



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 28th June 2023

BARRABA CELEBRATES NAIDOC WEEK WITH OUR FIRST NATIONS PEOPLE

Charlie O'Leary from the NSW Aboriginal Lands Council



*Jeffrey O'Leary presents art work to Cathy Stein Barraba
HSM*



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 or 0428 450 171

GRAYMONT 
carbon reduction fund
PARTNERING WITH OUR COMMUNITIES

Locals invited to sell wares at Frost

Community groups and Barraba individuals are invited to make the most of Frost Over Barraba visitor trade on Saturday 2 September and set up a stall on Queen Street. Frost attracts a lot of visitors to Barraba. This year Frost is on Thursday 31 August to Sunday 3 September. The biggest day for visitors will be Saturday 2 September. In recent years more than 1000 people have visited on Frost Saturdays. As well as the iconic Art Show there will be music and other attractions in Queen Street.

The Saturday Queen Street stalls can sell food or wares, but Frost asks for the goods to be made here. "Baking, jewellery, honey, fruit and vegies, knitted items, a sausage sizzle...these are the sort of stalls we are hoping Barraba people may set up on Frost Saturday," says Frost's Street Coordinator, Stacey Sedgwick.

Any person or group interested in operating a stall are asked to get in touch with Frost. This helps Frost with planning the Development Application. It also allows the Frost team to plan where and when stalls are operating to best advantage the operators. For instance, two cake stalls wouldn't be best next to each other. Frost will also publicise the stalls. A stall

can operate for a portion, or the whole of Saturday. To discuss your plans, talk to one of the Frost Street team: Stacey Sedgwick, Andy Wright, Hannah Johnston, Sandra Allen, Patti Crowley or Wendy Woodhouse. You can also email Frost at frostoverbarraba@yahoo.org.au.

Committee Chair and veteran BarrArbour Convenor Andy Wright says, "We hope Barraba people will be interested in selling on Queen Street on Frost Saturday. It will add to the festival atmosphere as well as help people get some economic benefit from Frost. It also is just a lot of fun."



Locals are invited to maximise benefits from all the Frost visitors on Saturday 3 September

A Little Twisted Barraba

75 Queen St.

We accept
Creative Kids Vouchers

must be redeemed by
June 30, 2023

FREE \$100

Mon. July 3, 10 & 17
9-3pm

All school aged kids

LEGO, CRAFTS, GAMES
MOVIE AND MORE
Morning tea and a
hot lunch provided

**FUN
DAYS**

\$70/child
\$120/2

Lego Club and kids craft during term

CONTACT WENDY 0450 122 217

BOOKINGS ESSENTIAL

BARRABA PHARMACY /NEWSAGENCY



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

barraba@caremorepharmacy.com.au

NEW TRADING HOURS – STARTING MONDAY

3/7/23

MONDAY – FRIDAY

9AM – 1PM

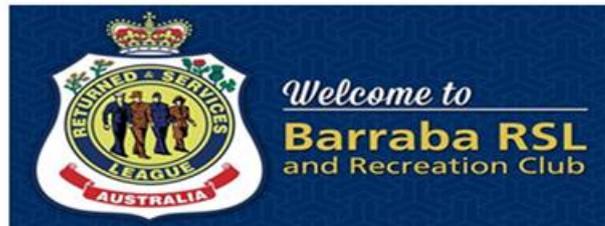
2PM-5:30PM

SATURDAY

9AM-12:30PM

SUNDAY

CLOSED



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 30th JUNE:

MEAT RAFFLES FROM 6PM

NEW RAFFLE FORMAT STARTING 7TH JULY

MEMBERSHIP DRAW \$1100

SUNDAY 2nd JULY:

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW \$1200

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

The
**PLAYHOUSE
HOTEL**

2 pm Sunday 2nd July: **THE HAUNTING** (M, 114 mins)

The celebrated 1963 classic haunted house movie

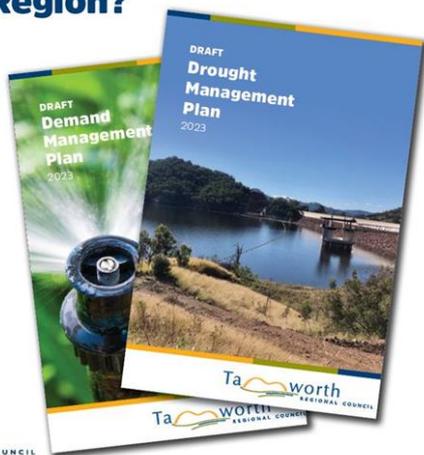
directed by Robert Wise. All tkts \$10. Enq's 67821109

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

Contact

**news@barrabacommunitynews.org.au for
the best advertising rates in the region**

Are you passionate about how we use and conserve water across the Tamworth Region?



History Notes

Several history inquiries this week and two of them rather difficult for our members. The first concerns the Madams family particularly the early members of the family-grandmother Thelma Leila Madams who grew up in Barraba was a member of the Darlington family. We have some history of this family but there may be someone who can speak directly with this lady.

The second enquiry is even more difficult- Caroline Annie Smith was born at Woods Reef in 1865 and apparently married James Lonsdale in 1885. I have looked through all available birth records for our area without success. If anyone recognizes this family we will pass it onto the enquirer.

As our society is a member of the Royal Australian Historical Society we have access to the R.A.H.S. history magazine but few members actually read the magazine. The June edition deals with the history of the Women's Weekly in the early years and the changes in the food and cooking over the last 90 years.

The Australian Women's Weekly was the most popular women's magazine for at least the first half of its 90 years. In the early years of the depression and World War II the food we ate was rather basic - meat and whatever vegetables were available together with sugar, tea and butter or dripping.

As the war continued rationing was introduced on meat, butter, sugar and tea as well as fuel and other commodities. Even potatoes were in short supply so the housewife was forced to improvise or go without. Sham potatoes - a flour-based dumpling was introduced to Australian kitchens. Recipes for mock chicken appeared in the Women's Weekly where rabbit was often the substitute as they were plentiful in the 1940's and 50's.

Moving on after World War II the humble refrigerator became more common in Australian kitchen - some of us remember the problems our parents had with the kerosene refrigerators going out, not freezing properly and then freezing everything! The arrival of electricity to the country and the electric refrigerator and all the small appliances arrived, and kitchens began to look more like the modern-day facility.

We do have some rewards for living in the world today.

New Drought and Demand Management Plans drafted

Council has engaged consultant, HunterH2O to help develop the new Drought and Demand Management Plans. The revised plans will take into considerations what did and did not work during the most recent drought and feedback received during the pre-drought management plan review survey.

Public Exhibition and Community Consultation

The draft Plans were presented to Council on 6 June 2023. Following its endorsement by Council, the plans have gone on Public Exhibition. During the 28-day public exhibition period, Council will ask residents connected to town water supply to have their say. There is a feedback form on the Council Website.

Public Exhibitions closes on 16 July 2023.

Final Plan Adopted

Following the Public Exhibition period, Council staff and Hunter H2O will revise the draft Plans based on the feedback received. The final Plans will then be presented to Council for adoption. Once adopted, the plans will be Councils guide on how it manages its town water supplies and encourages water efficiency within the community.

Contact Us

Have questions or want to learn more about a project, contact us below:

Name Tamworth Regional Council

Phone (02) 6767 5555

Email trc@tamworth.nsw.gov.au

Website www.tamworth.nsw.gov.au

In writing PO Box 555, Tamworth NSW 2340

WE NEED YOUR HELP!

TRANSPORT DRIVER
Provide transport to individuals or groups of older persons

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

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

MEALS ON WHEELS DELIVERY
Deliver meals to clients straight to their door

GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE

Snippets from St Laurence's

Last Tuesday brought me a pleasant surprise – I zipped up the road late in the morning and there were the Coghlan's, on their way back to Tassie from Cairns and having a pause on the way to see how Barraba has changed. It is always good to see old friends; unexpected encounters are especially blessed.

Our sermon study of Paul's letter to the Philippians continues. Last week his advice was to persevere, to "run the race set before us". This week we were given advice on positive thinking: *"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things"*. (Chapter 4, verse 8) Next Sunday, 2nd July (!) we shall celebrate the Lord's Supper and then share lunch together (bring something to share). On Sunday 9th there will be a service at Woodsreef, our church AGM is on 20th August and on Saturday 2nd September the New Life Conference will be held in Tamworth. Other things do happen. Youth Group meets each Friday of term from 6.30pm to 8pm, in the Youth Centre, and home groups meet regularly – talk to Matt or Chloe if you are interested. Better still, com and join us at church.

Beth.

Hosted by the Barraba Young Woman and NextGen Committee

Ladies' Paint and Sip

Bring your friends along and come and enjoy the ultimate girl's day! Spend the afternoon painting your own masterpiece whilst enjoying a drink and a charcuterie board with like minded women.



Date
1st July 2023
1pm

Location
Barraba Golf Club

Cost
\$48 includes all painting materials, charcuterie board and a drink on arrival

BOOK YOUR TICKETS NOW



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 2nd July 2023

Service time 10.45am.

All welcome

CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 5pm

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

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

Weekday Mass Wednesday 10am

We're live on the web

Now you can get the local news updated more frequently by going to

www.barrabacommunitynews.org.au

BINGARA FIRE STATION TO STAY

Northern Tablelands MP Adam Marshall has welcomed a response from the Minister for Emergency Services about the future of the Bingara Fire & Rescue NSW station, which confirmed it would remain open and a recruitment campaign commenced to find more local firefighters. Last month Mr Marshall put a question on the notice paper asking for a “cast iron guarantee” that a closure of the station was not on the cards. “I welcome the Minister’s guarantee to not just keep Bingara Fire Station open, but to actively recruit new firefighters, so that in the event of a fire or disaster, the people of Bingara and district are properly equipped and supported,” Mr Marshall said. “This is a win not the region, but the truth is it never should have come to this.

“Bingara may be a small community but lives out here are just as important as ones in the big city and just as deserving of adequate fire protection.” Mr Marshall said the local recruitment drive, in conjunction with Gwydir Shire Council, was now underway and three potential firefighters had already been found. “This is great news, but we need to keep a close eye on Fire & Rescue NSW to make sure they follow through and honour the commitment the Minister has made,” Mr Marshall said. “I know in the past that a number of locals have approached Fire & Rescue NSW to sign up only to be told they weren’t recruiting but now is your chance. “I encourage Bingara locals who want to keep the fire station open to think about signing up.”



Above: Adam Marshall with firefighters outside Bingara’s Fire and Rescue NSW station.



NSW RURAL FIRE SERVICE



Undergrounding of transmission lines inquiry welcome news

I have welcomed the State Government’s announcement of a parliamentary inquiry into the feasibility of undergrounding new electricity transmission infrastructure in regional NSW, after pushing for the issue to be seriously considered last month and again this week. People across the Northern Tablelands and New England regions had been raising their concerns about the impact large industrial-scale transmission lines would have on the landscape, environment and agricultural production and I’m very pleased the government has finally acknowledged them and taken some action. I am also urging the inquiry committee to visit the region to see and hear for themselves the concerns locals have about the proposed transmission lines. As I said in the Parliament a fortnight ago, the government must look seriously at undergrounding sections of these new lines to avoid land use conflicts, loss of biodiversity and impacts on people’s amenity and existing industries, such as agriculture. It shouldn’t have taken speeches on the floor of parliament, nor my motion calling for the establishment of an inquiry to investigate the feasibility of undergrounding for the government to listen and act, but I’m glad it has, and the inquiry is very welcome news.

From The Conversation

‘Good soup is one of the prime ingredients of good living’: a (condensed) history of soup, from cave to can.

Garritt C Van Dyk, Lecturer, University of Newcastle.

Hot soup on a cold day brings warmth and comfort so simple that we don’t think too much about its origins. But its long history runs from the Stone Age and antiquity through to modernity, encompassing the birth of the restaurant, advances in chemistry, and a famous pop art icon. The basic nature of soup has a fundamental appeal that feels primordial – because it is.

Archaeologists speculate the first soup might have been made by Neanderthals, boiling animal bones to extract fat essential for their diet and drinking the broth. Without the fats, their high intake of lean animal meats could have led to protein poisoning, so stone age soup was an important complement to primeval nutrition.

The fundamental benefit of these bone broths is confirmed by archaeological discoveries around the world, ranging from a gelatin broth in Egypt’s Giza plateau, to Shaanxi Province in China.

The widespread distribution of archaeological finds is a reminder soup not only has a long history, but is also a global food.

Today, our idea of soup is more refined, but the classic combination of stock and bread is embedded in the Latin root of the verb *suppāre*, meaning “to soak”.

As a noun, *suppa* became *soupe* in Old French, meaning bread soaked in broth, and *sowpes* in Middle English. This pairing was also an economical way of reclaiming stale bread and thickening a thin broth. Wealthier households might have toasted fresh bread for the dish, but less prosperous diners used up stale bread that was too hard to chew unless softened in the hot liquid.

From rustic to creamy

New ideas about science and digestion in 17th century France promoted natural flavours and thick, rustic preparations gave way to the creamy and velvety smooth soups we know today. New versions of the liquid food were developed by early modern European chefs, such as the seafood bisque, extracting flavour from the shells of crustaceans.

The first restaurant as we understand them today opened in Paris in 1765, and was immortalised for a simple broth, a clear soup made from bone broth and fresh herbs.



The Soup Kitchen, Antonio de Puga, ca. 1630. Museo de Arte de Ponce

New versions of the liquid food were developed by early modern European chefs, such as the seafood bisque, extracting flavour from the shells of crustaceans.

The first restaurant as we understand them today opened in Paris in 1765, and was immortalised for a simple broth, a clear soup made from bone broth and fresh herbs.

Mathurin Roze de Chantoiseau, the original French restaurateur, created a new type of public space where weary diners could regain their lost appetites and soothe their delicate nerves at all hours. It may appear to be a contradiction that the first restaurant specifically catered to clients who had lost their appetites, yet it seems perfectly natural soup was the cure.

Easy and affordable

Soup was not destined to be limited to fancy restaurants or the long simmering stock pots of peasants. Modern science made it convenient and less expensive for home cooks. In 1897, a chemist at the Campbell soup company, John Dorrance, developed a condensed canned soup that dramatically reduced the water content. The new method halved the cost of shipping and made canned soup an affordable meal anyone could prepare.



Lunch (The Soup, Version II), Albin Egger-Lienz, 1910. Leopold Museum, Vienna

This revolutionary achievement was recognised at the 1900 Paris Exposition, winning an award for product excellence. Winning the prize was an achievement considering the competition at the world fair. The other technological advances exhibited at the turn of the century included the diesel engine, “talking” films, dry cell batteries and the Paris Metro. The bronze medallion from 1900 still appears on the iconic red and white label, made famous by pop artist Andy Warhol’s 32 Campbell Soup Cans (1962). In his work, Warhol appropriated images from consumer culture and the media ordinary people would instantly recognise, from Coca-Cola bottles to Marilyn Monroe. In his famous soup painting, 32 canvases – one for each flavour of soup – are lined up like cans on a supermarket shelf.



Gallery visitors look at Andy Warhol’s Campbell’s Soup. AP Photo/Diane Bondareff

Some interpretations consider this a commentary on the link between art and consumerism, emphasising the ordinary quality of the everyday object. The artist may also have been influenced by his personal eating habits – he claimed he had soup for lunch every day for 20 years.

‘One of the prime ingredients of good living’

A steady diet of soup is not guaranteed to inspire famous art, but its appeal is universal. Soup can be humble or fancy, cutting across cultures and classes. Deceptively simple, the warmth and comfort of soup provide a temporary refuge from the winter chill, comforting the diner from the inside.

The French chef Auguste Escoffier, famous for enshrining the five basic “mother sauces” in French cuisine, raised soups to perfection in the early 20th century, developing refined preparations that remain classics today.

Escoffier, known as “the king of chefs and the chef of kings”, had very high standards for soup, claiming “of all the items on the menu, soup is that which exacts the most delicate perfection”.

An Austrian apprentice of Escoffier, Louis P. De Gouy, was chef at the Waldorf Astoria for 30 years and wrote 13

cookbooks. He summed up the appeal of soup in a volume dedicated to the dish with over 700 recipes:

“Good soup is one of the prime ingredients of good living. For soup can do more to lift the spirits and stimulate the appetite than any other one dish.”

From Neanderthal broth to pop art icon, this humble pantry staple has a rich and vibrant history, giving us both nourishment and food for thought.



JUDE’S TOMATO SOUP

Ingredients:

- 800g tomatoes (canned)
- 2 tablespoons tomato paste
- 1 medium onion, diced
- 2 garlic cloves, crushed...optional
- 60g butter
- 1 heaped teaspoon vegeta stock powder...or chicken stock powder
- 1 tablespoon sugar or to taste
- cracked black pepper to taste
- 600ml chicken stock
- 1 can evaporated milk
- crème fraiche, optional
- basil, optional

Method:

In a large pot and over medium heat add butter, onions and garlic and sauté until transparent.

Add tomato paste and cook out for 2 minutes before adding sugar, stock powder, pepper, tomatoes and chicken stock.

Cook over gentle heat for 10 minutes.

When the soup has cooled enough blend and sieve, return to the pot to reheat.

Remove from heat, add evaporated milk, adjust seasonings and sugar and serve with a dollop of crème fraiche and torn basil.





Golf Notes

Barraba golfers were split between home and Manilla on Sunday. Locally Rob Sweeney scored 39

Stableford points to win the club trophy from runner up Des Kelaher with 37 points. There were no NTPs recorded. In singles matchplay results Bevan Benson defeated Chris Sweeney 4 and 3 whilst Keith Akers had to go to the 19th to defeat Ali Smith in a very close match.

A good contingent of players journeyed to Manilla for their annual Open Day and whilst no major wins were recorded congratulations must go to Manilla President Tom Agnew and his team on what everyone voted as a very successful day. Local Sam Knight, was able to pick up the C grade long drive.

Next Sunday 2nd July we will play an Individual V Par for Daniel Anderson's trophy whilst the week after is our Foursomes Championships



Rugby Report

Following on from last week's report we have 3 juniors who are doing some travelling for training for the opportunity to be selected in the NSW sides. Dusty Hiscock in the Boys U14s and Regan Simpson and Zahlie Cabot in the U16 girls. They will get a great benefit of better training skills, the chance to mix with better players and we wish them all the best.

The Rams travelled to Quirindi on Saturday for the start of the second round and were beaten 25-14 in the Mens game. The Rams were leading 14-0 halfway through the first half but could not keep up the tempo and with plenty of players on the sidelines the hosts were able to put fresh players on the field. The Rams lost Jack Ward with a bad shoulder injury.

There will be a bye on Saturday.

Points

Players player M. Pfindst

3 M. Pfindst

2 J. Sloan

1 W. Robinson and J. Mallise

The girls played a 7-a-side game and were beaten 45-15.

Players Player J. Johnson

3 K. Gilgly

2 J. Johnson

1 A. Middlemiss

Your friendly local professional

Rod Bonner

Your local Plumber, Drainer, Gasfitter and Handyman

Lic No. L8791

Text is best 0447 052 140

PHIL DENYER

MECHANICAL REPAIRS

Ph (02) 67 821 107



Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358 wardsplumbing@bigpond.com

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Published by Community College Northern Inland Inc.

Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email news@barrabacommunitynews.org.au

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

From The Conversation

Anyone can save a life, including kids. Here's why they should learn CPR and basic life support.

*Janet Bray, Associate Professor, Monash University
Kathryn Eastwood, Lecturer, Paramedicine, Monash University*

With over 26,000 cardiac arrests occurring every year in Australia and over 76% of them occurring in the home, some of our youngest Australians are learning how to help.

But why kids? It's simple. Anyone can learn to save a life.

Basic life support includes cardiopulmonary resuscitation (CPR) and using a portable defibrillator (AED) if required. These emergency procedures aim to save the lives of people in cardiac arrest.

What is a cardiac arrest?

A cardiac arrest occurs when the heart stops beating. This means the heart stops acting like a pump, which stops oxygen getting to the brain. When this happens, the person quickly becomes unconscious and stops breathing. Without immediate CPR, the person is likely to die.

Performing CPR involves pushing down on the chest, which mimics the pumping action of the heart and pushes blood and oxygen around the body and, importantly, to the brain.

An AED works by analysing the person's heart rhythm and delivering an electric shock, if necessary, to restore a normal heartbeat. AEDs are designed to be used by the public, and typically provide recorded audio instruction and visual prompts to guide users through the process.

Anyone can perform these life-saving skills, and the quicker they are performed the more likely the person will survive. The Australian Resuscitation Council, of which we are both members, believes teaching basic life support skills, CPR and how to use an AED in schools is the best way to reach and train whole generations how to save a life.

A patchy approach in schools

The current Australian curriculum supports basic life support education in some years. But schools vary in its implementation. Some schools have organisations come in to teach students, like the Red Cross or St John Ambulance, but teachers are also well placed to provide this education.



Defibrillators have recorded voice instructions and visual prompts to make them easy to use. Shutterstock

The Aussie Kids Save Lives program, an initiative being run by the Australian Resuscitation Council and partners, is aiming to provide teachers with the resources to be able to teach high school students. A pilot study is currently underway in Victoria. Teachers are guided in instruction and students are practising skills using Ambulance Victoria's Call, Push, Shock kits that instruct young people how to call for help, perform push (compressions) and deliver lifesaving shocks with a defibrillator.

So far, more than 550 Victorian Year 7 and 8 students have been taught in the pilot, with more than 3,000 expected to be taught in 2023. Early data from the ongoing evaluation of this program is encouraging, with teachers and students finding the materials engaging and effective.

The Australian Resuscitation Council plans to use a report of the evaluation to lobby the federal government to introduce two hours of mandatory training in every year of school.

How young is too young?

The World Health Organization has endorsed two hours of teaching CPR to children every year from the age of 12. However, this isn't to say younger children shouldn't be taught how to respond to emergencies. Children as young as four years of age can be taught how to recognise an emergency and how to call an ambulance.

Progressive annual learning can help children of all ages learn how to save a life. Initial learning should use simplified methods of instruction, such as Call, Push Shock. Older students can be taught the more technical DRSABCD acronym that guides them to look for danger and responses, send for help, and check airways and breathing before starting CPR and defibrillation.

There is an added bonus in teaching children, as they can be encouraged to pass their learning on to their family, perhaps as homework. This increases community awareness of basic life support skills.



*Teaching kids how to call 000 in an emergency is vital.
Unsplash, CC BY*

Intervention is vital

Data reported by the Australasian Resuscitation Outcomes Consortium shows that even though CPR instructions are given in 000 calls and the person is asked if there is an AED available, only 38% of Australians in cardiac arrest receive bystander CPR and less than 2% receive an AED shock.

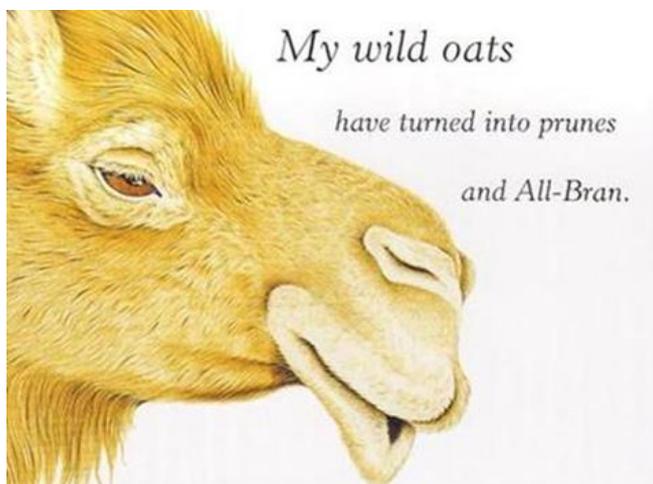
Research listening to emergency calls has uncovered this often happens because the caller lacks confidence in their ability to perform CPR skills. Most callers do not know what a defibrillator is.

But areas of Australia with higher rates of trained community members have higher rates of bystander CPR.

Help at home

We encourage parents to advocate for basic life support training in their children's schools and even teach their children simple CPR themselves using online videos.

While it may take some time, it is vital to have every Australian know what to do if they find someone collapsed in cardiac arrest, including our youngest. Without any intervention, the person is likely to die. Any attempt is better than nothing.



Caramelised Chilli Pork with Cucumber Salad



This is a Donna Hay recipe which has been copied from The Free Range Butcher

Ingredients:

- 650g pork fillet, sliced
- 1 tbsp grated ginger
- 2 chilli, finely chopped
- 1/4 cup soy sauce
- 2/3 cup brown sugar
- 1 tbsp fish sauce
- 2 tbsp lime juice
- Coriander
- Mint
- Cucumber
- Bean Sprouts
- Boiled rice to serve

Method:

- Make salad of thinly sliced cucumbers and bean sprouts (or whatever you are using) with chopped mint and coriander.
- Pan fry pork fillet until brown and nearly cooked then remove.
- Add soy sauce, fish sauce, lime juice, sugar and ginger to pan and cook until is sugar dissolved and starting to caramelise.
- Return pork to pan and reheat.
- Serve pork and sauce over salad with boiled rice.

Tip: If you don't have bean sprouts you can use snow peas, sugar snaps or asparagus; just lightly steam and then refresh. Serves 6.

Barraba Video Rental Shop between the National Bank and McKid Dalgety Winchcombe (now Charlie Hart) circa 1991.

This building has a long history in Barraba, built for Pearce in 1890, in 1895 it became Morrow's Menswear, owned by William Morrow. During the Second World War it was a Red Cross Tea Rooms and later used by Mackenzies as a furniture shop.

Here the building is in it's final twilight having miraculously survived almost 100 years despite a very major fire next door when McKenzie's Machinery was destroyed in a terrifying inferno of exploding oil drums and gas bottles.

William Morrow built the Morrow Row in Savoy Street, originally eight identical drop-slab houses built of timber from the forests around Narrabri in 1895 for his employees. Most have been modified over the years, but retain their basic structure.

(The above data from the Thematic History and Margaret Crowley)

We have a photo from about 100 years before this one from the next block on the eastern side of the street. It had one of the most dubious advertising signs seen in our history advertising "Fresh Oysters" Here in 1991 despite the considerable advances in refrigeration we have no oysters on offer.

Posted by Brian Coote.



LATE BREAKING NEWS

Vinnies plan to reopen

The opening days for July will be
Thursdays 10am – 2pm 6th, 13th, 20th
Call Julie on 0490 257 563 if you wish
to volunteer we would love to hear from you