

## BARRABA COMMUNITY NEWS

**COMMUNITY OWNED AND EDITED** 

Wednesday 19th July 2023



## **COLLEGE CHAT**

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 <a href="https://www.ccni.nsw.edu.au">www.ccni.nsw.edu.au</a> or phone the Community College on 6782 1662.





FREE CHILDREN'S FLU SHOTS 6 MONTHS ONWARDS
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67821621



Lions Street Stall Raffle results. Many thanks to the people who supported us on Friday.

1<sup>st</sup> Prize – Load of Firewood – Lee Jackson 2<sup>nd</sup> Prize – Fruit Tray – Jan Freestone

Thank you also to the people who supported the Book Sale. Please do not drop off any more books, the sale has concluded. We were given thousands of books, but only sold about 250-300. The leftover books just have to be sorted and passed on to appropriate organisations.





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

Phone 67821379

For the information of members and guests.

### THIS WEEK

## FRIDAY 21st JULY:

**MEAT RAFFLES** 

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1400

## SUNDAY 23rd JULY:

ANGLER CLUB RAFFLES FROM 1PM MEMBERSHIP DRAW \$1500

## **BISTRO HOURS**

Phone 0427303808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

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MONDAY: CLOSED

**TUESDAY: CLOSED** 

WEDNESDAY: 12PM-2.00PM

THURS/FRI/SAT: LUNCH 12-2PM

**DINNER FROM 6PM** 

SUNDAY: 12-2PM

## **Notice**

Open Invitation: Retirement/Birthday Celebration for Bob Richardson at Commercial Hotel, Barraba on Saturday, 29 July from 2.30pm. Feel free to call in for a drink to wish Bob a happy retirement.

Phone: 0438461822

Email: kazan69@live.com



Phone: 0459 192 265

Email: admin@barrabaveterinaryservice.com 219 Mulwarree Rd, Barraba 2347

Mon to Fri 8:30am – 5.30pm. 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.

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region





Music in the Regions is a not-for-profit organisation, whose mission is to bring classical music to regional areas of NSW. We're thrilled to be on tour again, returning to NSW's North-West and Upper Hunter regions this August. Appearing on this tour will be the unique pairing of guitar and harp, as performed by Internationally Celebrated Artists Andrew Blanch and Emily Granger.

Ticketed performances will be in BARRABA on Tuesday, 22 August, 6:30pm at, and in partnership with, The Playhouse Hotel. In addition to several community programs that will also take place along the way. Tickets for under 18s are free, making for a great opportunity to get young people involved in classical music.







Growing up, I was told it is a privilege to get older and reminded not everyone has the opportunity. But rather than later life being celebrated and respected, over time many of us have come to believe it is problematic and therefore something to be feared.

That's partly because we're living longer, so collectively older age is somewhat uncharted territory. It requires a lot more preparation than in past generations. Researchers know very little about how prepared we feel for ageing in Australia, what aspects of preparation are a priority and what factors impact our capacity to prepare.

National Seniors Australia's new research enriches our understanding of all these things, based on a survey of 3400 people aged 50 and older. It turns out that a glass half full or empty attitude can make a difference to our preparedness.

Our research has confirmed this intuitive link between older people's attitudes towards ageing and their readiness for it. Just over two-thirds of our survey respondents felt somewhat or very prepared for ageing, but those who had ageing concerns were significantly less likely to feel prepared.

Conversely, respondents who agreed there are positive aspects to ageing were 340% more likely to feel prepared for it. That's a significant difference, associated with a sunnier outlook on getting older. Age, health and wealth all affect our readiness for later life too. The research showed older and wealthier people were significantly more likely to feel prepared, while those in poor health were nearly 30% less likely to feel prepared.

So, what does preparation for ageing mean to these older Australians? The survey invited respondents to comment on their ageing preparation experiences and sentiments. The comments highlighted several life areas in which preparations are required, the primary domains being health, accommodation and finances.

The survey revealed that across all life areas, feeling prepared is associated with taking action, gaining knowledge and having a positive mind set. As one 68-year-old respondent explained, "Our finances and living arrangements have been planned for many years and make ageing somewhat easier."

On the other hand, comments about being unprepared highlighted worry and the barriers to preparation. As a 70-

year-old respondent shared, "The biggest concern is my lack of understanding of the aged care sector, options and how to pay for it."

Overall, the comments suggest older people need three kinds of support to prepare for ageing.

- 1. Structural change such as housing and income security are essential enablers because without access to these material supports any preparations will be inadequate.
- 2. Good information about how to prepare is also valuable. People need to know what to expect from their ageing bodies, what changes to make in their lives, and how to navigate our social support systems in later life.
- 3. Emotional resilience is the third factor, to help people challenge negative expectations and fears that prevent them from making preparations. We could all benefit from cultivating that magical positive attitude to ageing.

While ageing can present changing circumstances, taking action to prepare for it helps maintain quality of life – it buffers against health-related challenges and increases opportunities for fulfillment and satisfaction.

When it comes to maintaining quality of life, preparation is key. National Seniors will use this information to help inform its policy and advocacy work supporting quality of later life for older people.

The full report, Preparation for Ageing and Later Life, can be downloaded from the National Seniors Australia website.

Dr Diane Hosking is the Head of Research at National Seniors Australia

# BARRABA SHOW ANNUAL GENERAL MEETING

THURSDAY 24TH AUGUST 2023: 6.30PM

AT BARRABA BOWLING CLUB

Come along get involved as well as join us for a drink and some dinner. All positions will be declared vacant at the start of the meeting.



## History Rotes

A busy week for historical members this week. The storage

shed has been completed -thankyou to the Lions Club for your dedication - some things have already been moved in. In a few weeks time, everything needed for the markets should come from the shed instead of the Dean Room. The books have been sorted into topics ready for our August stall - every book should make it to the stall for sale.

Later this week we have another museum visit organized. This time we visit Quirindi to see their collection and how it is managed. Most museums have more room than Barraba and I understand that Quirindi has expanded as well.

A couple of weeks ago while visiting Bingara's Festival Markets I managed to find a copy of the relatively new publication - Gold and An Old Bush School. After much research Elizabeth Adams published this history of Upper Bingara last year and it is full of history of the area as well as lots of family histories.

Most family historians will have heard of George Thompson, Samuel Turner and George Hammond as very early miners/settlers at Upper Bingara. These three men found their gold and for the most part invested it in stores, hotels and property while those who came later to find gold spent their money at the stores and hotels.

Elizabeth has paragraphs about Top Bingara settlers such as the O'Neal, Young, Withers, Hogg, Jones, Fletchers, Michell, Reading, Macey, White, Galvin, Miller, Collins, Claytons and Charters to name a few of them. The book is A4 and almost 200 pages so there is a lot of information included.

One of the early miners to try his luck at Top Bingara was Henry Williams who had arrived in Australia in 1849 and had travelled up to the New England with a bullock wagon in 1851 returning in the winter of 1852 with a load of wool. The trip back to the Hunter Valley was a nightmare with the wagon losing its load on the Moonbi's and then getting bogged several times across the plains from Tamworth. On arrival at Scone, Henry spent several weeks recovering with Mr Dangar before setting out for the gold fields at "Bingera" to seek his fortune.

Henry Williams diary records his next few weeks as follows – *Mr. good and* bad fortune, my trials, troubles, accidents, illness, the loss of my most respected partner {the Hon Thomas Murray) robbery of my tent and produce of 8 months work, I need not enter here.

Henry apparently found some gold at Bingera but lost it in a robbery. He then walked all the way back to Tamworth and eventually to the Hunter Valley



## Landholders asked to be vigilant with rock fern causing toxicity in cattle

Local Land Services is urging livestock owners to be on the lookout for rock fern in their grazing paddocks, which can cause toxicity. Rock fern is a hardy plant that survives dry conditions and reshoots readily after rain and is most toxic when new fronds are reshooting or growing which occurs during the autumn and winter. Containing the toxin 'ptaquiloside', rock fern depresses bone marrow production of platelets and white blood cells in cattle, reducing the affected animal's immune system and causing bleeding.

District Veterinarian - North West Local Land Services, Dr Judy Ellemsaid we have had a few cases of deaths in young cattle over the past few weeks in the Gunnedah district. "These deaths are suspected to be caused by rock fern toxicity. Unfortunately, in most cases there has been multiple deaths," said Dr Ellem. "It takes two to four weeks before the effects of the toxin are seen in the animal, with recent affected animals being found dead in their paddocks. They have had blood from the nose and, or the anus."

Landholders are asked to keep a close eye on their cattle and watch out for symptoms. Cattle that are affected by the toxin will be off colour, out on their own, and they may have a fever, or other signs of infection. They may have blood in their faeces, dark wine-coloured urine, or a nasal discharge. Other signs can include heavy breathing, demonstrating weakness and swaying when walking. If examined closely there maybe spot bleeding in their mouth, gums, or eyes.

Sheep are also affected by rock fern, however, are more susceptible to a different toxin, 'thiaminase', which destroys vitamin B1 or thiamine in the rumen. A lack of vitamin B1 damages the brain which results in a condition known as polio encephalomalacia or PEM.

"Sheep can be found dead, or they may be out on their own, appear blind, run into fences, or press against obstacles. They sometimes exhibit a syndrome called 'stargazing' where they have their head pointed upwards, or they may froth at the mouth and possibly seizure," said Dr Ellem.

Horses are also susceptible to thiaminase toxicity, and can be seen to go off their food, become uncoordinated, they may carry their head low, be head nodding, ear twitching, yawning, and can also become excitable. Like sheep, they may also appear blind. "Sheep and horses that are affected by the thiaminase can be treated with thiamine if found early enough," she said. "I would urge producers to check their paddocks and remove livestock from paddocks where rock fern is growing, to reduce the risks of toxicity in livestock".

If you have deaths or signs of toxicity in your livestock, please call your veterinarian for treatment and advice.



Rock fern in a paddock

## 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 23<sup>rd</sup> July 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 11am in July Weekday Mass Wednesday 10am



## Council meeting update

## Here is an overview of outcomes from Tamworth Regional Council Ordinary Meeting on Tuesday 11<sup>th</sup> July 2023:

- $\triangleright$ Councillors have agreed to seek community feedback about a proposed change to its Footpath Dining Policy which, if adopted, will remove a barrier to patrons consuming alcohol without a meal in the Tamworth CBD which has stood for 25 years. Earlier this year Council engaged with stakeholders and the community about the proposal, with the majority of feedback given indicating general support of the change. However, a report to Council also said there were some concerns raised that a return to the provision of alcohol without a meal would create an environment "not conducive for all of the community, notably young families and younger adults". The report said the majority of potentially affected licensed venues in the CBD currently have conditions set by their liquor licences that would override Council's Policy. Those venues wanting to make use the amended Council policy would first need a new license or a various to their existing one. Council's revised "Use of Public Footpaths for Restaurants and Outdoor Seating Policy" will go on public exhibition to allow for further community comment. The feedback received will be included in the report to be considered by Councillors before making their final decision.
  - Councillors tonight supported a Mayoral Minute calling for Council to become a member of the Coalition of Regional Energy Mayors and they approved the payment of \$5,000 as an initial contribution. Mayor Russell Webb explained in his minute that the coalition had been formed in response to the establishment of Renewable Energy Zones across NSW with multiple councils indicating there has been a lack of engagement and consultation in impacted local government areas. He said with Tamworth Region being in proximity to the New England Renewable Energy Zone, representation and participation in the coalition would give Council a proactive platform in ensuring renewable energy projects are appropriate and deliver the best outcomes for affected communities.
  - Three local community committee will share in more than \$18,000 under round 2 of Council's 2022-23 Facility Improvement Fund. Attunga Public Hall and Youth

Hall Committee will receive \$4225 for ceiling fans installation in the public hall, Dungowan Recreation Ground Committee will receive \$10,000 for improvements to the brick amenities block and Loomberah Hall Committee will receive \$4,129 for footpaths. The funding program is an opportunity for committees to enhance community facilities they manage through applying for matching funding or in-kind contribution. Council awarded \$31,647 in the first round of the program.

In a move to guide the enhancement of the key road entries to Tamworth and the region's town and villages. the Tamworth Regional Council Entrance Strategy has been adopted. Councillors also agreed to proactively seek funding opportunities to fund the actions of the strategy. A report to council said the Entrance Strategy provides "a consistent plan" to demonstrate pride of place using signage, flora corridors and/or public art and is part of the future planning for the growth of the local region in line with the Blueprint 100 Strategy. The report said a review of existing signage revealed existing signage is "inconsistent, dated, poorly maintained and, in some cases, non-existent. A sense of arrival is not created for motorists and this is a missed opportunity to engage tourists," the report said. The strategy sets out a plan for four types of signs: one is an entrance sign at the boundaries of the local government area with three other scales of sign based on locality.

### RECENT ANNIVERSARIES

- the establishment of the famous Hollywood sign, which originally read "Hollywoodland" but dropped the last four letters after a renovation in 1949 (1923)
- the Live Aid charity concert, which raised money for African famine relief (1985)
- Kylie Minogue releasing her debut single *Locomotion* (1987)
- the birthdays of Julius Caesar (100BC)
- the discovery of the Rosetta Stone, which was the key to deciphering Egyptian hieroglyphs (1799)
- the birthdays of Rembrandt (1606)
- the publication of JD Salinger's novel *Catcher in the Rye* (1951)
- the launch of the historic Apollo 11 mission sending Neil Armstrong, Buzz Aldrin and Michael Collins to the moon (1969)
- the execution of Russian Czar Nicholas II, his wife and their five children by Bolsheviks (1918)
- the opening of the first Disneyland in Anaheim, California (1955)
- the death of singer Billie Holiday (1959)
- the downing of MH17 over Ukraine (2014)

From The Conversation

## A rose in every cheek: 100 years of Vegemite, the wartime spread that became an Aussie icon

Hannah Viney, Researcher, Monash University

There are roughly 22 million jars of Vegemite manufactured in the original Melbourne factory every year. According to the Vegemite website, around 80% of Australian households have a jar in the cupboard.

The cultural status of Vegemite is so enduring that, in 2022, the City of Melbourne Council included the smell of the factory at 1 Vegemite Way, Fishermans Bend, in a statement of heritage significance.

Vegemite first hit Australian supermarket shelves in 1923, but it took a while to find its feet. Indeed, the now classic spread may have failed into obscurity as "Parwill" if not for a very clever advertising campaign in the second world war.

## A product of war

Vegemite has German U-boats to thank for its invention. When the first world war began in 1914, Australians were big fans of Marmite, the British yeast extract spread. As the Germans began sinking ships full of British supplies to Australia, Marmite disappeared from the shelves. Due to the conditions of its patent, Marmite could only be manufactured in Britain. As a result, there was a gap in the market for a yeast spread.

Fred Walker, who produced canned foods, hired food technologist Cyril P. Callister to create a homegrown yeast spread using brewer's yeast from the Carlton Brewery. Callister's experiments produced a thicker, stronger spread than the original Marmite. Callister's inclusion of vegetable extracts to improve the flavour would give the spread its name, Vegemite, chosen by Walker's daughter from competition entries.

Australians were wary of Vegemite when it first appeared on grocery shelves, perhaps due to brand loyalty to Marmite. To try and combat this, Walker renamed Vegemite "Parwill" in 1928 as a play on Marmite: "if Ma might, Pa will". This rebrand was short-lived. Australians were not any more interested in Parwill than they were in Vegemite.

## A nutritious food replacement

In the 1930s, Walker hired American advertiser J. Walter Thompson. Thompson began offering free samples of Vegemite with purchases of other Kraft-Walker products, including the popular Kraft cheese. Kraft-Walker also ran limerick competitions to advertise Vegemite. Entrants would write the final line of a limerick to enter into the draw to win a brand new car.



Vegemite competition advertisement, 1937.

Australian Women's Weekly

It would take another world war, however, before Vegemite became part of Australian national identity.

The second world war also disrupted shipping supply routes. With other foodstuffs hard to come by, Vegemite was marketed as a nutritious replacement for many foods. One 1945 advertisement read:

'If you are one of those who don't need Vegemite medicinally, the thousands of invalids and babies are asking you to deny yourself of it for the time being. '

With its long shelf life and high levels of B-vitamins, the Department of Supply also saw the advantages of Vegemite. The department began buying Vegemite in bulk and including it in ration kits sent to soldiers on the front lines.

Due to this demand, Kraft-Walker foods rationed the Vegemite available to civilians. Yet the brand increased advertisements. Consumers were told Vegemite was

limited because it was in demand for Australian troops due to its incredible health benefits.



Vegemite WWII Advertisement. Australian Women's Weekly, Trove.

## One ad told Australians:

'In all operational areas where our men and those of our Allies are engaged, and in military hospitals, Vegemite is in great demand, because of its value in fighting Vitamin B deficiency diseases. That's why the fighting forces have first call on all Vegemite produced. And that is why Vegemite is in short supply for civilian consumption. But it won't always be that way. When the peace is won and our men come home, ample stocks of this extra tasty yeast extract will be available for everyone. '

This clever advertising linked Vegemite with Australian nationalism. Though most could not buy the spread during the rationing years, the idea that Vegemite was vital for the armed forces cemented the idea that Vegemite was fundamentally Australian. Buying Vegemite was an act of patriotism and a way to support Australian troops overseas.

## Happy little Vegemites

In the postwar baby boom, Vegemite advertisements responded to concerns about the nation's health and the need to rebuild a healthy population. This emphasis on Vegemite as part of a healthy diet for growing children would remain the key advertising focus of the next 60 years. The ear-catching jingle was composed in the early 1950s, first for radio and then later used in the 1959 television ad.

The link between Australian identity and Vegemite was popularised internationally by Men At Work's 1981 song Down Under, with the lyrics "He just smiled and gave me a Vegemite sandwich".

The 1980s also saw the first remake of the 1950s television campaign, re-colourising it for nostalgic young parents who had grown up with the original.

In February 2022, the first international arrivals welcomed back into Australia post-COVID were greeted with a DJ playing Down Under, koala plushies and jars of Vegemite.

On Vegemite's centenary in 2023, the unassuming spread is now firmly cemented as an Australian cultural icon. Love it or hate it, Vegemite is here to stay.



## **Gwydir News**

HORTON ROAD BITUMEN SEALING Construction is complete on the Horton Road upgrade. This project was funded by the Fixing Local Roads Program (\$5m), with Council cocontributing \$800,000. The project came within \$215 (0.0037%) of its \$5,800,000 budget.



Above: completion of the sealing of Horton Road.

GULF CREEK ROAD TIMBER BRIDGE REPLACEMENT This project is funded by the Fixing Country Bridges Program (\$252,500) with a co-contribution from the Council (\$30,000). Steel inspections for the base slab and apron conducted and deemed ok with the concrete pour for slab and apron completed the last week in June. After the sevenday curing period box culvert units will be placed on the slab





### TRC info

## Looking to fill in your weekends?

Get 20% off adult entry to Tamworth's museums by purchasing a Multi-Museum Pass!

Check out the Australian Country Music Hall of Fame, the Tamworth Powerstation Museum, the National Guitar Museum and the Country Music Wax Museum for just \$20. Available for purchase at all included venues and the Tamworth Visitor Information Centre.



## Have you heard?

The Paws for Life Animal Shelter and Boarding Kennels opened recently and is housing plenty of playful pooches waiting for their fur-ever home!

Follow the shelter's new Facebook page to learn more about the dogs waiting for their new family at Paws for Life Animal Shelter and Boarding Kennels



## **Rugby Report**



Barraba Rams travelled to Pirates on the weekend knowing the task would be difficult especially for the girls as Pirates

have a surplus of players with the ramettes short on sufficient numbers. Pirates on the game 39-5. Players player – K Fisher, 3 points K Newell, 2 K Fisher, 1 Chantell who filled in for Barraba.

The men's game was a hard slog as the score indicates with a 5-7 score to Pirates. Barraba played most of the game through the forwards, so the backs did not see a lot of ball during the game. A possible winning opportunity for the visitors was not taken for a penalty chance to win the game. Players player J Robinson, 3 points J Mallise, 2 J Robinson, 1 O McKenna.

This coming Saturday Barraba is home to Gunnedah, other zone games are Quirindi v Narrabri, Inverell v Pirates, Moree v Walcha and Scone have the bye. Saturday the club will be hosting a function before the game for our generous sponsors, so we hope to see you there.

Good luck to our three Barraba juniors Regan, Zahlie and Dusty who will be pulling on the NSW Country jersey for the annual City v Country clash in Maitland on Sunday the 23<sup>rd</sup>.



## **Barraba Rugby Steer Competition**

The steer competition will commence on Sunday 29<sup>th</sup> July so if you have not nominated your steer yet get in touch with Simon on 67821029 or 0407 234 848. Your steer will be weighed on arrival at the feedlot and you will be refunded at the completion of the trial.

The club will pay the cost of the feed, a suitable weight for entry would be around 380kilos, the steers will be at Nangara, which is handy if you wish to have a look during the trial.

## **Golf Notes**



Helen Kelly enjoyed the glorious winter weather on Sunday to win Kerrie Smith's trophy. Carding an excellent 92 off the stick to finish

with a net 66 Helen finished 1 shot ahead of runner up Craig Rutley who carded a very good par round 71, with a net 67. Balls went to Gary Allen net 69, Will Sedgwick 70, Dan Lott 70, Owen Rigby 71 and Chris Sweeney 71.

NTPs went to Kieran Darlington on the 3rd and Mike Artis on the 12th. In Singles Matchplay Peter Simpson defeated Dave McMurtrie 2 up after a very close seesawing game. In Fourball Matchplay results Will Sedgwick and Campbell Tonkin had to go to the 3rd playoff hole in fading light before getting a win over Robert and Chris Sweeney. With Chris and Rob 1 up hitting up the 18th Will drained an eight foot putt to keep them in the match. Chris had a putt to win the game but unfortunately it lipped the hole to send the match into playoff.

Next week Sunday 23rd is the 3rd round of our Club Championship whilst the following week is a 4BBB Stable ford Multiplier for the David Kelly and Bill McKid trophy.

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### **CHOCOLATE RASPBERRY PUDDING CAKE**

Nigella Lawson

### INTRODUCTION

I call this a pudding cake because its texture is simply a mixture between pudding and cake, though lighter by far than that could ever imply. Think, rather, of a mousse without fluffiness: this is dense but delicate with it. And it's heavenly at blood heat, when the gooey chocolate sits warmly around the sour-sweet juicy raspberries embedded in the cake, like glinting, mud-covered garnets. This should be eaten an hour or so after it comes out of the oven. It gets more solid when cold, and loses some of that spectacular texture.

If you have any left, wrap it in foil and heat it up in the oven, or warm it up a slice at a time in the microwave before eating it.



## **INGREDIENTS** Yields: 8 servings METRICCUPS

- 185 grams self-raising flour
- 30 grams cocoa powder
- 250 grams unsalted butter (plus more to grease cake tin - I use the butter wrapper)
- 1 tablespoon chambord (raspberry liqueur) optional
- 95 grams caster sugar
- 95 grams light brown muscovado sugar
- 250 grams good dark chocolate 70% cocoa solids (broken into squares)
- 185 millilitres black coffee and 185ml / ¾ cup water or 2 teaspoons instant coffee made up with 370ml / 1½ cups water
- 2 large eggs at room temperature (beaten slightly)
- 250 grams raspberries (plus lots more to serve)
- approx. ½ teaspoon icing sugar (to serve)

### **METHOD**

You will need: a 22-23cm / 9-inch springform cake tin.

- Arrange the oven shelves so that one is in the middle for the cake, and another just below it. Slide a baking sheet onto the lower rack to catch any drips as the cake bakes. Heat the oven to 180°C/160°C Fan/350°F.
- 2. Butter a 22–23cm / 9-inch springform cake tin and line the base with baking parchment. Mix the flour and cocoa powder together in a bowl, and set aside.
- Put the butter, liqueur if you are using it, sugars, chocolate, coffee and water in a thick-bottomed saucepan and stir over low heat until everything melts and is thickly, glossily smooth. Remove the pan from the heat, and let stand for a couple of minutes.
- 4. Stir the flour and cocoa mixture into the pan, and beat well just with a spatula or wooden spoon until all is smooth and glossy again, then gradually beat in the eggs. The mixture will be runny: don't panic, and don't add more flour; the chocolate itself sets as it cooks and then cools.
- 5. Pour into the prepared tin until you have covered the base with about 2cm of the mixture (which will be about half of it) and then cover with the raspberries and pour the rest of the mixture on top. You may have to push some of the raspberries back under the cake batter by hand.
- 6. Put into the preheated oven and bake for 40–45 minutes. Don't try and test by poking in a skewer as you don't want it to come out clean: the gunge is what the cake is about. But when it's cooked, the top will be firm, and slightly cracked. Don't worry about that: a little icing sugar will deflect attention. When it's ready, take the cake out of the oven and put on a rack. Leave in the tin for 15 minutes before removing the sides of the tin; the cake must stay on its base.
- 7. When you're just about to eat and this should be around an hour after the cake's come out of the oven dust with a little icing sugar pushed through a tea strainer. Serve with lots more fresh raspberries, and Greek yoghurt, whipped double cream or crème fraîche as wished.

From the archives of the Nandewar Historical Soc. scanned by Adrian Hagan.

## "MY VENTURE HOTEL" UPPER HORTON

According to Les Etheridge the first man to have the hotel was Otto Rabe who married a Miss Booth, sister to Rose Halloran. Latter Otto Rabe moved from Upper Horton to the Commercial Hotel Barraba

Information from the back of the photograph says:

The Hotel was owned by John Gainen and his family and later by Mr Miller after that the O'Brien's owned the Hotel. It provided popular leisure time activities for the community until 1942.

Posted by Brian Coote.

