



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 31st May 2023



Lots happening at the Potters and Craft Guild this month.

First is the wonderful news that the new kiln for the potters has been ordered. The Guild are very appreciative of three donations from Josephine and David Witten, Barraba Rotary Club and Hugh McKid which gave a great start to the fundraising. In addition, the Guild has received a grant under the NSW Regional Development Program which boosted the 'kiln fund' to enable it to be ordered. Delivery is expected in August and the potters are looking forward to being able to fire their work.

The potters meet every Monday and Wednesday at the Claypan and enjoy getting 'muddy' together. Always room for more people if you're interested to join the group. They are always willing to help new potters get started. Clay is available to purchase, moulds for handbuilding, wheels once you get more experienced and the new kiln will complete your creations. Call in, have a chat, see what they are doing and maybe join if you're interested.

The Long Weekend sees the annual Warm and Woolly Exhibition over the 3 days. Lots of new items in the gallery so come in and have a browse. We'll be open from 10am to 3pm each day.



The usual morning teas and soup and bread roll lunches will be available over the 3 days. All home-made, delicious and warming.

On Friday 16th is the Guild street stall, outside the Chemist, and all the regular favourites will be for sale from 9am till sold out.

Notice

A private developer is seeking expressions of interest for enrolments of children aged 0-5 years who would utilise a long day care service in Barraba, with a preliminary forecast open date of mid-late 2024. Parents and carers should email barrabadaycare@gmail.com with their children's date of birth and days of care required.



Barraba Potters and Craft Guild

Warm and Woolly Exhibition

Saturday 10th to Monday 12th June 10am to 3pm.

Call in, browse the Gallery, enjoy morning tea, soup and bread roll lunch and sit by the fire and chat with friends.

Street Stall

Friday 16th from 9am outside the Chemist

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 RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of member's and guests.

THIS WEEK

FRIDAY 2nd JUNE:

MEAT RAFFLES FROM 6PM

MEMBERSHIP DRAW

SUNDAY 4th JUNE:

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW

BISTRO HOURS

Phone 0427303808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY: CLOSED

TUESDAY: CLOSED

WEDNESDAY: 12PM-2.00PM

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

SUNDAY: 12-2PM



Here is an overview of outcomes from the Ordinary Meeting on Tuesday 23rd May 2023

- Councillors resolved to write to the Treasurer, the Minister for Emergency Services, the Minister for Local Government and the local State Member, along with the State Members from Barwon, Murray, Orange, Wollondilly, Lismore and Monaro to voice Council's strong opposition to the NSW Government's "enormous" Emergency Services Levy cost increase on councils for 2023/2024. In his Mayoral Minute, Councillor Russell Webb said the NSW Government's "last minute decision" to scrap the Emergency Services Levy subsidy for councils was "imposed on all councils without warning for the 2023/24 financial year. Cr Webb said the move came "at a time after Council has publicly advertised its Operational Plan and annual budget to the community". He explained, the increase for Tamworth Regional Council in 2023/24 will equate to \$734,410, bringing the total contribution to \$1,862,854. Going forward this will mean a decline in the services and service levels Council's General Fund is able to provide to the community. Councillors also resolved to write about the issue to the chair of the Independent Pricing and Regulatory Tribunal (IPART) and the President of Local Government NSW.
- Councillors tonight agreed to support the State Heritage Listing of the Manilla Railway Viaduct and Underbridge. However, they also will clarify to the Heritage Council of NSW that "its support does not extend to Council accepting ownership or responsibility for the Viaduct and Underbridge in the future". A report said Council does not have the resources and/or budget to complete the urgent works required on the structure which dates back to 1908 and is the only curved timber railway viaduct in the southern hemisphere.
- Councillors approved the request for support from the Tamworth Mountain Bikers Club through providing it with a \$6,000 ride on mower to help maintain the Tamworth Mountain Bike Park on Forest Road, North Tamworth. Council is happy to support the efforts of this very committed group of volunteers who are proactive at managing a great community asset and have undertaken substantial developments of the tracks and significant infrastructure improvements. The efforts of this hard-working group have allowed the facility to host regionally significant events which benefits the whole community.

FREE EVENT Starring **Darren Carr**

Enjoy an exciting night of entertainment with Darren Carr, Australia's #1 stand-up ventriloquist, and learn valuable insurance tips from guest speaker Liam Walter of the Insurance Council of Australia.

Free BBQ dinner included. Don't miss this fun and informative event!

 **Tuesday 13 June**
Walcha Bowling Club - 6pm

 **Wednesday 14 June**
Barraba Rugby Club - 6pm

 **Thursday 15 June**
Quirindi RSL Club - 6pm

Insurance can be fun (no really!)



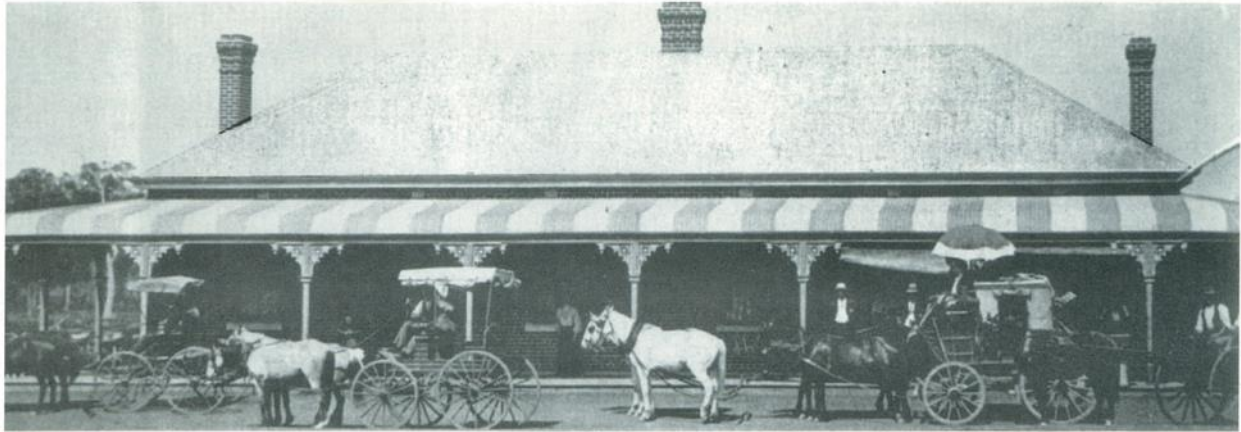
Please RSVP by 6th June by scanning on the QR codes






Fire at the Cobbadah Pub

Some photos from the Historical Society Facebook page and Margaret Currell's History Notes on 27 July 2022 described the fire.



The Cobbadah Pub burnt down on 5th April 1965. The smoke could be seen from "Dunnee", and my father rang Mrs Goldthorpe at the Post Office to find out where the fire was – "Oh just the Hotel on fire" was the reply and she added that there were a number of men on site.

The hotel was demolished after the fire and business was conducted from a tin shed near the northern edge of the cricket ground. It was not long before business closed then the cricket matches moved, a new bridge was constructed and now the traffic passes over the edge of the oval and through the hotel site.

The Cobbadah Pub (photo taken by Doug Cummings, supplied by Robert Cummings) destroyed by fire 5 April 1965



This photo of the pub fire is a fairly common one with Bill Randall's Fordson tractor hooked up to a trailer with drums of water – unfortunately, a lack of water was not helping. Harry Crowley is on scene, and he managed to get the piano to safety although it is not visible in the photo. Sadly, this was the end of the Cobbadah Pub which had been on site for almost a hundred years – first as a slab building where the Coach stopped to deliver the Cobbadah and Gulf Creek mail and a formal brick building built about 1902-4 which became a wonderful "waterhole" for travellers especially at the weekend when the hotels in Bingara and Barraba were not allowed to open to residents.

There is a photo of the brick hotel soon after it was built with typical road vehicles of the day parked out the front. One is a coach with two grey horses and two black or bay horses pulling it – the other three would be private vehicles.



Before the fire



The Barraba Community News team sends our sympathies to Margaret and the Currell family on the loss of Kevin.

The members of the Nandewar Historical Society would like to extend our sympathy to Margaret Currell, our most valuable member, on the death of her husband, Kevin. Our thoughts are with you.

ZIG ZAG RAILWAY BACK ON TRACK FROM THIS WEEKEND

The historic Zig Zag Railway returns to life this weekend as passenger services resume following a joint volunteer and NSW Government effort to restore the Blue Mountains icon from fire and flood damage.

For years, volunteers have toiled to restore the railway and the NSW Government provided more than \$5.9 million through Crown Lands and the Department of Regional NSW to rebuild the locomotive workshop, construct a car park, pedestrian crossing and amenities block.

Zig Zag Railway also rebuilt its safety management system, network rules, procedures and rail policies after a decade out of operation to be granted accreditation to resume passenger services by the Office of the National Rail Safety Regulator.

Minister for Lands and Property Steve Kamper said the reopening this weekend was another historic milestone in the railway's ongoing journey. "Zig Zag Railway is a tourist and heritage icon for our state attracting up to 80,000 visitors a year so the NSW Government investment to support the volunteers to get it back on the tracks will be great for tourism, business and jobs in the Lithgow and Blue Mountains regions," Mr Kamper said.

Zig Zag Railway Acting Chief Executive Officer Daniel Zolfel said the community-wide effort to restore the railway had been heart-warming. "It's been 10 plus years of blood, sweat and tears so this weekend's reopening brings overwhelming relief and will be very emotional for all those involved," Mr Zolfel said. "We couldn't have done it without the dedicated volunteers and also financial support of the NSW Government to restore the workshop which is the heart and soul, car park, repair viaducts and tunnels, tracks, locomotives, carriages and platform precincts at Clarence, Top Point and Bottom Point stations."

The 154-year-old railway dates back to 1869 when it was first opened as part of the Main Western rail line serving mountain runs until 1910 when a track deviation was installed.

The not-for-profit Zig Zag Railway Co-op resurrected the heritage-listed railway in 1975 but was stalled from 2012 by accreditation issues followed by bushfire and storm damage, and then further wiped out by the 2019-2020 bushfires.

Visitors will again experience the sights, sounds and smells of the steam train era from this weekend with the Zig Zag Railway to run three 90-minute trips at 10.30 am, 12.30 pm and 2.30pm each fortnight on Saturdays and Sundays on its 7.5 kilometre track.

For more information visit <https://zigzagrailway.au>



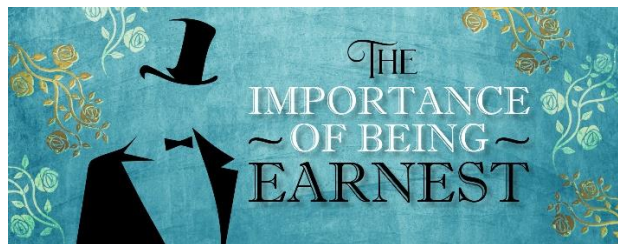
Biggest Morning Tea

Barraba Cancer Patients Fund Raising Group (BCPFRG) would like to thank the Barraba community most sincerely for their continued support of the Biggest Morning Tea and Street Stall, held last Thursday in the Queen Street Mall. Whilst it was a quieter morning, there was still considerable contribution made by purchases from the table to the morning teas that were for sale there, and also throughout the town.

BCPFRG would like to also thank: Martin Unwin for his delightful music that filled the Mall with harmony; Daneal Rodgers from NENW healthWISE for her free health checks; Saunders Fruit and Veg for kindly donating the tray of fresh produce; Ken Faulkner for donating his lovely handmade wooden mug; Cancer Council for donating Biggest Morning Tea coffee mugs.

Winners of the 100 Club: 1st – Robyn Freeman, 2nd – Frances McNeill, 3rd – Kaye Sawyer. The Guessing Competition winner was Doug Hatch. Luck chair prizes went to Jenny Farrer and Bill Rumsby.

The Importance of Being Earnest- 'In The Raw' play reading series



Presented by You'll Miss the Tide Productions

The inaugural season of In The Raw, a monthly series of staged play readings, continues with the Oscar Wilde's wicked comedy, The Importance of Being Earnest at Tamworth Community Centre with a touring performance to:

The Playhouse Hotel, Barraba Sunday 4th June, 2 pm

Roast lunch before at 12.15 pm (please book for lunch)

About the play - Oscar Wilde's delightfully naughty helter-skelter ride of mistaken identities, secret engagements, and entangled lovers. A satire of Victorian London's social hypocrisy as delicious as the bread & butter and cucumber sandwiches!

"In matters of grave importance, style, not sincerity is the vital thing" - **Gwendolen Fairfax (ACT III)**

First performed on the 14th February 1895 at the St James Theatre London, Oscar Wilde's masterpiece of the *aesthetic movement*, the most elegant of *comedies of manners*, is a rapid fire shelling of 'Victorian Earnestness', as 'laughably pretentious at its best', and 'viciously hypocritical at its worst'.

CAST: Peter Ross, Jessi Le Brocq, Ben Simpson, Natacha Curnow, Ethan Faulks, Samantha Brice, Emelia Rixon & Liam Higham.

DIRECTOR: Andrew Sharp

RUN TIME: 150 Minutes including interval.

One for the Girls

There will be a women's military display from 7th June to 16th July, with items from WW2 to 2021, at 111 Queen Street, Barraba, (next door to Chemist)



Funeral Notice

Kevin Maxwell Currell

The family of the late Kevin Maxwell Currell would like to advise that Kevin's funeral will be held graveside at the Barraba Cemetery on Friday 2nd June, 2023 at 11am.

Kevin passed away peacefully on Thursday 25th May aged 95.



Funeral Notice

GEARY, Peter Wayne

Passed away 27th May, 2023 at
Tamworth Hospital.

Aged 67 years.

Dearly loved husband of Glenda.

Loving father and father-in-law Clark and Teanna.

Adored grandfather of Ameila.

Relatives and friends of the Late Peter Geary are respectfully invited to attend his Funeral.

A graveside service is appointed to commence at 1:00pm on Friday 2nd June, 2023 in the Barraba Lawn Cemetery, Barraba.

Manilla Annual Vintage Machinery Rally

Manilla Showground



Head to Manilla for the June long weekend where you can go on a nostalgic journey back in time at the Annual Vintage Machinery Rally!

Saturday 10th 9am – 5pm. Sunday 11th 9am – 3pm

This event celebrates carefully restored technology and old machines of all types from an earlier time. The feature Machine this year will be the Howard tractor – first made 100 years ago in 1923!

This is a two-day exhibition with machinery from across the state, plus a street parade of old tractors and vehicles will roll ahead on Saturday morning along Manilla's main street at 11am.

For the initiated, it's a must. For the novice, it's an eye-opener to see the standard and variety of lovingly-restored machines. A swap meet will also be in action, with a range of vintage-oriented items.

From the Friends of Myall Creek

9AM FOR 9.30AM START – AT THE MEMORIAL



National Cutting Horse Association Futurity 2023

28 May @ 8:00 am - 11 June @ 5:00 pm



The annual NCHA Futurity is the richest three-year-old horse performance event in Australia with prize money of over AUD700,000 on offer.

The Futurity features the best Cutting Horse action in Australia with competitors and spectators from all around Australia and overseas travelling to Tamworth NSW for the event which takes place in the world-class Australian Equine and Livestock Events Centre.

In addition to the packed Cutting program, the show features the 'Pinnacle' where the best of the best open horses faces off for big prize money, Celebrity Cutting, Working Dog Trials and the Futurity Campdraft.

The event also incorporates the largest country/western rural trade display outside of the metropolitan area, a perfect option for your Christmas shopping this year.

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 Saturday evening Mass 5pm

2nd 3rd 4th and 5th Sunday 9am

Upper Horton 3rd Sunday 11am

Weekday Mass Wednesday 10am

Community attitudes towards violence against women offer some hope among concerning findings

The results of a survey tracking community attitudes towards violence against women and gender inequality offers a tiny glimmer of hope among several concerning findings.

- A concerning number (41%) of Australians believe that domestic violence is committed equally by both men and women, despite evidence definitively showing that men are the primary perpetrators of domestic violence
- While the majority of Australians believe that violence against women is a problem across the country, less than half believe it is a problem in the suburb or town they live in
- 34% of people believe that it is still common for sexual assault accusations to be used as a way of getting back at men
- 35% of people believe that many women exaggerate how unequally women are treated in Australia

The results of a survey tracking community attitudes towards violence against women and gender inequality offers a tiny glimmer of hope among several concerning findings.

The National Community Attitudes towards Violence against Women Survey is conducted every four years. In 2021, it measured the attitudes of almost 20,000 people living in Australia. Run by Australia's National Research Organisation for Women's Safety (ANROWS), the 2021 survey shows that as a community, we are becoming more aware of what violence against women and gender inequality can look like, and we're more likely to reject certain forms of violence.

"The gradual improvements we've seen in attitudes show that long-term culture change is possible, and we can all work together to prevent violence against women," said Respect Victoria CEO Emily Maguire. "But the survey results also tells us that many people are still holding onto attitudes that create a culture where violence against women happens. While they were in the minority, too many Australians still believe that there are excuses for violence, that men can't control themselves when it comes to sex, that women make up accusations of violence to get back at men, and that tracking your partner is okay," said Ms Maguire.

The survey findings also exposed a gap in the national understanding of the gendered nature of family violence and violence against women. "The evidence tells us that men are overwhelmingly the main perpetrators of violence, and we must get comfortable with naming that as a country so that we can work together to understand and prevent it from happening," said Ms Maguire.

A disconnect is also present when it comes to where violence is happening in our communities.

"Violence against women is happening in our own backyards, in every suburb and town in the country. It can be hard to recognise, but just because you haven't experienced or heard about it, doesn't mean it isn't happening," said Ms Maguire. "We all have an opportunity to be a part of the solution, and these findings should and must galvanise us towards change. We're better than this, and it's time to prove it."

Recent Anniversaries

- the first rules of Australian Rules Football published (1859)
- the World Health Organization removing homosexuality from its list of mental illnesses (1990)
- Taiwan becoming the first Asian country to legalise same-sex marriage (2019)
- the founding of Save the Children, the first global movement for children (1919)
- Levi Strauss and Jacob Davis patenting blue jeans (1873)
- aviator Charles Lindbergh becoming the first person to fly solo non-stop across the Atlantic (1927)
- Amelia Earhart becoming the first woman to fly solo non-stop across the Atlantic (1932)
- the abolishment of the transportation of British convicts to NSW (1840)
- the founding of the non-profit news organisation Associated Press (1846)
- Ireland becoming the first country in the world to legalise same-sex marriage by popular vote (2015)
- Mao Zedong starting the Great Leap Forward movement in China (1958)
- the Good Friday Agreement being accepted in a referendum in Northern Ireland (1998)
- Samuel Morse tapping out "What hath God wrought" in the world's first telegraph message (1844)
- Amy Johnson becoming the first woman to fly solo from England to Australia (1930)
- the completion of the world's largest cat-proof fence (44km) at Newhaven Wildlife Sanctuary, in central Australia (2018)
- Australians voting in favour of a constitutional referendum granting the government the power to make laws to benefit Indigenous Australians and count them in the national census (1967)
- it's been 70 years since Sir Edmund Hillary and Tenzing Norgay became the first people confirmed to have reached the summit of Mount Everest (1953)
- Space Shuttle Discovery completing the first docking with the International Space Station (1999)

Perfect perfume or eau de cat's bum? Why scents smell different and 4 fragrance tips

Magdalena Wajrak, Senior lecturer, Chemistry, Edith Cowan University

Mother's Day is coming up in Australia and that means a surge in perfume sales. Of course, scents are purchased year-round and not just for mothers. Fragrance sales in Australia will amount to over A\$1 billion this year. The word "perfume" is derived from the Latin *per fumus*, meaning "through smoke". The very first account of using perfumes dates back to 1200 BC when a woman called Tapputi mixed flowers, oils and various plants with water or solvents, then extracted their fragrance. The basis of this technique for making perfume is still used today. But how do we smell? What makes perfume appealing? And why does it smell differently on different people?

The science of smell

A sense of smell is vital to all species on Earth. One study identified African elephants as having the "best noses" in the animal kingdom, not to mention the longest ones. It can help animals sniff out danger, food and mates.

For humans, too, being able to smell is not just for the enjoyment of pleasant odours. It can also protect us from toxic chemicals with noxious smells, such as hydrogen cyanide.

When something has an odour, it means it is chemically volatile – vaporising from a liquid to a gas. When we smell a scent, gas molecules enter our nose and stimulate specialised nerve cells called olfactory sensory neurons. When these neurons are triggered, they send a signal to the brain to identify the chemicals.

Humans have around 10 million of those neurons and around 400 scent receptors. The human nose can distinguish at least 1 trillion different odours, from freshly brewed coffee to wet dog to mouldy cheese. The more volatile a compound is the lower its boiling point and, from a chemical perspective, the weaker the forces holding the molecules together. When this is the case, more molecules enter the gaseous state and the smell is more intense.



What makes things smell good though?

Different classes of chemical compounds can have more pleasant or offensive scents. Fish and decaying animal cells, for example, release chemicals called amines, which don't smell appealing. Fruits, on the other hand, are composed of chemicals in a class of organic compounds called aldehydes, esters and ketones, which have sweeter and more pleasant odours. Chemists have been able to identify the specific chemical smells released by substances we encounter in everyday life.

Smells different

So, it makes sense that pleasant-smelling aldehydes, ketones and esters are used to create perfumes. However, some perfumes also contain unusual ingredients that don't smell nice on their own.

For example, Chanel No. 5 perfume – the iconic 100-year-old favourite – contains civet as one of its base chemical notes. Civet is used by perfumers for its long-lasting, musky scent. It is traditionally extracted from the anal glands of civet cats but Chanel has used a synthetic form of civet since 1998.



Tips for choosing and using perfumes

Our ability to smell a perfume will depend on two factors: how well our olfactory sensory neurons are performing (a virus or infection could affect function, for example) and the volatility of the chemicals in the perfume.

1. Try before you buy

You can't really do much about your sensory neurons, but you can increase the intensity of perfumes, such as by warming up the perfume on your skin or applying to pulse points. This will help to give molecules more energy and increase the number of molecules entering the gaseous state.

Specific perfumes will not smell the same on different people's skin because the chemicals in them can be affected by the skin's type and condition (dry or oily, acidic or base) and even

their diet. Some foods we eat, such as garlic, are released from our bodies through our skin. Those chemicals can mask perfume chemicals.

So, it is better to buy someone their tried and true favourite scent rather than risking a new one. And those department store sample sprays can be useful to try before you buy.

2. Moisturise before use

When you spray perfume on very dry skin, some of the perfume's chemicals – the large organic ones that are similar to skin's natural oils – are absorbed by the skin and then into the sebaceous glands. When some notes in a perfume are absorbed this way, it can take on a different smell. That's also why it's better to moisturise skin before spraying perfume, so perfume chemicals stay on the skin for longer.



3. Experiment with spraying techniques

To avoid changes in the scent of your favourite perfume and increase the time the perfume stays on you, you could spray your hair instead. Your hair is porous so perfume molecules might remain there longer. However, most perfumes contain alcohol, which dries out hair. Spraying perfume directly onto a hairbrush first, then brushing your hair, might prevent some of this drying effect.

Spraying then walking through a mist of perfume so the chemicals settle on your hair, skin and clothes might work – but you risk losing a lot of precious perfume with that technique.

4. Keep it cool

Temperature will affect volatility. To keep perfumes lasting longer in the bottle, keep them in the fridge or cool dark place and tightly sealed to prevent your expensive, heat-sensitive scent evaporating into thin air.

From The Conversation

Always forgetting to take your medicines? Here are 4 things that could help.

Amelia Cossart, Postdoctoral Research Fellow, The University of Queensland

Taking regular medicines is common, and it's not unusual for people to miss an occasional dose or take it outside the regular time window. Forgetting to do something is normal, but in the case of medicines, forgetting to take them at the prescribed time can have negative health effects. By one estimate, about half the population of people taking regular medicines don't take them as prescribed. Is this a breakdown in communication? A lack of understanding of their importance? Forgetfulness?

Largely, reasons for not taking medicines as prescribed can be organised into two types: intentional and unintentional.

Unintentional is when a patient intends to follow the prescribed regimen but doesn't due to factors outside their control, including forgetfulness, difficulties understanding dosing instructions, or cost.

But for some, a patient consciously decides not to follow the prescribed regimen. This could be due to side effects, or not believing in the necessity of the medicine.

Medication-taking is complex because each person is unique and the challenges to each person's medication-taking can vary quite significantly. The most effective strategy is one that also considers why a person isn't taking their medicine. What are some of the support strategies available, and are they actually helpful?

Pill boxes

The most commonly used methods to support medication adherence are organisational strategies such as days-of-the-week pill containers.



Pill containers labelled Monday to Friday can be filled at home.

These are functional if a patient has to take many different medications. But they're not always suitable – if the user does not fill the container correctly or doesn't remember to collect the prefilled pack (called a Webster-pak, blister pack or dosette box) from the pharmacy, this simple intervention quickly becomes ineffective.



The pharmacy can also make up dosette boxes, with medications for different times of day.

Some medicines can't be packed because their stability is compromised with repacking, and patients with reduced eyesight or dexterity can struggle to use these containers. So, while they are an effective prompt, simple reminder cues such as days-of-the-week pill containers may not be ideal for everyone.

Alarms

Pre-set alarms are another commonly used reminder method. However, this strategy is not infallible, and the literature shows many patients miss medication doses when out of routine because they turn their alarm off subconsciously when occupied with another task. Reminder alarms only seem to be effective when they are interactive or personalised.

For example, in a handy combination of both methods above, you can now buy automated pill dispensers with alarms that go off at predetermined times and only stop when the medication is removed. These can be especially handy for those with memory issues such as dementia. However, they are not cheap, costing a few hundred dollars each, and so will not be accessible for everyone.

Mobile apps

The latest Apple iOS update allows you to track your medications and schedule reminders.

Medication reminder apps were first developed to support older adults and people with chronic diseases required to manage multiple medicines. But they've now been embraced as a suitable support for anyone wishing to independently manage their own medicines, including those on short-term medicines such as antibiotics.



Smart phone apps can help with medication reminders.

They provide simple, practical health-specific information as well as supporting medication-taking through automation. According to The Royal Australian College of General Practitioners, a lot of patients like receiving reminder prompts through an app, and it helps them remember to take their medication.

Although the platforms differ slightly, the general premise is a patient independently inputs their medication-taking and prescription refill schedule, and the app then generates automatic reminders for the patient. The only downside is like any notification, they can be easily dismissed or overlooked.

Habit stacking

When our day changes, for example if we go out for brunch and we usually take our medicines with breakfast, or an unexpected visitor arrives at the usual 11am pre-lunch tablet time, often we forget our medications. This is where "habit stacking" may be beneficial.

Although habit stacking is a relatively new approach to fostering medication taking, habit formation has been repeatedly shown to effectively support wellbeing. Linking medication-taking to a behaviour that does not change from day to day, such as cleaning your teeth, or removing shoes when entering the house, can help you to remember medications.

Some more habit stacking examples to support medication taking may include:

- hygiene routine – shower, shave, swallow
- after dinner unwind – cuppa and meds
- morning mantra as you leave the house – keys, phone, wallet, meds.

What else can we do?

We are all unique, so to make sure we actually take our medicines we need to find what works for us, and consider why we weren't actually taking them in the first place. Reminders, gadgets, habit stacking, or a combination may help. We need strategies that can adapt to the unexpected.

Rifle Club

Saturday was rather fresh at the range and the shooters had a breeze to contend with.

The .22 Benchrest event had four shooters try their hand against the breeze that wasn't there and then it was. It's always the way when you are trying to get that perfect score.

Brendan once again shot a possible with Andrew, Darren, and Ron not far behind him with 99's.

The competition is getting very tight with the scores that are being recorded.

Unlimited 50m

B. McIlrick 96.4, 96.1, 98.5 = 290.10

AA Grade 50m

A. White 97.4, 97.4, 95.3 = 289.11

D. Dewson 91, 97.6, 95.3 = 283.9

R. Bridges 89.1, 90.1, 87 = 266.2

Unlimited 100m

B. McIlrick 100.5, 96.2, 98.4 = 294.11

AA Grade 100m

A. White 99.4, 98.7, 99.7 = 296.18

R. Bridges 97.2, 98.3, 99.3 = 294.8

D. Dewson 99.2, 96.4, 89 = 284.6

Results from 13.5.23

Shooting on this weekend was near perfect as reflected by the scores, Brendan scoring two possible with Andrew and Ron with one each. Congratulations to you all. Dallas, Garry and Casey were up there too scoring 97's and 98's.

Unlimited 50m

B. McIlrick 96.4, 97.5, 97.3 = 290.12

D. McIlrick 92.2, 87.2, 96.3 = 275.8

AA Grade 50m

A. White 98.5, 95.3, 96.3 = 289.11

G. Urquhart 90.1, 88.1, 93.3 = 271.5

R. Bridges 90.2, 87.1, 90.2 = 267.5

C. White 85, 88, 93.2 = 266.2

Unlimited 100m

B. McIlrick 100.7, 100.5, 96.3 = 296.15

D. McIlrick 98.2, 98.2, 90 = 286.4

AA Grade 100m

A. White 100.4, 99.6, 97.3 = 296.13

R. Bridges 98.6, 100.6, 97.3 = 295.15

C. White 93.1, 97.3, 97.4 = 287.8

G. Urquhart 98.4, 96.4, 91.1 = 285.9

Golf Notes

Conditions were ideal Saturday with a backdrop of autumn undertones as players contested a 4 Ball BAM for a trophy donated by Will Sedgwick and Peter Simpson.

The event is played in pairs where on holes 1-6 they record only the best score of their stableford scores whilst on holes 7-12 they record the aggregate of their stableford scores and on the last six holes 13-18 they multiply their stableford scores. The BAM has grown in popularity amongst players although friendships can be tested.

The overall trophy winners after a three way countback were Peter Simpson and Keith Akers with 64 points. Balls went to joint runners up, the father and son pairing of Andrew and Tom Mellor 64 points and Paul Grigg and Sam Faint also 64 points. Kerrie Smith and Ian Cabot on 63 also won a ball. NTP went to Des Kelaher on the 12th.

On Sunday Barraba hosted its annual Barraba Ladies Open Fourball. The overall scratch winners were Lesley Jefferies and Carey Larksworthy from Tamworth with a scratch score of 28 points, four shots ahead of runners up Pru Newbury and Di Brown from Glen Innes. Net winners for the day with 49 points were Jill Burnell and Alison Cameron from Walcha with Liz Jones and Karen Davis from Boggabri runners up on 47 points.

Front nine winners with 25 points were Di Etheridge Barraba and Jane Armitage Bingara whilst back nine winners with 22 points were Vicki Betts and Vicki Tjanavaras from Tamworth.

NTPs went to

3rd

Div 1- L Jefferies Tamworth

Div2- L Thompson Barraba

6th

Div1-L Jones Boggabri

12th

Div1-C Street Walcha

Div2- V Tjanavaras Tamworth

16th

Div1- L Jefferies Tamworth

Div2- J Burnell Walcha

A big thank you to all the ladies who travelled and a special mention to the Tamworth ladies who played both Saturday and Sunday and always make for a fun weekend of golf.

Next Sunday the 4th June we will play a 3BBB for the SAND trophy. The following Sunday 11th June is an Individual Stableford for the Betty Artis Memorial trophy.

Just a reminder, players to please check the board and start to arrange your matchplay games.

Rugby Report

On Saturday Barraba were to play Walcha but the home team forfeited to the Barraba Rams.

This coming Saturday Barraba are at home to Scone in both women's and men's games with the big attraction, Ladies Day, when the female players and supporters turn up in numbers to have an enjoyable day. This has proved very popular and is getting bigger, with plenty of hard work done by the girls in the Club.

Other club games for the weekend are;

Pirates v Narrabri

Inverell v Walcha

Quirindi v Moree

Barraba v Scone

A big event last week was Gunnedah's win over The Pirates

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Regional Dam Levels from Water NSW

Chaffey 99.0%

Copeton 93.0%

Keepit 94.0%

Split Rock 100.0%

Barraba 7 day Forecast from the Weatherzone

Wednesday 31st May

Summary Max 19

Mostly sunny

Chance of any rain: 5%



Thursday 1st June

Summary Min 0 Max 21

Mostly sunny

Chance of rain: 5%



Friday 2nd June

Summary Min 1 Max 23

Mostly sunny

Chance of any rain: 5%



Saturday 3rd June

Summary Min 4 Max 21

Mostly sunny

Chance of any rain: 10%



Sunday 4th June

Summary Min 6 Max 21

Showers

Chance of rain: 90%



Monday 5th June

Summary Min 7 Max 16

Showers

Chance of any rain: 80%



Tuesday 6th June

Summary Min 4 Max 16

Showers

Chance of any rain: 80%



Chicken Tray Bake

It's a briny, jammy, golden, one tray chicken bake. The kinda cooking that doesn't demand a lot from you, but still delivers in taste, comfort and texture – crispy skin, jammy tomatoes, a briny, zesty sauce and tender chicken.



Pre-heat oven to 200.

Chop up 4 medium spuds in small bite size pieces, around 500g and throw into a large baking dish.

Toss in some cherry tomatoes 500g (2 punnets).

Follow by roughly ½ cup of green olives, pitted and sliced in half along with ¼ cup of their brine (the secret ingredient) and ¼ cup of capers.

Throw in 4 smashed garlic cloves and ¼ of a lemon finely sliced.

Lay six chicken thighs on top – skin on! bone it!

In a mortar and pestle, smash up a good handful of fresh oregano leaves with salt, then stir through 4tbs of olive oil and 1tbs of red wine vinegar.

Pour over your tray bake and massage in.

Snuggle chicken, skin side up, on top of everything.

Salt, pepper and bake in an oven for 50 minutes or until golden, bubbling, juicy and irresistible.

Serve with green salad and bread to mop up the juices.

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