



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 26th July 2023



Welcome to
Barraba RSL
and Recreation Club

BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 28th JULY:

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1000

SUNDAY 30th JULY:

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW \$1600

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

Trivia Tuesday



Just for fun! No cost to play!

Come with friends or join a table

August 1 - 6.30 pm start

COMMERCIAL HOTEL

Garage Sale

Thursday 27th to Sunday 30th July 9am to 5pm

25 Fitzroy St Barraba

Furniture, appliances, household goods, some
electrical

Estrella Phone 0410632344



Background

Tamworth Regional Council has secured funding through the State NSW Government under the Regional NSW – Business Case and Strategy Development Fund to develop a Regional Events Strategy to guide what we do over the next 7 years. This strategy will define how we:

- Grow event tourism with the aim of establishing Tamworth and the North West Region as the “Events Capital of Regional NSW”.
- Deliver events that meet the needs of the local community.
- Support our businesses and regional economic development.

We are inviting you to undertake a short online survey about tourism and events in the Tamworth region.

Complete your survey before Tuesday 8 August, 2023 for your chance to win one of 4 prizes:

- 1 x \$500 Tamworth Regional Council Entertainment Venues Gift Voucher
- 1 x \$350 Tamworth Regional Council Entertainment Venues Gift Voucher
- 1 x \$150 Tamworth Regional Council Entertainment Venues Gift Voucher
- 1 x TCMF 2024 Merch Pack (T-shirt, Hat Pin, Official Guide, Lanyard and Bag)

To complete the survey go to SMP (smgsurveys.com)

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

Kevin Anderson Welcomes Next Step In Manilla Viaduct Heritage Listing

The Heritage Council of NSW have recommended that the Manilla Railway Viaduct and Underbridge be listed on the NSW Heritage register in a major win for the Manilla community who have been fighting to preserve their rail history. Member for Tamworth and Shadow Minister for the Arts and Heritage Kevin Anderson MP said the recommendation was deserved, given the significance of the 500-metre-long structure. “The Manilla Viaduct is an iconic piece of our rail history and the community have been fighting to ensure its preservation for some time and to repurpose the viaduct to become an iconic walkway around the city,” Mr Anderson said. “Thanks to the hard work of a committed group of locals, the NSW Heritage Council have made a recommendation to list the viaduct on the NSW Heritage Register, which would afford it further protections under law.”

“It is significant that the Heritage Council of NSW have recognised the viaducts significance in terms of its rarity, its significance to the state’s history, and it’s technical achievement,” Mr Anderson added.



“This gives merit to what we have been saying for some time – the Manilla Viaduct is an iconic part of our state’s rail history and deserves to be preserved. “I’m hoping the Minister to adopts the recommendation of the Heritage Council of NSW and gives the community confidence that their Viaduct will be preserved.”

To begin this week, we had a successful meeting last week with various topics to deal with- the August markets are coming up in a couple of weeks and there was also discussion re moving the September and October markets to tie in with other Barraba functions. More on those as the time comes.

There is a request for information re the Trevallyn Road which we do not quite understand -the person enquiring has made it sound as though it was the first road in the district which is not correct.

The President reminds all members to sign in when we visit the museum, even for a few minutes, the numbers count for interest in the museum. We will have to make an effort to do this.

The well-known photo on the back page of last week's News attracted my attention as needing some further information. This photo appeared in the 1983 centenary history of the Upper Horton School. This article stated that the hotel was owned by John Gainen and his family- later owners were Mr. Miller, Charlie Russell and then the O'Briens - no mention of Otto Rabe who owned Hotels in Bingara and Barraba!

Researching back in history we note that the Maitland Mercury in May, 1878, described the Upper Horton as a small village, 24 miles from Barraba, with 2 stores, a butcher's shop, one hotel, and two bakeries.

It seems the Gainen family moved to the Horton in 1880. Mrs. Gainen's mother, Mrs. McManus, died soon after they arrived in 1880 and was the first to be buried on the river bank near the bridge. The Gainen family grew up at Upper Horton and the daughters married becoming Mrs. O'Brien, Mrs. Charles Brett and Mrs. Jack Moylan while the surviving son, Jack Gainen married Muriel Keenan. Sadly, the eldest son, Nicholas, was killed in a fall from a horse in 1889.

From the Upper Horton Valley history compiled in the 1970's, we find that the hotel had its own bakery and sometimes baked 60 loaves in the brick oven.

In the early days the mail was handled in a small room at the side of the hotel - Miss Jean White, later Mrs. Frank King, was one of the first to run the post office. She also taught at the first school which was on a ridge to the west of the hotel in the common. Barraba dentist, Mr. Goodall, could also be consulted at Gainen's Hotel.

John Gainen, was a landowner owning 500 acres on the western side of the river and more land on the eastern side. The Horton Races were held at Gainen's Hotel in 1898 but as far as I know the racecourse was along the road to the west, on the common.

When the river flooded it cut the hotel from the rest of the village as there was no bridge and then a bridge got washed away and eventually the present bridge was built. The Post Office and the school moved over into the village for more convenience.

Beside the present bridge over the Horton river, travelers will notice the cemetery which is looking a little uncared for at present. Buried there are John Gainen and his wife, Catherine, both died in 1916, their daughter Margaret Ann O'Brien who died in 1920 and two younger Gainen children who died in 1888 and 1889. Catherine Gainen's parents, Margaret and Patrick McManus were also buried there in the 1880's.

The Upper Horton Hotel continued on after the Gainen family in the hands of Mr. Miller, Charley Russell, and the O'Brien family for another 25 years. The hotel license was surrendered on 27th November, 1941, and the building has since been demolished.



Barraba Branch of the United Hospital Auxiliaries

Annual General Meeting

Friday 4th August 2023 11.00am at

The Day Centre, Barraba Hospital following the general meeting which will commence at 10am.

Visitors are most welcome.

We Fundraise for the hospital to provide additional equipment and services for the benefit of patients' comfort.

**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.



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 30 July 2023

This Sunday only

Combined Service with Manilla at Barraba
10.30am followed by a light lunch.

ALL WELCOME

From Sunday 6 August 2023 all services will
return to 10.45am.

CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 5pm

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

Upper Horton 11am in July

Weekday Mass Wednesday 10am

Snippets from St Laurence's

I poked my nose out the back door the other morning and looked at the frost and remembered a July morning nearly forty years ago when we were roused by the sound of "I'm dreaming of a white Christmas" being played over the loudspeakers in the bell tower. At least the vicar, Rev Matthew Burrows, had waited until 7 o'clock to call us all to the wonder of that snowfall.

Despite my laxity in getting Snippets into print, things really are continuing to happen at St Laurence's: our weekly services and the monthly service at Woodsreef, home groups, and the youth group which meets each Friday evening during term time from 5.00 till 7pm. (When I first arrived in Barraba the Youth Group met on Monday nights and we packed anything from 120 to 180 young people into the Parish Hall – there are still a few readers who remember, I know.)

Looking ahead, on Friday and Saturday, 4th and 5th August, the Church Missionary Society Mission Encounter will be held in Tamworth at the William Cowper Campus of Calrossy Anglican School; our parish AGM will be on Sunday 20th August; and on Saturday 2nd September the New Life conference will be held, also at the William Cowper Campus. This week, think about these words from Isaiah chapter 55, verses 10 and 11: "As the rain and the snow come down from heaven and do not return to it without watering the earth and making it bud and flourish... so is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." God is Lord of all! Beth



Golf Notes



On Sunday a good field of players contested the third round of the Club Championships for a trophy donated by Sam Faint. There were a number of good scores across the afternoon however the winner of the trophy was Firmen Allan with 74 off the stick for an excellent net 67. Runner up was Des Kelaher net 68 with balls going to John Hartley 69, Tom Mellor 69, Bevan Benson 70, Mike Artis 70, Craig Ruttley 71, Bill Simpson 71 and Kevin Kelaher 71. NTPs went Firmen Allan 3rd, Ali Smith 12th and Craig Ruttley the 16th. In singles match play results Mike Artis defeated Kev Kelaher 1 up in a very close game whilst in fourball matchplay results Dave McMurtrie and Graham Bowman defeated Bill Simpson and John Hartley 1 up at the 19th in another very close game.

The Club Championship format now allows players to take their 2 best scores over the first 3 rounds whilst the 4th and final round must be played and counted in the overall 54 hole result. After three rounds and taking the players two best scores our joint Championship leaders are Peter York and Chris Sweeney on 147 followed by Kevin Kelaher 151 with Firmen Allan and Craig Ruttley both on 155.

It all points to an exciting final round on Sunday August 27th. In the Mens Championships net event Chris Sweeney with his two best net scores total of 127 sits 9 shots ahead of veteran Des Kelaher on 136. Two shots back on 138 is Ian Cabot with Firmen Allen 141, Dave McMurtrie 141 and Peter Simpson on 142.

After the third round of our Ladies Championships Amanda Koopman's on 164 sits well ahead of Lib Thompson on 185 with the net event leader Lib Thompson 134 just ahead of Amanda Koopman on 139 and Ali Smith on 144.

Players please note we now have a number of small yellow sand bins located around the course. Can we be vigilant in filling in our divots both on the tees and on the fairways please.

Next week Sunday 30th July we play a 4BBB Multiplier for David Kelly and Bill McKids trophy. The following week Sunday 6th August is an Individual Stableford for Dave McMurtries trophy.



Rugby Report

Saturday started with a function to say thanks to the Club's sponsors, who every year sponsor many different sections of the players gear and inside the club. The function saw numerous members turn up to a meal and drinks before the rugby started.

Barraba Women's team were up against the only unbeaten team in their comp, so knew it was going to be a hard slog. The Red Devils were over the line early with a slick back line move which was repeated a short while later for a 10-0 lead, lucky their kicker had a day off only converting one try. Another break saw Kiah Newell run it down but they managed to pass to support after a tackle 0-15, a further try and conversion saw half time 0-22. Barraba were not using their backs much taking the ball up through the forwards. The second half saw a change early with K Newell make a good break to be run down but from the ensuing play she scored for the home team 5-22 score. Good defence in the forwards was a feature of the locals play but the visitor proved too strong winning 32-5.

Players player – K Fisher, 3 - K Newell, 2 – K Fisher, 1 – K Sweeney

The Men's game got away with Gunnedah putting plenty of pressure on the Rams on their own line for the first ten minutes and a kick charge down by Mellor relieved the situation. A penalty saw the Red Devils kick from the line and score from the lineout for a 0-5 score line. Barraba forwards seemed to be slow to try and stop the mauls at lineouts and were too high in defence. Barraba were a few players short with injuries, but Thabiso coming back from a serious injury, Mellor having a rare run and Jack McCarthy starting on the wing and moving to front row in the second half, while N Sweeney played centre and not in the forwards, these four had strong games playing out of position.

A good solid run by Jamal up the middle put the Rams on the front foot, with the backline working well for Mellor to cross and Clarke to convert 7-5. The second half saw play seesaw up and back before the Rams got a penalty for Clarke to add the three points for a 10-5 lead which they held for a good win with Gunnedah applying plenty of pressure but solid defence saw a good result. Highlights of the game were strong scrums in second half, hard running from Sweeney and Mellor in backs, Thabiso, Jamal, W Robinson in the forwards good lineout work by K Ward, the result puts us one point in front of Gunnedah and fourth spot.

Players player - T Mellor, 3 – C Rogers, 2 Thabiso, 1 – K Ward

Games to come – V Narrabri (Away) 29th, Walcha (Home) if they have a side 5th Aug, 12th Scone (Away) last round v Moree (home) 19th Aug. Narrabri and Moree are both in front of the Rams.

Our three junior NSW Country representatives played in the annual City V Country clash on Sunday in Maitland.

Dusty Hiscock played in the 14 boy's game, City got away to a 10-0 lead at half time, but Country dug deep with Dusty scoring the first try and then able to get another they were leading 13-10 up until very late in the game, however City were able to score on the bell and take the win 15-13.



Regan Simpson and Zahlie Cabot then pulled on the Country jersey for the 16s girls. The country girls jumped out of the blocks to a 17-0 lead and were looking good, the city girls got over the try line late in the first half to make the score 17-5 at half time. In the second half city came out with all the ball and were able to get the score to 19-17, the country girls had limited ball in the final minutes and with numerous injuries the city girls scored again right on the bell to take the win 26-17.

A great achievement for you all to be able to play at this level, well done and keep up the great work.

How to avoid annoying your kids and getting 'stressed by proxy' during exam season

Sarah Jefferson, Senior Lecturer in Education, Edith Cowan University

I knew assessment season was upon us when my son frantically asked me one morning before school if I had any spare pens in my bag. Despite the fact most tests have moved online, it appears the fear of ink in a pen running out remains a timeless stress factor.

This will likely be a familiar scenario. With NAPLAN moving to March and Year 11 and 12 students already in the throes of multiple assessments, exams are looming for many households with school-aged children. This is likely to be stressful for parents as well as students, as families cope with pre-test anxieties and perhaps, different approaches to study and learning.

Exams are not the most important thing in life or in school. There is a valid ongoing debate among education researchers about the use of standardised testing. This comes on top of a welcome shift towards developing lifelong creative learners, rather than kids who focus on tests. In the meantime, how can we help our children manage this testing time?

Kids will likely do things their way

As parents, it is important to be aware of how your own school experiences may impact how you respond to your children sitting exams and preparing for them.

Perhaps studying came easily to you or it was very important to your identity growing up. Perhaps you have regrets about your involvement or engagement (or lack thereof) in school. Your natural instinct may be to try too hard to ensure your child does not replicate that experience.

Additionally we all have different ways of studying or revising information. Multiple systematic reviews have debunked the notion of "preferred learning styles" or the idea that students prefer learning through seeing, listening, or physically engaging with a subject. But children may still approach learning differently to us. So we need to ensure our support is tailored to their needs, rather than our preferences.

How to really annoy your kids

In a recent TEDx talk I gave on the teenage brain and testing, I noted that, in my experience, one question annoys children more than any other: Why aren't you studying?

Interestingly, the word "assessment" can act as a great guiding point for parents wanting to help their children during tests and exams. The word "assess" in Latin is the combination of two words meaning "to sit by or sit beside".

How to 'sit by' your children

When it comes to assessment time, instead of getting what I call "stressed by proxy", it's important to remain calm because your child will take your cues from you. Some steps to help your child during this time include:

1. Leave them alone after school

When they get home, give them some much needed decompression time, rather than diving straight into study. We know students manage multiple transitions and interactions during the day.

Just as adults need breathing space when they get home from work, so do young people. Even half an hour will help.

2. Have supplies ready

Years of experience have taught me that for some reason, a black pen and a lead pencil are like gold in my household. I have no scientific explanation for the nebula they continually disappear into, but I have a secret stash to be proffered when needed.

I also have a spare charger and highlighter pens because they also become hot button items ahead of exams.

3. This includes snacks and water

A good way to help rather than impose yourself on your kids is to bring them snacks and water first before starting a conversation. Kids will often be hungry, tired and overwhelmed at the end of a long day at school. When we meet this simple need, it is often a great basis for a deeper chat.



4. Show them you love them anyway

Finally, it's important to make it clear to young people that assessments are the equivalent of a Snapchat streak. They capture a brief moment in time and that is all.

Maintaining close and loving connections with our kids during these times of stress is far more important for their longer term wellbeing.

A great measure of success is children being able to disclose their results with us, knowing they are emotionally safe to do so. Sometimes that may mean putting on our best poker face, or taking some very deep silent breaths.

Either way, it's important we remain a safe space that is available any time they need.



"Wake up. The cat's got your teeth."



If flying is so safe, why do they call the airport the terminal?

RECENT ANNIVERSARIES

- the debut of Play School (1966)
- the death of Jane Austen (1817)
- Kim Jong Un being appointed Supreme Leader of North Korea (2012)
- the first US women's rights convention held in Seneca Falls NY, organised by Elizabeth Cady Stanton and Lucretia Mott (1848)
- the first appearance of Tom and Jerry under their own names in the cartoon *The Midnight Snack* (1941)
- an archaeological dig in Kakadu National Park extending Indigenous Australians' time in Oz from 65,000 to 80,000 years ago (2017)
- the death of Matthew Flinders, the cat-loving leader of the first circumnavigation of Australia (1814)
- Apollo 11 astronauts Neil Armstrong and Buzz Aldrin becoming the first men to walk on the moon (1969)
- the CIA releasing documents under the Freedom of Information Act revealing it had engaged in mind control experiments (1977)
- the birthdays of Ernest Hemingway (1899)
- the release of Guns N' Roses' debut album *Appetite for Destruction*. It became the bestselling debut album of all time (1987)
- Dick Smith making the first solo helicopter flight around the world (1983)
- attacks in Norway carried out by far-right extremist Anders Breivik that killed 77 people (2011)
- Austria-Hungary issuing an ultimatum to Serbia following the killing of Archduke Francis Ferdinand by a Serb assassin, setting the stage for WWI... (1914)
- the formation of One Direction on *X Factor* (2010)
- NASA's announcement of the discovery of the most Earth-like planet found yet – Kepler-452b. It's a convenient 1,400 light-years away... (2015)
- Boris Johnson replacing Theresa May as UK PM (2019)
- the death of Amy Winehouse (2011)
- Jacques Cartier becoming the first European to land in Canada, claiming it for France (1534)
- Aussie cyclist Cadel Evans winning the 98th Tour de France (2011)

Preparing for exam season: 10 practical insights from psychology to help teens get through.

Melanie Woodfield, Clinical Psychologist, Te Whatu Ora / HRC Clinical Research Training Fellow, University of Auckland, University of Auckland

Jin Russell, Community and Developmental Paediatrician, University of Auckland

Exam season is fast approaching for many senior students in New Zealand and Australia. At the best of times, adolescents may struggle with ambition and drive, let alone after two-and-a-half years of COVID-induced disruption and uncertainty.

But parents can still nurture their teens' motivation to do what they need to do.

Behind the scenes, the adolescent period is one of huge developmental change, and not only physically. Teens are developing their sense of identity and refining their own values. Their autonomy and individuation is emerging while they still remain somewhat dependent on the family system.

Parents may expect their young people to be intrinsically motivated when it comes to exams. The importance of studying is obvious to many adults. But even the most diligent among us can easily identify behaviours we know we should be doing, but aren't.

Clearly, knowing that something is important may not be enough to generate the desired behaviour.

Understanding human behaviour

According to clinical psychologist Susan Michie and her colleagues at University College London, three factors interact to produce any human behaviour, whether it's studying or surfing: capability, opportunity and motivation.

Michie's team developed the "COM-B" model, which forms the basis for behavioural interventions relating to everything from hand washing to our own efforts to support clinicians to use evidence-based treatments.

Capability (both physical and psychological), opportunity (physical and social) and motivation come together to influence behaviour in an interactive way.

For example, if a young person is very capable (or believes themselves to be very capable) at solving maths equations, those around them are supportive or encouraging (social opportunity), and they have the practical resources they need (physical opportunity), they're likely to want to do maths homework (be motivated).

Conversely, imagine a young person who starts the school term really motivated to study for two hours online every night, but only has access to the laptop at school (limited physical opportunity), still has fatigue after an illness (limited physical capability), and is surrounded by friends who have other priorities (low social opportunity). Herculean motivation may be required in this situation.

How parents can support their teen to study

Put simply, parents should "zoom out". Motivation can't be produced magically out of thin air, and attempts to force it can have the opposite effect. But parents can support and encourage their young person's capability and opportunity to study.

1. Motivation fluctuates

Motivation is not something that is simply present or absent. It fluctuates from hour to hour, day to day. So rather than "how can I make him be motivated today?", a more useful question is "how can I create an environment where he'll be a bit more motivated than he was last night?"

2. Good foundations

Remember the basics, for teens and parents alike – sleep, exercise and balanced nutrition. If these are in place, it'll help both physical and psychological capability.

3. Balanced thinking promotes capability

A sense of mastery or capability is important. Stressed teens can fall into black and white thinking traps. "I'm useless at maths" fuels feeling overwhelmed and a sense of futility.

Instinctively, it's tempting to reply with "no you're not, you're amazing!" But that'll likely bounce right off. Instead, try to encourage your teen's balanced

thinking. “Stats is hard, but I’m okay at algebra and geometry”.

4. Focusing on what teens can control

Praise effort over achievement. Persisting with an hour a day of English revision for six weeks deserves as much acknowledgement as winning the English prize (and unlike the prize, it is within your teen’s control).



Parents should keep in mind that teenagers’ irritability may be caused by underlying anxieties. Getty Images

5. Reinforcing their worth, no matter what

Likewise, be sure to separate your teen’s attributes (who they are) from their behaviour (what they do). They’re not a “lazy” person, but there are particular behaviours they may need to do more (or do less).

6. Behaviour as communication

If young people are irritable or snappy, try to hold in mind that this anger or irritation is likely to be secondary to other emotions, like anxiety, hopelessness or overwhelm. It’s probably not about you.

7. Worry might have a purpose

Lots of anxiety may be incapacitating, but some anxiety in this season makes sense, and a little bit can actually enhance preparation and performance. Paradoxically, perfectionism isn’t always useful.



Motivation to study can fluctuate. Getty Images

8. Validate what you can

Try to validate the emotion, even if the behaviour can’t be justified. Perhaps reflect that it makes perfect sense that things feel overwhelming, many people would feel that way in that situation, and then pause.

It’s tempting to rush to solve the problem, or rapidly fire questions. But often young people just need to be given permission to feel the feeling, and they can sometimes figure out the solution themselves.

9. Collaborating to solve problems

Similarly, try to avoid doing “to” (or “for”), instead aiming to do “with”. Collaborating to solve problems (if they want input) may develop or enhance future independent problem-solving abilities. It also communicates your belief in their capability to do so.

10. Acknowledge to create habits

Parents might consider using targeted, short-term incentives (we don’t see these as bribes, but recognition of hard work or effort) to create new habits or reinforce emerging behaviours.

Finally, try to hold a longer-term view. One exam, one assessment, won’t make or break things. Families and cultures may hold a range of values around what a successful life looks like, but it usually involves more than just exam success.

Good health, connection with others, and meaning or purpose are fundamental to success in life. Try to keep this in mind over the next few months, even if the going gets tough.



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Beef Brisket with Sweet Spice Rub

From The Free Range Butcher

Beef Brisket is a delicious cut of meat, but you *must* be patient and cook it slowly. And it's vital that the meat is covered with foil during the majority of the (long) cooking process to make sure it doesn't dry out. (I learnt this the hard way when I forgot one time and we ended up with a very charred piece of brisket!)

Ingredients:

- 1.5kg Beef Brisket
- 2 brown onions, thinly sliced
- 250ml beef stock

Rub

- 1/2 tsp black pepper
- 1/3 cup brown sugar (or sweetener of your choice – honey, maple syrup, rice malt syrup)
- 1 tbsp smoked paprika
- 1tbsp ground cumin
- 1/2 tbsp ground coriander
- 4 cloves of garlic, minced
- 2 tbsps Apple Cider Vinegar
- 1/2 tbsp olive oil, to moisten

Method:

- Combine Rub ingredients and spread over brisket. If time allows, marinate in fridge for up to 4 hours.
- Pre-heat oven to 140 degrees. Place a bed of onions in baking dish, sprinkle brisket with salt and place on top of onions, fat side up.



- Add stock around the brisket and cover tightly with foil. Bake for 4.5 hours.
- Increase heat to 180 degrees and remove foil. Brush the brisket with the pan juices and cook for a further 15 minutes.
- Remove brisket from oven and allow to rest under foil for 15 to 30 minutes.
- Skim fat from the pan juices, add balsamic vinegar to the pan and return to warm oven for 15 minutes.
- Slice or pull brisket (use two forks in opposite directions). Pour sauce in to a jug and serve alongside brisket.

The End

of washing day work and worry is

The End

and aim of every woman.

The End

of the 19th Century can point to

Sunlight Soap

as one of the most useful and most popular labour-savers of the age. The ease, comfort, and simplicity of the "Sunlight" way of washing is acknowledged by numberless women from all the ends of the earth. All housewives who use it find that the discomforts of washing day at once come to an

End.