the community for their continued support and say a special thank you in advance to those who are able to help us once again during this Appeal, as it's not just a donation, it's helping us to save local lives," Jones concluded.

About the Service:

The Westpac Rescue Helicopter Service was established in 1975 and through community support and fundraising it has become a critical service that operates four AW139 helicopters from three bases in Belmont, Tamworth and Lismore. The Service, in partnership with NSW Ambulance and NSW Health, delivers aeromedical search, rescue and inter-hospital transfers to care for communities from north of the Hawkesbury River through to the Queensland border and throughout the New England North West.

Along with the Pilot and Aircrew Officer, every prehospital emergency response mission launches with a dedicated NSW Ambulance Critical Care Paramedic, NSW Health Doctor and depending on the needs of each patient the team may include specialist nursing professionals.

Westpac Bank, the Community, Business Partners and the NSW Government through NSW Ambulance and NSW Health, provide the funds to ensure the Westpac Rescue Helicopter continues to save lives across Northern NSW.



Appeal Recognises Service's Unsung Heroes

The Westpac Rescue Helicopter Service is launching its annual End of Financial Year Appeal, taking the opportunity to acknowledge the 'unsung heroes' behind the scenes who are helping to save local lives.

"The community knows our aircraft by sight, and they know the crucial roles played by our Pilots and Aircrew Officers and have the greatest admiration for the life saving abilities of the Helicopter Critical Care Medical Teams," Westpac Rescue Helicopter CEO Richard Jones OAM said.

'What they are not so aware of, is the vital role played by our Engineering Teams at our heavy maintenance facility at Broadmeadow and at each of our three Bases at Tamworth, Belmont and Lismore,' Jones continued.

'Our ability to service communities 24/7 across Northern NSW is only achieved through the ongoing maintenance and technical ability of our Engineering Teams keeping our aircraft on standby and ready to respond to those in need,' Jones said.

Hi There

My Name is Peter McGuffog born Barraba NSW 3/06/61
Father was Ian James McGuffog. I lived in the said ambulance
station with my brother Gregory James
Please see attached photos of said ambulance station.

It was built by my dada and Bobby Munson he was married
to Nanny Munson and they had two children Kerry (became
a teacher) and the son worked at Tamworth Airport I believe.
When my dad was called away on a job I would stay with
Nanny Munson.

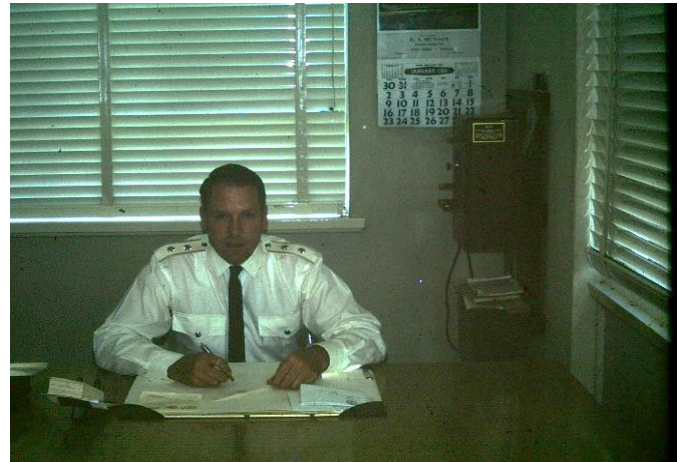
I have many fond memories of driving to collect subscription
with my dad.

He was promoted and went to Walgett NSW built a new
station there. Then went to Gunnedah NSW as the
Superintendent

In 1987 he was transferred to Sydney as the Western
Metropolitan Superintendent, then the Metropolitan
Superintendent, then he became the NSW Wales State
Counter Disaster Superintendent.

Many thanks

Peter.McGuffog





History Notes

Winter has arrived a week early – frosts and cold days and we haven't reached June yet. The May committee meeting is being held this week – a week later than usual. I have also been told that the furniture change around in the Dean Room looks good – even the history folders are now upright! There will be even more room when the storage shed is completed.

Manilla has finally managed to move forward on their project to save the railway viaduct and they are asking for Barraba's support. It is about 40 years since the line to Barraba was closed but there are still people around who travelled on that train. The school children in particular loved to cross the viaduct as the next stop was Barraba and home.

This week Margaret Mudford, nee May, visited the museum in search of her father's name on an Honour Board in Barraba. John Thomas May was born at Bundarra in 1908, son of Minnie and the Rev Thomas May who served at the Church of England churches in Bundarra, Bingara, and Barraba during the early part of the 20th century.

In 1940 John enlisted at Paddington, Sydney, although he was born at Bundarra and lived in Barraba at the time. He enlisted on 5/3/1940 (NX1343) and was part of the 2/4battalion. Later he was moved to Australian Infantry Battalion. He was not a prisoner of war.

Sadly, because he was moving around when he enlisted and the War Records Office spelt Barraba as Bannaba, he probably does not exist on any Memorial Board. Any further information about John May would be helpful – for example – did he work with your grandfather?

As someone who had heard of the racehorse, Wollun, and had seen a photo, I found Peter Spencer's article on Wollun very interesting – the beginning of the Capel race horses. My grandmother was very close to her brother, Henry, but sadly he died before I was born.

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 2nd Sunday of the month at 11.30am

BARRABA UNITING CHURCH NOTICES

Sunday 28th May 2023

Service time 10.45am.

Please note new time for next 4 months

All welcome

CATHOLIC CHURCH TIMES

Barraba 1st & 5th Saturday evening Mass 5pm

2nd 3rd & 4th Sunday 9am

Upper Horton 3rd Sunday 11am

Weekday Mass Wednesday 10am

Snippets from St Laurence's

Solomon may have been a wise ruler, but I find Proverbs difficult reading, repetitive and often needing explanation. Yet every now and then a verse or two make sense. Here are some thoughts from chapter 14: "The mocker seeks wisdom and finds none, but knowledge comes easily to the discerning (6) . . . Each heart knows its own bitterness, and no one else can share its joy (10) . . . All hard work brings a profit, but mere talk leads only to poverty (23) . . . A heart at peace gives life to the body, but envy rots the bones (30)"

Our Youth Group visits Manilla this Friday, 26th May, and on Sunday, 28th Bishop Rod Chiswell will be preaching and sharing the Lord's Supper with us. Parish Council will meet later that day. On Saturday, 3rd June (yes, half the year has almost gone!) Barraba will once again be hosting a training day for lay preachers, and there is a women's day on Saturday 17th. This is not the New Life conference which is held annually in September. If you are interested in the meeting on 17th, please talk to Chloe.

Meanwhile we continue our studies in Philippians, having been exhorted this week to "Do everything without complaining or arguing" (chapter 2, verse 14).

Beth

WE NEED YOUR HELP!

TRANSPORT DRIVER
Provide transport to individuals or groups of older persons

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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

Eighty years on from the Dambusters Raid — a mission so secretive the details were kept from the crew until the night before



Hand-picked aircrews from Britain, Canada, America, New Zealand and Australia destroyed three German dams in the raid on May 16, 1943. (Supplied: Australian War Memorial)© Provided by ABC News (AU)

The 16th May marked 80 years since a now-famous raid struck the heart of Germany's operations during World War II. But at the time, the mission was so secretive that even the crew wasn't told their targets until the night before. On May 16, 1943, aircrews from Australia, Britain, Canada, America and New Zealand were hand-picked to fly over and bomb three dams in Germany's Ruhr Valley.

Operation Chastise — now known as the Dambusters Raid — saw 19 heavy bomber planes attempt not to drop a bomb, but to bounce it along the water and behind each dam, where it would sink before exploding. For the plan to work, the pilots had to fly less than 20 metres above the water at a ground speed of 370 kilometres per hour, into what those who made it back described as "hell". "Everything had to be done at night in darkness," said Shane Casey, curator at the Australian War Memorial. "You had German anti-aircraft artillery firing at the aircraft from both sides."

Flight Lieutenant Harold "Micky" Martin, one of 13 Australians chosen for No 617 Squadron RAF — otherwise known as the Dambusters squadron — after the war told of the "trouble" that struck when he was targeting Möhne dam. "We were flying low and suddenly we were picked up by searchlights," he said. "We were hit in the starboard outer petrol tank, which fortunately didn't explode, but we had to get out of the range of the defences. After five of us all together had dropped our mines, we saw a great wall of water shoot out horizontally from the dam wall. When we got home, the wing commander informed us that so clearly were we illuminated, he could distinguish the squadron markings on the side of our aircraft."

Of the 13 Aussies picked from the Dambusters squadron, two were killed in the operation and one became a prisoner of war.

'Hit right at the heart of Germany'

The day after the mission, King George VI visited the squadron to congratulate the Dambusters, and later all were invited to Buckingham Palace to receive military honours for flying skill and bravery. Lachlan Grant, senior historian at the Australian War Memorial, said the raid gave a morale boost to war-weary Britain and its allies.

"The Dambusters Raid happened at a really important time in the war for the Allies," he said. "Things hadn't been going well up through 1942, and 1943 is a real turning-point year. The Dambusters Raid gave Britain and the Allies great confidence that they could hit right at the heart of Germany."

The mission was so pivotal that in 1955 the raid was also immortalised on the silver screen in the movie *The Dam Busters*. Mr Grant said the three dams in Germany's Ruhr Valley area that were targeted were essential to Germany's war effort, and their destruction was significant.

"The water in the dams helped power the factories to produce steel for the German war industry. 100 tonnes of water produced 1 tonne of steel," he said. "The amount of water that was released from the dam was 330 gigalitres of water — that's more than half of the water in all of Sydney Harbour."

War Memorial to display historic models used to plan raids

Because the targets of the mission were so secret, aircrews weren't told they were attacking dams until the night before the raid. With just hours to get ready for the raid, the Royal Air Force provided the crews with scale models of the dams to help them prepare. "The pilots would have been clustered around these models looking at the various approaches, the landmarks," War Memorial curator Shane Casey said. "[They would be] making sure they knew they were able to differentiate one dam from another, and what it would have looked like from a particular height."

Mr Casey said the models were very accurate even by today's standards. "If you compare our models with, for example, Google Earth images of them taken today, there's very little change," he said. "You can easily see all the roads that are marked on those maps."

Two of those models will soon be viewable to the public for the first time since the end of the war. The models will be displayed in Anzac Hall at the Australian War Memorial once its current renovations are complete.

How to talk to your child about their autism diagnosis – the earlier the better

Josephine Barbaro, Associate Professor, Principal Research Fellow, Psychologist, La Trobe University

Marie Camin, Clinical Psychologist, PhD Candidate, La Trobe University

With better awareness and acceptance, approximately one out of every 50 children is receiving an autism diagnosis. More and more families are deciding when to share this information with their child. Some parents worry that doing so will “label” their child, or make others treat them differently.

Autism is a neurodevelopmental disability that presents as differences in socialising, communicating, and processing information (including thinking, sensing and regulating). The earlier a child is identified as autistic, the earlier supports and services are provided. This leads to better outcomes for the child and family.

These benefits also flow from talking about the diagnosis. But what’s the best way to start that conversation? And what does your child need to know?

Getting in early

Children are receiving diagnoses as early as 12–18 months in our program, which helps maternal and child health nurses screen for autism during regular health checks.

Early identification of autism allows parents and professionals to learn how their child communicates as early as possible. Then they can match that child’s communication style to help them learn important, everyday life skills.

Rather than a focus on “changing” or “fixing” an autistic child to suit others, it’s better to encourage acceptance.

While some parents may worry about stigma and labelling, those within the Autistic community report that labelling happens regardless of whether parents discuss diagnosis or not. It can instead take the form of harmful labels like “weird” or “strange”. In fact, others are more likely to form negative first impressions when they do not know someone is autistic.

Parents may also think they need to wait until their child seems “ready” to understand a diagnosis. But this can lead to people not knowing they are autistic until many years after their diagnosis, and fuel feelings of shame.

An empowering truth

Telling children they are autistic as early as possible has several benefits.

Research shows teenagers talk about themselves in a more positive way when their parents have had open

conversations with them about being autistic, compared to those who did not. When this conversation is had earlier, autistic people have better quality of life and wellbeing in adulthood.

By understanding themselves at an earlier age, autistic people can feel empowered, advocate for themselves, and potentially gain access to supports and services earlier.

An open discussion around diagnosis also provides an earlier opportunity to “find a community”. Some autistic people say they feel understood and accepted when they connect with other autistic people. This can increase positive identity and self-esteem.



Having the chat – 3 ideas to guide parents

1. Check in with your own feelings

First, identify where you are at with your feelings around the diagnosis. You may still be coming to terms with this new path for your child and family – and this may make it difficult to have a discussion without becoming distressed or emotional. Wherever you are on your journey to acceptance, it’s important you are in a positive frame of mind when raising this topic with your child.

If you’re not ready, you may choose to wait while you process your own emotions. But don’t wait too long, given the importance of knowing about an autism diagnosis early – especially if your child starts asking about their differences compared to other children.

2. Build awareness into everyday talk

We recommend parents or carers start by talking about autism in everyday life. If your child is very young, not yet talking or communicating much, you could use autistic figures on TV, such as Julia on Sesame Street. For example, you could say: “Did you see how Julia needed to have some quiet time, like you need sometimes? Julia is autistic, just like you.”

Older children and teens already know the world is diverse. They may have classmates or neighbours from different cultural backgrounds or have friends or family from the

LGBTQIA+ community. You can start discussions about autism as part of neurodiversity. For example, you could say: “There are different types of brains, just like there are different cultures and ways people express their gender.”

3. Choose a good time

For younger children, it’s best to incorporate everyday talk about autism during times they are calm and alert – for example, in the morning, after a nap, or during calming and wind-down routines like bath time or reading books before bed.

When explicitly telling your older child or teen they are autistic, you might want to do this during “low-demand” times such as during the school holidays. It may be easier for your child to take on new information when they are not busy with school and other activities.

Many autistic children may not have the privilege of fully understanding what being autistic means. This could include autistic children who also have a significant intellectual disability, who may not yet be able to communicate using speech, or who are not able to use assistive technology. However, parents of these children should not assume they have no understanding at all. Such conversations should be part of everyday life for all autistic children.

Looking for more information

We recommend resources which describe autism using neutral language (such as “differences” and “challenges”) rather than those which use negative language (terms like “deficits” or “symptoms”). As well as reading material developed by professionals, parents can learn a lot from the lived experience of autistic people.

Our colleague Raelene Dundon’s book is a good example. The Brain Forest by Sandhya Menon (also a colleague) is about different types of brains.

There are free online resources to help you and your child learn about neurodiversity. Reframing Autism has developed resources on next steps after a childhood diagnosis and ways to talk about it.

For older children and young teenagers, this self-help guide is by autistic authors. And this video by the Autistic Self-Advocacy Network, covers many of the traits, challenges and strengths of autistic people.

Ultimately, we want all children to accept themselves and their differences, and be happy about who they are. But this is a two-way street – society also needs to accept that being different is OK. This begins with parents and carers and their early conversations with children about their differences, and acceptance of themselves, regardless of their neurological make-up.

Greek Yogurt Zucchini Bread

Prep Time: 10 minutes

Cook Time: 50 minutes

Total Time: 4 hours (includes cooling)

Yield: 1 loaf

Description

Easy, healthy, and wholesome Greek yogurt zucchini bread will be your new favourite recipe for this classic quick bread!

Ingredients

- 1/3 cup (80ml) canola, vegetable, or melted coconut oil
- 1/2 cup (120ml) honey or organic blue agave
- 1 large egg, at room temperature
- 1/2 cup (121g) plain Greek yogurt, at room temperature
- 1 and 1/2 teaspoons pure vanilla extract
- 1 and 1/2 cups (188g) all-purpose flour (spooned & levelled)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup shredded zucchini (about 1 medium-large)
- optional: 2 teaspoons orange zest (so good!)
- optional: 3/4 cup (95g) chopped walnuts, (115g) raisins, or (135g) chocolate chips

Instructions

1. Preheat the oven to 350°F and grease a 9x5-inch loaf pan.
2. Whisk the oil, agave, egg, yogurt, and vanilla together in a medium bowl until combined. In a large bowl, whisk the flour, baking powder, baking soda, salt, and cinnamon together. Pour the wet ingredients into the dry ingredients and mix with a large wooden spoon or rubber spatula until combined. Avoid overmixing. Fold in the zucchini, orange zest, and walnuts.
3. Spread batter into the prepared loaf pan. Bake for 40-50 minutes. Baking times vary, so keep an eye on yours. The bread is done when a toothpick inserted in the centre comes out clean. If you find the top of the bread is browning too quickly in the oven, loosely cover it with aluminium foil.
4. Remove the bread from the oven and set on a wire rack. Allow to cool completely before slicing and serving. Cover and store leftover bread at room temperature for up to 5 days.

Golf Notes

Bill Simpson has enjoyed some respite from mowing the course this week to card 42 Stableford points and win Graham Bowman's trophy on Sunday. In cold and windy conditions the runner up was Dan Lott on 39 points with balls going to Will Sedgwick 38, Gary Allen 36, Des Kelaheer 36, David York 36, Ian Cabot 35 and Craig Rutley 35 points.

NTPs went to

3rd Will Sedgwick

12th Dan Lott

16th Firmen Allan

18th Will Sedgwick

Next weekend is another busy weekend for Barraba golfers. On Saturday members will play an 18 hole 4BBB BAM event for Will Sedgwick and Pete Simpsons trophy whilst on Sunday our attention turns to the annual Barraba Ladies Open which has a 9am shotgun start.

Some of our members will also play the Bundarra Open and Werris Creek Open both to be held on Sunday.

Last weekend

The Rams won against Narrabri

The women didn't play

Next week in Walcha

BARRABA COMMUNITY NEWS

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Barraba 7 day Forecast from the Weatherzone

Wednesday 24th May

Summary Max 22

Sunny

Chance of any rain: 5%

Thursday 25th May

Summary Min -3 Max 21

Mostly sunny

Chance of rain: 20%

Friday 26th May

Summary Min 2 Max 13

Mostly sunny

Chance of any rain: 50%

Saturday 27th May

Summary Min -2 Max 14

Mostly sunny

Chance of any rain: 5%

Sunday 28th May

Summary Min -3 Max 14

Mostly sunny

Chance of any rain: 20%

Monday 29th May

Summary Min -2 Max 14

Mostly sunny

Chance of any rain: 20%

Tuesday 30th May

Summary Min -2 Max 14

Mostly sunny

Chance of any rain: 5%

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