



# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Wednesday 12<sup>th</sup> July 2023**



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

Phone 67821379

For the information of members and guests.

### **THIS WEEK**

#### **FRIDAY 14<sup>th</sup> JULY:**

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1300

#### **SUNDAY 16<sup>th</sup> JULY:**

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW \$1400

### **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**

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

**DINNER FROM 6PM**

**SUNDAY: 12-2PM**



## **Horton Horse Sale**

A horse sale will be held at Horton Sports Ground on Sunday 16<sup>th</sup> July from 11am.

20 ridden horses plus unridden horses.

Saddlery and other equipment for sale

BBQ on the ground alternately at Horton Club

All profits to Horton Sports Ground. Everyone welcome.

Contact Bill Kelly 67827297, Ross Pollack or Leon Cummins.

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## BARRABA POTTERS CONTRIBUTE TO THE “POOL OF REFLECTIONS”

Some time ago the Barraba Pottery ladies were asked to participate in making 1000 ceramic poppies for Tamworth Legacy 100th Anniversary. Poppies were also made by Port Hacking Potters, Gunnedah Pottery Club and Tamworth Craft Shed Potters. The poppies were then attached to 1000 white crosses made by Tamworth Challenge Community Service.

Prior to a special ceremony the majority of crosses and poppies were arranged around the Waler Pond Memorial in Bicentennial Park, Tamworth.

Annie Clough, representing the Barraba Potters, attended the Tamworth Legacy's official opening of the “Pool of Reflection” at the Waler Pond Memorial, Tamworth Bicentennial Park on Monday 3<sup>rd</sup> July. She said it was a very “formal event”.

The ceremony started with an official ceremony to finalise the installation of 1000 white crosses with ceramic crosses.

The afternoon included; crosses being installed by Aboriginal Elders, politicians, service personnel and members of the public who had purchased crosses. A guard of honour was provided by 12/16<sup>th</sup> Hunter River Lancers, joined by Troopers from the Australian Light Horse Association and members of the 310 Squadron of Air Force Cadets.

A parade of handmade lanterns by local school children, music by local Brent Larkham and a free BBQ by Tamworth West Rotary Club concluded the event.

On Tuesday, 4<sup>th</sup> July the Legacy Centenary Torch Relay arrived in Tamworth.



*Thanks to Annie Clough and Lyn Martin for the photos*







## **Australian War Memorial welcomes Vietnam veterans 50 years on**

In recognition of the 50th anniversary of the end of Australia's involvement in the Vietnam War, the Australian War Memorial will open the Commemorative Area and galleries for veterans and their families outside of normal open hours.

Dan Hiscock, Assistant Manager of Visitor Services, said: "On Vietnam Veterans Day on the 18th of August, we are pleased to be offering extended hours on the Friday night and early morning on the Saturday, so veterans and their families can come in and view the Commemorative Area, the galleries and the Vietnam exhibit at the Australian War Memorial."

"We are welcoming Vietnam veterans back, 50 years on, to the Australian War Memorial not only to see the exhibits but to say thank you for what they did."

The Director of the Australian War Memorial, Matt Anderson, said: "We look forward to welcoming our Vietnam veterans and their families. We would like to take this opportunity to acknowledge their service."

Vietnam veterans and their families can join us on: Friday, 18 August 2023 from 5.45 pm to 7.45 pm, and Saturday, 19 August 2023 from 8 am to 10 am.

Veterans seeking to book free ticket/s to attend one of these two sessions and guarantee entry, should visit [www.awm.gov.au/visit/plan](http://www.awm.gov.au/visit/plan).

The extended hours coincides with the Australian Government event to mark the 50th anniversary of the end of Australia's involvement in the Vietnam War. A national service is being held at the Australian Vietnam Forces National Memorial in Canberra on 18 August 2023 from 10:00am.

Australians are being encouraged to honour and remember the service of some 60,000 Australian men and women who served in the Vietnam War and their families. During the war, 523 Australians lost their lives in the war, and over 3,000 were wounded.

The arrival of the Australian Army Training Team Vietnam (AATTV) in South Vietnam during July and August 1962 was the beginning of Australia's involvement in the Vietnam War.

Australia's participation in the war was formally declared at an end when the Governor-General issued a proclamation on 11 January 1973.

The only combat troops remaining in Vietnam were a platoon guarding the Australian embassy in Saigon, which was withdrawn in June 1973.

In early 1975 the communists launched a major offensive in South Vietnam, resulting in the fall of Saigon on 30 April.

During April 1975, a RAAF detachment of 7-8 Hercules transports flew humanitarian missions to aid civilian refugees displaced by the fighting and carried out the evacuation of Vietnamese orphans (Operation Babylift), before finally taking out embassy staff on 25 April.



AUSTRALIAN WAR MEMORIAL

EKN/67/0130/VN

## In memory of Guy Derrick 20 /4/1966- 11/7/2018

ON THIS ROAD CALLED LIFE.

You have to take the good with the bad, smile with the sad, love what you've got, and remember what you had. Always forgive, but never forget. Learn from your mistakes, but never regret . People change . Things go wrong. But just remember, the ride goes on.

As the anniversary of Guy's death approaches and passes each year, I reflect on how he taught me in my life. First as a beautiful Down syndrome baby, then as a quirky teenager, and finally has a man who loved with his whole heart.

I also was recently sent information about a course ran by Growing Space . Are free down syndrome course course for healthcare workers. In the information package it states..." This course is an action towards positively influencing, the current appalling health statistics for people with intellectual disability in Australia."

It also states..." There is currently great disparity between the health of Australians with intellectual disability and the general population. People with a disability have;

TWICE THE AVOIDABLE DEATHS

LOW RATES OF PREVENTATIVE, HEALTHCARE, AND MINIMAL TRAINING FOR HEALTH PROFESSIONALS

THE AVERAGE MEDICAL DEGREE HAS ONLY 2.6 HOURS OF TRAINING IN INTELLECTUAL DISABILITY."

These statistics are absolutely true for our family and guys preventable death.

This year I put guys photo up in my window at the salon with an odd sock display for World Down Syndrome Day. I do this to create awareness on 21 March. I was going to remove the photo but I noticed it was getting a lot of attention from people passing people who knew him, but also people who were just passing through town, admiring the photo. I decided to leave it there until his birthday on April 20, but it is still there now for the anniversary of his death on July 11. I guess I'll take it home soon, but I just want to thank the people who stopped to admire the beautiful baby he was.

I will never forget the beautiful, loving human he grew into. He absolutely loved Barraba and its community, and I know they loved him.

HE IS FOREVER IN OUR HEARTS.



### 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



## History Notes

Another cold frosty morning to test our ability to keep warm and after a couple of days up north it seems even colder than usual. The re-organisation of the Dean room continues with most of the second hand books sorted into types ready for the next market stall which should be in slightly warmer weather in August. Members don't forget the meeting next week.

The photo of the old post office in last week's News is probably the oldest one in existence dating from the early 1880's. The notes in the Post Office file gives a few details of a plan for a building which provided an office of two rooms measuring 25 feet (approx 8 metres) by 15 feet (approx 5 metres) and a residence of two living rooms, two bedrooms, a kitchen and a pantry. A bathroom and laundry were not included.

William Lee won the tender for the erection of the building to cost 2,100 pounds (approx \$4,100) and the building was to be completed in twelve months. The family moved in, in November 1882. This is possibly the section on the left of the photo in the news. A bathroom and laundry were added in 1890.

There was a proposal in 1901 to enlarge the building by extending both sides of the office to the side verandah alignments but the notes I have inherited do not say exactly when that was done. I suspect it was before 1903 when it was reported that the ceilings were in a very dangerous condition - possibly in the residence. Major repairs were carried out before the telephone exchange room was added in 1909.

Considering all these dates of the building this photo is probably pre 1901- perhaps mid to late 1890's considering the bank building on the right-hand side of the Court House (remember it was built after the Bank Robbery in 1894)

As far as the postmasters are concerned John Banfield was suspended in 1884 after 3 ½ years and his place was taken by Edward Connolly who remained postmaster until 1902 with several assistants including William Williams and James J. McCann.



Barraba Post Office early 20<sup>th</sup> Century. The mail coach is standing in Maude Street. Note hitching rail in front of the office.

## LETTERS TO THE EDITOR

To the Editor

They say country hospitality can't be beat, well I can testify that is true.

I found myself on the Barraba to Manilla Road on 6<sup>th</sup> July with my elderly relatives when a mob of kangaroos appeared suddenly out of the bush. Unfortunately, my red Suzuki Swift collected one of the roos and I was forced off the road. I attempted to flag down two cars and to my surprise one did a u-turn and the other managed to stop immediately.

I would like to express my gratitude to the lovely couple who stopped and removed the tyre guard from my car and the other gentleman who also offered assistance. Without their kindness and help, we would not have made it to an appointment in Manilla.

I would also like to thank Manilla Motors for hoisting up my car and patching it together, so this city girl could be back on the road and home to Brisbane.

With gratitude and thanks

Tracey Stevenson

Dear Editor

On behalf of the members of Lodge Saint Andrews in Manilla, we wish Bob Richo a happy and contented retirement.

We would also like to thank him for his help in raising money by way of allowing a local masonic member to place recycling boxes at his Caravan Park. The money raised by this means is used locally to support local schools, sporting clubs and local charity organisations.

Again, Bob many thanks for your generosity and we wish you well in your retirement.

Bryan Barrass



**Voting now  
open for  
Community  
Choices!**

With nominations in, local community groups and their supporters can now vote in Essential Energy's annual Community Choices program.

Essential Energy's Community Relations Manager, Bronya Pressler, said "Essential Energy is delighted to announce we received almost 500 nominations from eligible community groups across our network footprint, which is a 35% increase on last year.

"We know there are many organisations across our footprint who have done it tough these past few years – with natural

disasters and COVID all impacting on their ability to raise invaluable funds.

"We are proud to be able to support these grassroots organisations through our Community Choices program, and we're asking the community to choose a cause that counts and take part in the community-led voting today." Voting across the Community Choices program closes Monday, 17 July at 5pm AEST. "This year we have increased funding to a total of \$250,000 to be shared between groups across 20 zones throughout regional, rural and remote New South Wales, and parts of southern Queensland. This means \$5,000 is now available to groups that get the most votes in their region, with second and third place receiving \$3,500 and \$2,750 respectively. Groups from small communities with populations less than 10,000 are again able to get their community voting to help them access \$1,250 funding for the group with the most votes," Bronya said.

Visit [essentialenergy.com.au/choices](https://essentialenergy.com.au/choices) to search for your favourite group by name, postcode or zone and click vote.

Winners will be announced week commencing 24 July 2023.



**Local Land  
Services**

**Local Land Services  
streamline land  
and stock returns**

Local Land Services has streamlined our online process to make it easier for you to submit your Annual Land and Stock Return. The online portal closes 31 August 2023.

Local Land Services CEO Steve Orr said a revamp of the online portal was a direct result of feedback from customers. "We understand that in previous years some customers have had difficulty submitting their returns via the secure online portal," Mr Orr said. "The portal has been rebuilt and tested extensively. Customers will see improved functionality which will make it easier to let us know your livestock numbers and land use. We also understand that online isn't for everyone, so returns can be provided using the reply paid envelope."

Livestock numbers are important and Local Land Services relies on this information during emergencies. Even if you don't own any livestock, Annual Land and Stock Return data helps build a picture of land use in NSW.

Annual Land and Stock Return forms have been posted to more than 140,000 NSW customers with a PIC (Property Identification Code). If you haven't received your form yet, don't worry, you have until 31 August 2023 to submit your return. If you don't have any livestock on your property, you are encouraged to submit your return on time to avoid stock related charges on your next Local Land Services rates notice. For more information, visit [www.lls.nsw.gov.au/alsr](https://www.lls.nsw.gov.au/alsr) or call 1300 795 299.

## Catholic Church News

Not many of us remember the days before trucks and tractors, which took over transport and farming around 80 or 90 years ago. What did we do before then? To plough the fields, to transport wool and wheat to ports for export; to transport people from Manilla to Barraba and back, we used beasts of burden. For really heavy loads it was bullocks.

You've probably seen lots of old photos of transport in the 19th century, very different from today! Wool, logs, wheat, people, you name it!

In the Gospel of St Matthew we hear Jesus say "*shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden is light*"

But what is a yoke? Of course, it's not a YOLK, the yellow part of an egg. Yokes were absolutely essential to harness the beast to the load, our ancestors for thousands of years have tried their best to devise the most efficient and comfortable yoke that would enable the pulling of a plough, a cart, or a stagecoach.

Some yokes were badly designed and it caused a lot of pain to the animal, the ones that were shaped properly and had lots of leather harnessing did the best job.

Many of us think that religion is a burden, that loving God just means trouble! And that the idea of witnessing to God's love in my life is just too much, I prefer to leave it to someone else!

If you have helped someone this week, if you have offered a kind word, if you've contacted someone who is lonely, if you've cooked a meal for someone who can't afford their groceries, you have in fact shouldered his yoke. The extra thing many of us need to do is to simply believe and to put our trust in God that he will help us through the hard times, and when the times aren't so hard will give us the courage to help others.

We should give thanks, as Jesus did to God, for those who have made sacrifices for us, especially our parents and the soldiers who fought for us.

God bless you all and I hope you have a happy Covid and 'Flu free year.

Fr John Curran

## CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 5pm  
2nd 3rd 4<sup>th</sup> and 5<sup>th</sup> Sunday 9am  
Upper Horton 11am in July  
Weekday Mass Wednesday 10am

## 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 16<sup>th</sup> July 2023

Service time 10.45am.

All welcome

## Mens Heart Health

Top tips to help men adopt healthy habits to improve physical and mental wellbeing

The Heart Foundation is urging men to think more about their daily behaviour during this year's Men's Health Week. The annual week's theme for 2023 is 'healthy habits', with a focus on encouraging men to adopt new, healthier habits to improve physical and mental wellbeing.

Heart Foundation Senior Food & Nutrition Advisor Jemma O'Hanlon said Men's Health Week continues to gain traction as men become more aware of their risk factors.

"Men's Health Week is a great opportunity to start and build on conversations about healthy living," Ms O'Hanlon said. "We always encourage small changes that can be adapted into people's daily routines. Generally, that doesn't mean giving up a favourite food entirely, but rather making small swaps on a daily basis. The same applies to exercise, which may begin with gentle walking routines that might lead to something more strenuous in the future. Initially, however it's about making regular and sustainable changes."

The Heart Foundation's tips for healthy eating and exercise:

- Boost your diet with potassium-rich fruit and vegetables to help lower blood pressure.
- Enjoy more healthy fats from salmon, avocado and nuts to help lower cholesterol.
- Snack on Greek yoghurt for the ultimate high protein boost, pre or post exercise.
- Beef up meat dishes with additional legumes or lentils (a nice little cost saver too).
- Try a hearty new recipe – download the Heart Foundation's new Winter Comfort Recipe Book.
- Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke by 35 percent and Type 2 diabetes by 40 percent. It's not just your heart and muscles that benefit from walking. It also helps improve our daily mood, which cumulatively leads to better mental health.

*Continued page 8*



- For most people, walking is an easy way to start and maintain an active lifestyle. It doesn't require special skills, instruction or equipment and it's free.
- Heart Foundation Walking is a great way to be active. Walking groups are open to all Australians. People can join an existing group in their local area or start their own group.

Heart health became a big issue for NSW resident Rob McCluskey, now 67, when he suffered a heart attack in 2015 while moving house. Forty minutes later, Rob was in Royal North Shore hospital, largely unaware of what had happened or the fact that he had just received a stent to help counteract a 98 per cent blockage of his artery. The self-described "big unit" has embraced a whole suite of healthy habits in the years since the event. "I realised if I want to sort myself out, I'm going to have to take care of myself. I said, you're on your second life already," he said.

With an active social life filled with activities including golf, pétanque and body surfing multiple times a week, Rob also leads a twice-weekly beach exercise class for seniors. From the outside he has a contagious energy and could be the poster boy for great healthy habits. But it's a journey that's included many twists and turns.

Despite all setbacks, Rob concentrates his efforts on maintaining healthy habits and encouraging people to be mindful of their heart health. This year Rob signed up to take part in the Heart Foundation's Beating Hearts Bootcamp challenge, raising the most of any participant – more than \$2,700 from 75 supporters. Signing up led him to a startling discovery: "It turned out 22 of my 322 Facebook friends had also had experiences with heart disease. Almost seven per cent of my group of friends! That's how common it is," he said.

#### Background

##### Heart Foundation's Beating Hearts Bootcamp challenge

- Participants, like Rob, are given a new exercise every day during the month of April.
- Instructions for the 30-exercise challenge is delivered via both printed and digital resources, forming a circuit-style bootcamp across the month.
- The challenge not only benefits those looking to improve their fitness but has also been a great way to spread the healthy heart message and raise vital funds for the Heart Foundation, thanks to the interest and generosity of donors.

##### Men's Health Week

- Men's Health Week is celebrated globally every year.
- It is overseen by the Centre for Male Health at Western Sydney University, a partner of the Australian Men's Health Forum.



## COLLEGE CHAT

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

RTO90027

### Prepare and Serve Espresso Coffee Saturday 5 August 8.30am-4.30pm

This is being held on a weekend for those who are working during the week!

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

If you enjoy coffee and the café vibe and could picture yourself working with a variety of people in a practical, hands-on role, then learning to prepare and serve an amazing espresso coffee could be a great starting point for your hospitality career!

**To find out about eligibility for a funded place in this non-accredited training, contact the Barraba campus on 6782 1662 or 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.**





## Why do young children sometimes steal? And what should parents do about it?

*Natalie Gately, Senior Lecturer and Researcher, Edith Cowan University*

*Shane Rogers, Lecturer in Psychology, Edith Cowan University*

When children steal, naturally parents can be very concerned. They might wonder if they've taught their child correctly, whether it's just a phase or whether they're going to have a young offender on their hands. But before parents panic, they need to consider why their child may have taken something that doesn't belong to them. First, it's important to consider the age of the child.

### When do kids learn stealing is wrong?

Very young children don't have a concept of ownership. If they see something that interests them, they are likely to reach out and just take it. Child experts believe a sense of their own property begins at about two years old, but fully understanding ownership rights of other people develops at three to five years old.



The American Academy of Child and Adolescent Psychiatry advises that age three to five is a particularly important time for parents to actively teach children about property and honesty. Model good behaviour around respecting property, which means not bringing home extra stationery from work, or bragging about the cooked chicken on the supermarket trolley hook you got away with not paying for.

### If they know it's wrong, why do they do it?

Motives for stealing need to be explored and understood before deciding on a course of action, as it's not necessarily a sign of moral failure. Some young children with low impulse control might steal for immediate gratification – especially items perceived as low value. They might think it's only a few lollies, or a biscuit or two, no one will notice. Others may have difficulty imagining anyone would be cross or disappointed if they took another person's belongings.

Bored children may steal simply for a sense of excitement or to gain attention. Another important aspect is whether they steal alone or with peers. Children may steal as part of pranking behaviour due to peer pressure or to impress their friends.



Children who come from impoverished backgrounds may steal to obtain items they can't afford. The item may be particularly valued within their peer group, or it may be the latest fad item everyone else in the group has. Some children may steal to gain attention from adults or peers. Or there may be emotional or psychological issues and the child uses stealing as a method of coping. Stealing may indicate a child is struggling with something deeper and needs help addressing the root cause of their behaviour. Parents, caregivers and educators should approach the situation with empathy and understanding, and work with the child to find more constructive ways to cope with their emotions and needs.

### My child has stolen something. What should I do?

Here are some steps parents and guardians can take:

1. **Stay calm and avoid overreacting.** Approach the situation calmly. Shouting or punishing children harshly can make them more likely to steal again in the future.
2. **Talk to the child.** Ask them why they stole and listen to their response. Try to understand what motivated them to steal and address any underlying issues. Explain why stealing is wrong and the consequences it can have.
3. **Tell them stealing is wrong.** It's important to teach children the importance of honesty and trust. Explain how stealing can break trust between people and damage relationships.
4. **Remove the goods,** if possible. Make sure they don't benefit from the theft or keep any goods. Sometimes parents may decide not to return goods for fear of the consequences, but your child should not be able to keep the goods.

5. **Set clear consequences.** Make sure they understand there are consequences to their actions. This could include returning the stolen item, apologising to the person they stole from, and completing chores or community service to make amends.



6. **Avoid scare tactics.** Don't threaten to tell the police or continually label them as naughty, a thief or bad person. Once you have dealt with it, avoid bringing it up again.

7. **Monitor their behaviour.** Keep an eye on your child's behaviour in the future to ensure they aren't stealing again. Praise them when they make good choices and show honesty.

8. **Seek professional help.** If your child's behaviour continues or escalates, it may be necessary to seek professional help from a psychologist who specialises in working with children. Remember, stealing is not necessarily a serious issue, however it should not be ignored. With the correct approach and right support, parents and guardians can help their child develop a sense of ownership, understand the consequences of stealing, and prevent them stealing in the future.

A poster for a 'TELECOMMUNICATIONS COMMUNITY INFORMATION ROADSHOW'. The background is a blue sky with several telecommunications towers. The text is white and yellow. It lists the date as Monday 24 July, the location as 1 Killarney Gap Rd, Bingara, and the time as 10am - 12pm and 12pm - 2pm. It mentions presentations from Telstra, NBN Co, and the Regional Tech Hub, including an open forum and Q&A. It also mentions free health checks and an opportunity to engage with service providers. At the bottom, there are logos for the Australian Government, National Emergency Management Agency, Telstra, nbn, Regional Tech Hub, HealthWISE, and Rural Financial Counselling Service NSW.

**TELECOMMUNICATIONS  
COMMUNITY INFORMATION  
ROADSHOW**

**Monday  
24 July**

**10am - 12pm** The Living Classroom  
1 Killarney Gap Rd,  
Bingara  
Presentations from  
Telstra, NBN Co and the  
Regional Tech Hub,  
including an open forum  
and Q&A

**12pm - 2pm** Free health checks and  
an opportunity to  
engage with service  
providers

Australian Government  
National Emergency  
Management Agency

Telstra

nbn

Regional  
Tech Hub

HealthWISE  
Creative health care connector

Rural Financial  
Counselling  
Service NSW

## Golf Notes



The pairing of Peter York and Craig Rutley took out the 2023 Barraba Mens Foursomes Championship on

Sunday. Carding a two over par 73 they were 6 shots clear of runners up Will Sedgwick and Campbell Tonkin on 79. Two shots further back were Firmen Allan and Peter Simpson on 81. The overall men's net winners were Will Sedgwick and Campbell Tonkin with a net 70.25 whilst runners up were Gary Allen and Bevan Benson on 71.88

The Ladies Foursomes Champions for this year are Lyn Groth and Lib Thompson who carded a 91 of the stick 4 shots ahead of runners up Amanda Koopman and Kerrie Smith.

The Ladies net winners were Stacey Sedgwick and Ali Smith with a net 77.25.

NTPs went to Ali Smith on both the 3rd and 16th whilst Will Sedgwick picked up the 12th.

Next week Sunday 16th we will play a stroke event for Kerrie Smiths trophy and the week after is the 3rd round of our Club Championships.

President Will and partner Campbell cut forlorn figures labouring under heavy bags walking down the 7th before securing their 3rd golf cart of the round.



## Rugby Report

Good news during the week to hear that all three of the Barraba junior rams have made the final NSW Country state team for the U16's girls and U14's boy's team. There were six girls and two boys from Central North gaining selection in these two age groups. Barraba's three were Zahlie Cabot and Regan Simpson in the 16 girls and Dusty Hiscock in the 14 boys. Congratulations to you all, we look forward to further honors and wish you luck in the upcoming City V Country games to be held at Maitland on the 23<sup>rd</sup> July. These players are often playing games on Friday evenings at Barraba Sportsground and the rugby is of a top standard with Armidale, Farrer and other centres having teams playing.

In front of a big crowd on Saturday Barraba was home to Inverell with the Women's 7 a side kicking off the day in four 10 minute quarters and for a change had more than one girl with some pace which created plenty of opportunities to finish off good attacks with tries.

Barraba led 24-0 at half time after tries to K. Gillogly early and converted by K. Fisher, then two for A. Smith not converted and one from K. Newell and converted by B. Mack.

There was some good solid defence in the game which enabled the Barraba team to keep Inverell at bay for most of



the game, finally going over late in the third quarter for a 24-5 score line. T. Richards added the final try after some good ball movement and converted by B. Mack for 36-5 result.

Players player – K Gillogly,

3 K Sweeney,

2 B Mack,

1 A Smith

The men's game started with a rush with J. Sloan scoring early for the rams and converted by L. Clarke for a 7-0 lead. Good lineout work by Stains and Ward made sure Barraba got good ball for the backs to operate with McKenna kicking long and into space while setting the backline going which gave them room to show their speed.

Barraba were dominating the scrums and from a maul 20 metres out the ball went to Sloan to cross for try no. 2 converted for 14-0 lead.

The defence could be felt by the crowd as the tackles were solid and the forwards were taking the ball up strongly by Mallise, Robinson, Sakinmaz and Rogers. J. Austin scored next for the Rams after good ground made by McKenna well into Inverell's territory 21-0. A further try to H. Spencer got the score to 26-0 at half time.

The second half was much the same with the Rams being dominant, with some sloppy lineout ball in the later stage of the half with knock backs instead of passed to half back. Further tries to McKenna & Pfingst and conversions the score got to 40-0. Inverell attacked and looked to have scored but were penalized on the line. C Rogers grabbed an intercept for the final try for a solid 47-0 win to the Rams and with a possible three home games left. Gunnedah on the 22<sup>nd</sup> Walcha on Aug 5<sup>th</sup> if they get a team and Moree on the 17<sup>th</sup> Aug to finish the round before the semis.

Players player C. Rogers

3 J. Mallise

2 O. McKenna

1 J. Sloane and W. Robinson

Barraba R U steer competition will start on the 23<sup>rd</sup> July when the steers will be valued and that money will be paid to the owner at the end of the trial, steers at 380kgs would be suitable. The club will pay the feed bill at the local feedlot at Nangara, so if you think you have a better line of cattle than your mate or your neighbor, get in touch with Simon Koopman on 67821079 or 0407 234 848. There are several nominations in already.

Saturday Rugby 15/7/23

Narrabri V Moree                      Gunnedah V Quirindi

Pirates V Barraba                      Walcha v Scone

Inverell bye

## Rifle Club

Although the weather was a bit on the cold side and the breeze was blowing on Saturday the shooters shot some excellent scores. Brendan, Andrew, and Darren all scored two possibles in the 100m Benchrest, with Noah scoring one possible. Casey wasn't far behind them with a 99 and Dallas and Ron were up there in the high 90's as well.

The scores on Saturday were all very close.

### Unlimited 50m

B. McIlrick 98.5, 99.5, 95.4 = 292.14

D. McIlrick 89, 89, 88 = 266

### AA Grade 50m

D. Dewson 99.5, 96.4, 98.7 = 293.16

A. White 94.2, 92.3, 96.4 = 282.9

R. Bridges 91.3, 91, 96.4 = 278.7

C. White 90, 89, 97.1 276.1

### A Grade 50m

N. Hull 97.2, 96.4, 94.3 = 287.9

### Unlimited 100m

B. McIlrick 100.5, 99.6, 100.5 = 299.16

D. McIlrick 95.1, 94.1, 94 = 283.2

### AA Grade 100m

D. Dewson 100.6, 99.3, 100.6 = 299.15

A. White 95.2, 100.2, 100.6 = 295.10

C. White 97.4, 98.3, 99.5 = 294.12

R. Bridges 97.2, 95, 98.4 = 290.6

### A Grade 100m

N. Hull 99.1, 94.1, 100.3, 293.5

### Centrefire

N. Hull 90, 86 = 176

B. McIlrick 85, 85 = 175

D. McIlrick 84, 80 = 164

## Scores 24.6.23

### Unlimited 50m

B. McIlrick 97.2, 95.3, 99.4 = 291.9

### AA Grade 50m

D. Dewson 96.4, 98.5, 96.4 = 290.13

A. White 96.3, 97.3, 92.2 = 285.8

R. Bridges 92.3, 96.4, 94.3 = 282.10

G. Urquhart 83, 92.2, 87 = 262.2

### A Grade 50m

N. Hull 92.1, 94.3, 95.5 = 281.9

### Unlimited 100m

B. McIlrick 100.8, 100.5, 99.5 = 299.18

### AA Grade 100m

D. Dewson 100.8, 100.5, 100.5 = 300.18

A. White 100.7, 99.6, 95 = 294.13

R. Bridges 91.1, 98.2, 96.4 = 285.7

G. Urquhart 90.1, 92.1, 86 = 268.2

**A Grade 50m** N. Hull 100.4, 100.3, 98.3 = 298.11



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## Chunky Beef Goulash



From the Free  
Range  
Butcher

### Ingredients:

- 3 tbsp oil
- 1kg Grass Fed diced beef or a beef brisket cut into big chunks
- 2 tbsp all-purpose flour seasoned with salt & pepper
- 2 brown onions, diced
- 2 cloves garlic, minced
- 2 tbsp tomato puree
- 2 tbsp paprika
- 1 tbsp smoked paprika
- 800g can diced tomatoes
- 600ml hot beef stock
- 1 tbsp honey
- 2 red capsicum, deseeded and sliced

### Method:

- Preheat the oven to 160c. Heat up the oil in your Dutch oven or casserole dish. Dredge the beef in the seasoned flour and fry in 2-3 batches until well-browned. Once browned, remove from the pan and place in a bowl.
- Turn down the heat and place the onions in the pan and cook for 2-3 minutes, stirring. Add in the garlic and tomato puree, stir, then add the beef back in.
- Sprinkle the beef with the paprika, salt and pepper and stir to coat, then pour in the canned tomatoes, beef stock and honey. Stir and bring to a simmer. Once simmering, scrape up any bits from the bottom of the pan and stir. Then place a lid on and into the oven to cook for 3 hours.
- Check and stir 2 or 3 times during cooking to ensure nothing is sticking and that there is still plenty of liquid (you can add a splash of water if needed).
- After 3 hours, add in the capsicum, stir and cook for a further 30 minutes.
- Once cooked remove from oven and give a good stir and then swirl sour cream on top, sprinkle with parsley and serve over pappardelle pasta.