



FREE LOCAL NEWSPAPER

# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Wednesday 21<sup>st</sup> June 2023**

## BARRABA PHARMACY /NEWSAGENCY



113-115 Queen St Barraba NSW 2347 \*\* Phone –  
6782 1091 \*\* Email -

[barraba@caremorepharmacy.com.au](mailto:barraba@caremorepharmacy.com.au)

### NEW TRADING HOURS – STARTING MONDAY

3/7/23

#### MONDAY – FRIDAY

**9AM – 1PM**

**2PM-5:30PM**

#### SATURDAY

**9AM-12:30PM**

#### SUNDAY

**CLOSED**

### Spirit of the Bush photography winners announced.

Barraba Local, Paula McIver one of the competition  
winners, with these 2 winning photos



Australia's most trusted rural charity has announced the winners of its fourth annual Spirit of the Bush photography competition. Rural Aid CEO John Warlters congratulated the photographers behind the 12 winning photos.

Manilla local, Shannon Swanton, was also on the winners list.

"Each photo tells a compelling story, whether it be of a successful crop, sunset silhouette or tender moment between working dog and owner," Mr Warlters said. "A



**Phone: 0459 192 265**

Email: [admin@barrabaveterinaryservice.com](mailto: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.

powerful love of livestock and the land really shines through in this year's pictures. Our annual competition always attracts hundreds of entries. Thank you to all those who sent their photos in to be judged and congratulations to our winners."

The 12 photos will be used to create a stunning 2024 calendar. "Any profits from the calendar's sale are directed back into Rural Aid's range of award-winning programs," Mr Warlters said. "Rural Aid is proud to stand with our mates in the bush when they need it, whether that's through a hay delivery, pre-paid visa card, or free counselling. I'd encourage anyone with an appreciation of the bush to consider purchasing one of these beautiful calendars."

The calendars are available for pre-order now through the website: <https://shop.ruralaid.org.au/shop-calendar/>

### **A Notice**

To the person who went through my home earlier this year taking momentos, papers, books and the battery saw to name some of the items.

I have worked out who you are so return all the items, including my grandmothers knitting bags and the business records to the front veranda unless you want me to take the matter further.

**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**



# FOR OUR ELDERS

2-9 JULY 2023

## **INVITATION**

**CELEBRATE  
NAIDOC**

**WEEK WITH US.**

The Barraba Health Service and Richardson House invite the community to join us to celebrate NAIDOC Week 2023.

**Tuesday 27<sup>th</sup> June 2023 at 10.30am at the  
Helipad behind the Health Service**

There will be a Welcome to Country and Story Telling followed by morning tea.

Join the Elders to celebrate the rich history of the First Nations people in our district.

If possible, a call to the office at the Barraba Health Service, 02 67822500, would be helpful for catering purposes.



### **BARRABA RSL & RECREATIONAL CLUB LTD**

Phone 67821379

For the information of members and guests.

#### **THIS WEEK**

#### **FRIDAY 23rd JUNE:**

MEAT RAFFLES FROM 6PM  
MEMBERSHIP DRAW \$1000

#### **SUNDAY 25th JUNE:**

ANGLER CLUB RAFFLES FROM 1PM  
MEMBERSHIP DRAW \$1100

#### **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**



## COLLEGE CHAT

[www.ccni.nsw.edu.au](http://www.ccni.nsw.edu.au)

RTO90027

### 📌 Provide First Aid - Barraba Community College on 26 June!

*This training is subsidised by the NSW Government. Eligibility rules apply.*

First aiders should attend training on a regular basis to refresh their first aid knowledge and skills. Refresher training in Cardiopulmonary Resuscitation (CPR) should be carried out annually and first aid qualifications should be renewed every three years.

Provide First Aid – Face to Face learning

HLTAID009 Provide cardiopulmonary resuscitation

HLTAID010 Provide basic emergency life support

HLTAID011 Provide First Aid

Apply for your place on line through [www.ccni.nsw.edu.au](http://www.ccni.nsw.edu.au) or phone the Community College on 6782 1662.

Provide First Aid – Face to Face learning

HLTAID009 Provide cardiopulmonary resuscitation

HLTAID010 Provide basic emergency life support

HLTAID011 Provide First Aid







## Graymont announces launch of community-focused Carbon Reduction Fund and invites applications for 2023 initiatives

We are proud to announce the launch of the Graymont Carbon Reduction Fund , an innovative, grass-roots initiative designed to support the development of carbon-reduction initiatives in the communities across the globe that we call home.

The fund's role is to support projects focused on:

- Protecting the environment by the responsible use of resources
- Reducing our carbon footprint through increased energy efficiency
- Developing and maintaining natural, biological 'carbon sinks' such as agricultural land, forests or peat bogs that act as a natural offset for carbon

If you have a project idea that relates to any of these topics, the GCRF is looking for you!

**Graymont's** mission is contributing to a decarbonized world by providing essential lime and limestone solutions.

For additional information, please contact Lizz Norvill - [lizz.norvill@graymont.com](mailto:lizz.norvill@graymont.com) or 0428 450 171

**GRAYMONT**  
carbon reduction fund  
PARTNERING WITH OUR COMMUNITIES

## FROM THE GUTTERS TO THE STARS

This Saturday at 6 pm The Playhouse Hotel will host *From the Gutters to the Stars* - a musical evening of cabaret songs by turns spicy, sensuous, heartbreaking and hilarious, performed by internationally acclaimed opera and cabaret mezzo-soprano Sally Wilson and award-winning pianist Mark Kruger. Be touched, tickled, and surprised as Sally and Mark take us on an unpredictable journey from the gutters of Berlin via the night world of Rotterdam to high society New York. The show features numbers by Kurt Weill, Friedrich Hollaender and William Bolcom, interspersed with sublime solo piano pieces by George Gershwin.

After the show, patrons are invited to join the artists for a delicious dinner in the hotel's dining room, where chef Shelley Austin will offer a choice of chicken, gruyere and paprika vol-au-vents or beef meatloaf, followed by rhubarb crumble or pineapple upside down cake. The hotel is fully licensed.

The hotel bar will be open from 5pm. Concert tickets are \$35 pp, and dinner is \$45. Special dietary needs can be catered for by pre-arrangement. Book now on 6782 1109.





## NOMINATE NOW FOR CROWN LAND AWARDS

Nominations are now open for statewide awards to recognise the efforts of Crown land volunteers and organisations who manage thousands of public reserves across NSW on behalf of their communities.

Crown Lands in the Department of Planning and Environment is sponsoring three categories of the 2023 Community Achievement Awards for NSW and the ACT including:

- The Individual Excellence in Crown Land Management Award for outstanding individuals who are a member of an organisation or committee that manages a Crown reserve.
- The Crown Land Management Excellence Award for an outstanding organisation that is involved in the care, control or management of a Crown reserve; and
- The Council Crown Land Management Excellence Award for a local council that has a significant role in managing Crown reserves and has done an outstanding job.

Crown Lands Deputy Secretary Mel Hawyes encouraged nominations from across the state. "There are thousands of Crown land reserves across NSW with volunteers and local councils playing essential roles managing and maintaining public land for the use and benefit of their communities. If you know a hard-working Crown land volunteer, organisation or council, I encourage you to nominate them now for a Community Achievement Award to highlight, recognise and reward their outstanding efforts," Ms Hawyes said.

Nominations are open from 14 June to 24 August 2023 with full details on the Awards and how to nominate on the Awards Australia website at [www.awardsaustralia.com/nswactcaa](http://www.awardsaustralia.com/nswactcaa)

Alternatively, you can call Awards Australia on 1300 735 445 or email [nswact@awardsaustralia.com](mailto:nswact@awardsaustralia.com) and pass on details of the Crown land managers you would like to nominate for an award. All nominees will receive a letter of congratulations and a certificate of encouragement. Judging of nominations will take place in October with finalists announced. Overall award winners will be announced on 25th November at a gala dinner at Sydney Masonic Centre in Goulburn Street.

The Crown land estate is large and diverse covering 30.8 million hectares in NSW and providing land for everything from land for social and community infrastructure, recreation, tourism, agriculture, housing and the environment.

Crown land provides homes for childcare facilities, Scout and Girl Guide halls, caravan parks, surf clubs, Rural Fire Service sites, aged care facilities, community halls, showgrounds and racecourses as well as walking trails, campsites, bridges and board walks.



At around 10.30am on Saturday, NSW Ambulance tasked the Westpac Rescue Helicopter to a property at Upper Horton where a male in his 50s was involved in a quad bike accident. The helicopter met with a road ambulance from the accident scene at the Bingara Hospital. The man was treated by the helicopter Critical Care Paramedic and Doctor for serious chest injuries. He was airlifted to the Gold Coast University Hospital in a serious but stable condition.

## DROUGHT FOCUS GROUPS

Do you have thoughts on how you and your community can be better supported to plan and prepare for drought and other water-related events?

We'd love to hear them!

WSP Sydney is working with Tamworth Regional Council to understand how to improve access to community services and support, including financial advice and assistance, counselling and more. See details below for how to register for one of our focus group discussions

### Manilla Focus Groups

**When:** Tuesday 27th June 1pm-2:30pm in-person, or online from 5:30pm-6:30pm

**Where:** Manilla Small Town Hall, Manilla

**What to expect:** Food, drinks and open conversation (registration essential for catering!)

**Contact:** Karina Roberts on 0468 732 487 to register for a spot



This project is supported by Tamworth Regional Council, through funding from the Australian Government's Future Drought Fund and the NSW Government's Department of Regional Affairs

### ANGLICAN CHURCH TIMES

#### St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 2<sup>nd</sup> Sunday of the month at 11.30am

### BARRABA UNITING CHURCH NOTICES

Sunday 25<sup>th</sup> June 2023

**Service time 10.45am.**

All welcome

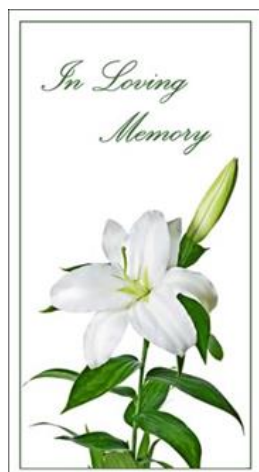
### CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 5pm

2nd 3rd 4<sup>th</sup> and 5<sup>th</sup> Sunday 9am

Upper Horton. No Mass in June. 11am in July

Weekday Mass Wednesday 10am



## Bill Ingles

28/08/1926 -20/06/2005

Loving memories of a dear husband, father and grandfather.

Iris, David, Stewart, Peter, Lorraine, Phillip, Mark and their families



## History Notes

Another busy week which included a trip to Murrurundi to look at their museum which

includes three buildings and a collection of shipping containers as well as a couple of machinery pieces outside on the lawn. The first building had a wall devoted to a railway accident between a passenger train and a goods train – there was hardly any publicity when it occurred but it was obviously very serious at the time. There were also some family portraits, photo-copied and assembled in groups.

Our society has been wanting a map cabinet for years to store maps flat – instead of rolling them – we saw a map cabinet at Murrurundi but it stores some dainty clothes items! Thank you to our excursion organizer – it was a great day which finished with a nice lunch before starting for home.

The lady who owns the Women's Weeklies has not made contact yet – these magazines are likely to go to someone else as the clean up in the Dean Room continues.

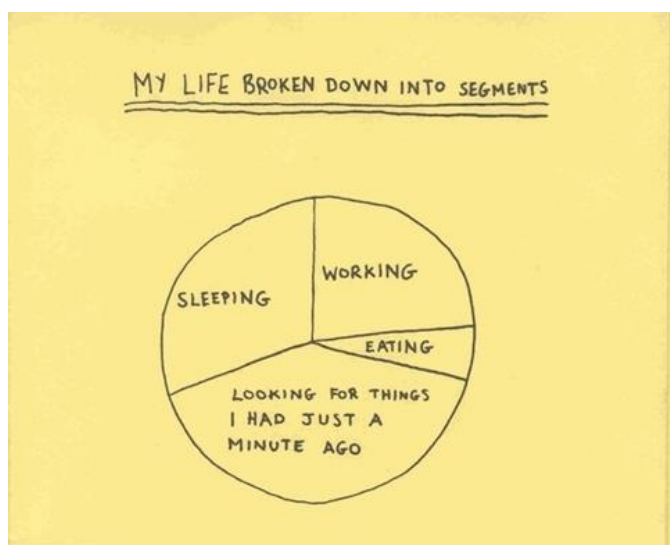
This week we are entertaining again, this time for morning tea so do make contact if you can help on Thursday.

One of our members has requested some early Barraba history which is proving rather difficult due to missing booklets. However, I do have a copy of Lionel Gilbert's notes from his visit to Barraba soon after the Nandewar Historical Society was formed in 1965.

The 1848 directory for Barraba in the Geographical Directory of Australian Colonies notes the station of John Hoskins (sic) in the district of Liverpool Plains on the Manilla River, 35 miles from Tamworth.

The Government Gazette 1848 also has a list of stations in the area and includes Barraba Stations owned by Mr J.T. Armitage and managed by A. A. Adams; the station was just across the Manilla river from the public house which would have been the McKid family business. There is also another reference, I think in the McDouall history, to a young woman walking in the area with her two young nieces – this would have been Mrs Adams with her orphaned nieces, before she has a family of her own.

Barraba started around 1840 and for the first few years was just a collection of primitive buildings servicing travelers and settlers with very basic needs. Somewhere there is a reference to the survey, naming of the streets and some of the very early buildings – hopefully I can soon find it.







### MOTION TO SHIFT HUNTER GAS PIPELINE CARRIED

National Party members from across NSW met in Tamworth over the weekend to debate some of the biggest issues facing the people of regional and rural NSW. One of those issues continues to be land use conflict in the Liverpool Plains and on Saturday, members carried a motion for the approved route of the Hunter Gas Pipeline to be shifted off prime agricultural farming land. The motion calls for the pipeline to be built on Crown land wherever possible, joining calls from the Member for Tamworth Kevin Anderson to reduce the impact on farming operations in the Liverpool Plains.

"We are fortunate to be home to some of the best farming country our Nation has to offer in the Liverpool Plains," Mr Anderson said. "I've been a fierce advocate for the plains throughout my time as the local member, having seen off proposals from BHP Billiton and Shenhua. Now we face the competing interests of the Hunter Gas Pipeline and established farming operations continuing in the area, and we need to be smart about how we protect our farming land. That's why I've been strong in my support for moving the pipeline off prime agricultural land and onto existing easements and crown land. This would leave our farming land undisturbed while making use of underutilised crown land and easements. It's great to see the motion moved at conference and supported by members. I now look forward to the motion moved at conference and supported by members, I now look forward to continuing to advocate strongly to protect prime agricultural land."

### BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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

### Recent anniversaries

- Joan of Arc being burned at the stake in France after being condemned as a heretic (1431)
- explorers Lawson, Blaxland and Wentworth marking the end of a route across the Blue Mountains, allowing colonial expansion into Western NSW (1813)
- Dr John Harvey Kellogg patenting "flaked cereal" (1884)
- Anne Boleyn being crowned Queen of England (1533)
- the launch of CNN, the world's first 24-hour news channel (1980)
- the deaths of Helen Keller (1968)
- Alexander Graham Bell making the first sound transmission (1875)
- the first bikini bathing suit displayed in Paris (1946)
- the creation of a stinky cheese in a cave near Roquefort, France (1040)
- the US, Soviet Union, Britain and France agreeing to divide up occupied Germany (1945)
- the patenting of the ATM (1973)
- the official beginning of the AIDS epidemic, when the US Centre for Disease Control reported on pneumonia affecting five homosexual men in LA (1981)
- the patenting of the electric iron by New Yorker Henry Seely (1882)
- the beginning of D-Day as the Allies land in Normandy, France (1944)
- the completion of the first trans-Pacific flight (US to Australia) by Charles Kingsford Smith (1928)
- Siam changing its name to Thailand (1949)
- Captain William Bligh and his men reaching Timor after sailing 5,800 km in a 6-metre boat following the mutiny on the HMS Bounty (1789)
- the signing of the Magna Carta (1215)
- France surrendering to Nazi Germany, which occupied Paris (1940)
- Russia's Valentina Tereshkova becoming the first woman in space (1963)
- Charles Goodyear obtaining his first rubber patent (1837)
- the last public guillotining in France (1939)
- the Battle of Waterloo, which saw Napoleon defeated by Britain (1815)
- Amelia Earhart becoming the first woman to fly across the Atlantic Ocean (1928)
- Sally Ride becoming the first US woman in space (1983)
- the first celebration of Father's Day in Washington state (1910)
- the British Royal Family renouncing its German names and titles and adopting the name of Windsor (1917)



There are many ways we can stay warm this winter 🧊 but what happens when items such as oil heaters no longer work?

If you've pulled out some old winter warmers, and found they are no longer working, here are ways to correctly dispose of some tricky waste items:

🔥 For oil heaters, solar panels and electric heaters you can book a collection through Mathews Metal Management <http://www.matthewsmetalmanagement.formstack.com/..../tamw...>

🔥 Electric blankets and hot water bottles – Dispose in your general waste bin (red lid)

🔥 Instant hot packs & instant cold packs – Discard non-toxic contents into your general waste bin. Rinse the bag and recycle the soft plastic through the Curby program!

🔥 Heat lamp & tastic bulbs – Dispose at the Community Recycling Centre [www.tamworth.nsw.gov.au/crc](http://www.tamworth.nsw.gov.au/crc)

🔥 Old winter clothing, towels or linens – Donate them to your local opportunity shop or see if your local animal shelter is in need of linen

If you want to learn more about disposing of certain tricky waste items, visit [www.tamworth.nsw.gov.au/tricky-waste-items](http://www.tamworth.nsw.gov.au/tricky-waste-items)

### BARRABA HYDROTHERAPY POOL

Barraba Hydrotherapy Pool is a 12.5 metre heated indoor pool. The facility is open to the public and is also available for private hire for birthday parties or group exercise classes.

#### OPENING HOURS:

Tuesday	9:00am to 1:00pm
Wednesday	10:00am to 2:00pm
Thursday	11:00am to 3:00pm

### Baked Honey Mustard Chicken



Roast dinner is a classic, hearty meal that is popular all around the world. Not only is it delicious, but it is also surprisingly easy to prepare. This dish is perfect for mid-week and a great way to encourage your teenagers home for family dinner.

#### Ingredients:

- 1kg Free Range Chicken Breast
- 1/2 cup honey
- 2 tbsp wholegrain mustard
- 1/2 tsp curry powder
- your favourite vegies for roasting eg pumpkin, sweet potato, beetroot & zucchini

#### Method:

1. Pre-heat oven to 180 degrees
2. Prepare your vegies for roasting and place in the oven. Set timer for 20 minutes.
3. Mix honey, mustard and curry powder together.
4. Lay your chicken breasts into your roasting dish.
5. Pour honey mixture over your chicken breasts.
6. Once your timer has finished for the vegies it's time to place marinated chicken breasts in the oven.
7. Cook chicken for 20-30 minutes until soft, tender and juicy. Be careful not to overcook.
8. Let your chicken rest for 5 minutes before slicing. Your vegies should be done by now.
9. Slice your chicken and serve with your roasted vegies and a sprinkle of fresh parsley.





### **WOODS REEF MINE – a blast from the past**

Two images from inside the main ore pit at the Wood's Reef Chrysotile mine when it was in full production.

The big ore trucks carting full loads of ore out of the pit were working hard. The ore was tipped into the ore crusher on the southern side of the mill to free the asbestos fibre, tailings and waste material.

The first image is taken from the part way down into the pit from the road on the northern side. The Mill building is visible on the other side of this main pit. Posted by Brian Coote.



## Rugby Report

**Country Week Championship Carnivals** were held around the state from under 12s to the seniors. Barraba had their share of players represented in all age groups with 14 participants. Playing at Port Macquarie were girls under 16s, Sydney boys under 12s, Dubbo both girls and boys under 14s, under 18s girls in Sydney and the senior men's and women's carnival was held in Tamworth.

Cody Simpson travelled to Sydney, under 12s. The under 14s girls, Charlotte Gillogly, Macy Cabot and Bella Hannaford went to Dubbo, along with Dusty Hiscock, who I heard, was the player of the carnival in the boy's section – well done.

The under 16 girls in Port Macquarie were Zahlie Cabot, Regan Simpson and Tillie Halloran. Zahlie received Best Forward for Central North and Regan Best Back – well done girls. Kaila Gillogly went to Sydney for the under 18s carnival. Results;

U12s finished 14<sup>th</sup>

U14s girls finished 4<sup>th</sup> in country and 8<sup>th</sup> in state

U16s girls 2<sup>nd</sup> in country and 5<sup>th</sup> in state

U18s girls 3<sup>rd</sup> in country and 5<sup>th</sup> in state

Well done to you all.

In the Seniors in Tamworth the girls were represented by Katie Sweeney and Amie Middlemiss, while 3 Barraba players played for New England as Josh Sloan had a connection and he, along with our two imports Oisín McKenna and Jamal Sakinmaz, got game time.

The girls finished fourth, while the men's team were relegated to the second tier for next season.

Games for the 14s and 16s from school often play in Barraba on Friday nights but because of late information, early notice is not always available. Teams from schools like Farrer are often seen here so the standard is high and our schools put up a very good display. Ben Crowley does the 'refing' while Rheni looks after the canteen and they do a great job.

Latest information from Country Week. Barraba now has three state reps with Regan Simpson, Zahlie Cabot to play in the U16s while Dusty Hiscock will be in the U14s. This proves the Annual Juniors Carnival allows these juniors to show their skills for higher honours and with further trips for training in Sydney, plenty of experience will be gained and new friends made. Good luck to you all from the Barraba senior men's and women's teams and the Rams supporters.

On Saturday the Rams travelled to Moree for two games, the women and men were both beaten. The men 27-5 while the women's score has not come through yet. The men's team were missing some players on the day. Quirindi will host

Barraba this weekend, while Walcha will play Gunnedah to start Round 2.

Scone v Pirates

Moree v Inverell

Narrabri bye

Barraba has a bye on 1<sup>st</sup> July.

Simon Koopman is still looking for steers to buy to put in the Nangara feedlot so if you think you have a good steer ring him on 67821029.

### Central North Comp points after First Round

2 <sup>nd</sup> Grade	1st Grade	Women
Pirates 38	Gunnedah 38	Narrabri 39
Moree 36	Pirates 33	Gunnedah 39
Barraba 29	Moree 32	Moree 30
Narrabri 24	Walcha 27	Pirates 28
Gunnedah 21	Narrabri 24	Scone 22
Scone 18	Quirindi 24	Barraba 16
Inverell 16	Inverell 16	Inverell 16
Walcha 5	Scone 12	Quirindi 13

As you can see, the Rams are in the top 4, but have to maintain their form in the second round to get a place in the semi-finals at the end of the season with the last game of Round 1 to play second placed Moree at their ground.

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## Golf Notes

On Sunday a very good field of 35 players contested the second round of our Club Championships for Campbell Tonkin's trophy. The winner for the best nett score of the day was Dan Lott who carded an excellent net 64 after carding 84 off the stick. Runner up was Chris Sweeney net 66 who continues a good run of form with balls going to Des Kelaher 68, Ian Cabot 69, Lib Thompson 69, Mandy Koopman 70, Shane Middlemiss 70, Dave McMurtrie 70, Daniel Anderson 71, Di Etheridge 71 and Peter York also net 71.

NTPs went to Lib Thompson on the 3rd, Fermin Allan on the 6th and Will Sedgwick on the 12th.

In singles match play results Peter Simpson defeated Josh Austin, Dan Lott proved too strong for Craig Rutley, Kev Kelaher defeated John Hartley whilst Graham Bowman defeated Paul Grigg on the last hole.

Next Sunday is the annual Manilla Men's Open. For those players not travelling to Manilla there will be an Individual Stableford for a club trophy. Tuesday is ladies golf commencing at 9am for nine holes. All are welcome and beginners are encouraged to join in with coffee afterwards.

## **Pumping loud music is putting more than 1 billion young people at risk of hearing loss.**

**Robert Cowan**, *Professorial Research Fellow, Audiology and Speech Pathology, The University of Melbourne*

Music is an integral part of human life. It's all around us, just like sunshine, lifting our mood. We enjoy it so much that many of us take it with us everywhere on our phones or we spend weekends hitting the club scene, live-music venues or concerts.

Meanwhile, many of us may have felt annoyed by loud sound from music venues or remarked on sound emanating from someone else's headphones. We're probably aware we should prevent hearing loss from loud industrial noise at work or from using power tools at home.

A systematic review released today in BMJ Global Health reports unsafe listening practices in adolescents and young adults from using personal listening devices (such as phones or digital music players) and going to loud clubs and gigs are common, and could be a major factor contributing to hearing loss.

In fact, the authors estimate the pumping tunes could be placing up to 1.35 billion young people at risk of hearing loss worldwide.

### **What the study looked at**

Systematic analysis involves looking across multiple studies to identify consistent findings. In this study, the authors included 33 peer-reviewed studies published between 2000 and 2021, involving over 19,000 people, aged 12–34.

In the study, unsafe listening was identified as listening at levels above 80 decibels for over 40 hours per week. For context, this is the level above which most Australian states require industry to implement noise protection processes such as use of hearing protectors.

The study confirms the rate of unsafe listening practices is high in adolescents and young adults: 23.81% of them were listening to music on personal devices at unsafe levels and 48.2% at loud entertainment venues (though this rate is less certain). Based on global estimates of population, this translates to up to 1.35 billion young people at risk of hearing loss globally. The World Health Organization estimates over 430 million people worldwide already have a disabling hearing loss and prevalence could double if hearing loss prevention is not prioritised.

The results tally with our previous studies conducted by Australia's National Acoustic Laboratories and HEARING

Cooperative Research Centre. More than a decade ago we reported a high potential for hearing loss from attendance at nightclubs, pubs and live concerts in young Australians aged between 18–35 years.

Back then, we found 13% of young Australians (aged 18–35) were getting a yearly noise dose from nightclubs, concerts and sporting activities that exceeded the maximum acceptable dose in industry. In 2015, the WHO launched the Make listening Safe initiative to encourage young people to protect their hearing.



### **Why it's bad for your hearing**

So, what's the problem with loud music? Like sunshine, overexposure can lead to harm. Loud noise, including music, can kill off hair cells and membranes in the inner ear (the cochlea). Once hearing is lost, a person mightn't be able to hear or understand speech or sounds around them.

Research shows hearing loss results from a combination of sound being too loud (and it doesn't need to be painful to cause hearing damage), listening to loud sound too long (and the louder the sound, the less time you can listen before your hearing is at risk) and how often you are exposed (and hearing damage is cumulative over time).

A good "rule of ear" is that if you hear ringing in your ears at or after listening, you are at risk of damaging your hearing. This type of hearing loss is permanent and may require use of hearing aids or cochlear implants.

### **Wait, so no loud music at all?**

So, what can we do, short of throwing away our headphones and avoiding clubbing and live music?

First, just like with the sun and skin, we need to be aware of the risks to our hearing and take the necessary steps to protect ourselves. We need to be aware of how loud sound is around us and how to keep our exposure within safe levels. We can do this by using personal hearing protection in clubs (such as ear muffs or ear plugs that are fit for



purpose), or limiting how often we visit noisy music venues or how long we stay at really loud ones.

In Australia, people can access a free noise risk calculator to calculate their personal risk using an online sound level meter, and to explore how changes in lifestyle could protect their hearing while still allowing them to enjoy music. Most phones now come with software that can monitor safe listening levels and limit exposure.



Hearing protection at the venue level is more challenging and may require regulatory and industry-based approaches. Our 2020 research identified hazard controls for entertainment venues, such as alternating volume between louder and softer levels, rotating staff, providing quiet rooms, and raising speaker locations above head height. We also showed DJs and venues were open to initiatives aimed at reducing the risk of hearing loss for their patrons and staff.

Compromises are possible and they could enable enjoyment of music at live-music venues, while still protecting hearing. That way everyone will be able keep enjoying music for longer.

**Advertise in Barraba Community News and reach 750 households in our local area.**

**Contact [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au) for the best advertising rates in the region**

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