



# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**FREE LOCAL NEWSPAPER**

**Wednesday 9<sup>th</sup> August 2023**



## At Richardson House we're saying 'Thanks for caring'

Several weeks ago Richardson House underwent an unannounced audit by the Aged Care Quality and Safety Commission. The Auditors spent 3 days at Richardson House auditing documentation, interviewing residents and their relatives, and staff in all sections of the organisation. The report was received last week and Richardson house met all 8 National Standards without the need to respond to any issue of concern identified by the Auditors.

Congratulations to everyone involved at Richardson House. This reflects very well on the management and all staff and shows their dedication to ensuring the residents are living their best.

So, this week they are celebrating Aged Care Employees Day and we're giving a giant "thanks for caring" to all staff.

Aged Care Employee Day celebrates the more than 370,000 residential care, home care and retirement living staff who care for over 1.5 million older Australians. The annual #ThanksforCaring campaign recognises the countless roles in the aged care workforce – from nurses to personal care workers, allied health professionals to lifestyle coordinators, hospitality teams, drivers, cooks, cleaners, administration staff and so many others.

Staff at Richardson House have always gone above and beyond the call of duty as the aged care sector continues to face immense challenges in providing care and support for older Barraba residents. They're the backbone, the people who support our elders day in and day out.

Richardson House staff have faced the most challenging of conditions and been tested to the limit during the COVID pandemic, but they've proven to be care 'superheroes.' They've provided essential care to their beloved older

residents, while colleagues were struck down with Covid or forced to isolate.

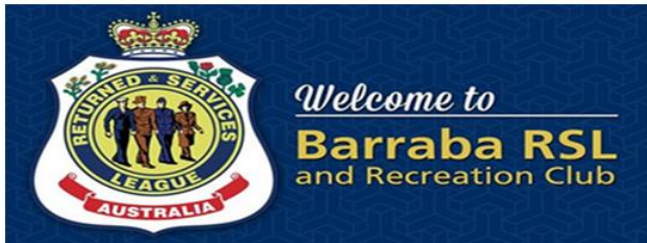
Be they personal carers, nurses, kitchen and laundry staff, diversion therapy staff, allied health professionals, administrators, gardeners or volunteers they have all worked above and beyond the call of duty to keep our vulnerable residents cared for and safe. They all deserve our thanks for their professionalism, their warmth, and their enthusiasm to help our residents live comfortably.



**Ladies Night  
August 18  
6.30 pm**



**COMMERCIAL HOTEL**



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Phone 67821379

For the information of members and guests.

**THIS WEEK**

**FRIDAY 11th AUGUST**

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1200

**SUNDAY 13th AUGUST**

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW \$1800

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**MONDAY: CLOSED**

**TUESDAY: CLOSED**

**WEDNESDAY: 12PM-2.00PM**

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

**DINNER FROM 6PM**

**SUNDAY: 12-2PM**



**Men's Shed working with the School**

Bryan Barrass, Treasurer of the Barraba Men's Shed, presented a cheque to Ashley to help with the cost of the children's trip to Canberra. The Shed members, where possible, aim to help the local school children and the projects they may wish to complete, such as making seats for their school and, at the present time, they are making bird nesting boxes.



**Date for your diary**  
**Barraba Races**  
**Saturday 16<sup>th</sup> September**  
**1.30pm start. 6 race program**





## Surgery Closure

Due to unforeseen circumstances, we advise that the surgery will be closed from Monday 14<sup>th</sup> August until Friday

18<sup>th</sup> August and reopening Monday 21<sup>st</sup> August @ 9.00am

If you require scripts prior to the closure, please phone the surgery to make an appointment.

If you need medical assistance, please contact the Barraba Hospital on 67822500 or in an emergency call 000.

We apologise for any inconvenience.

MedCIRC Staff

## Renovation Sale

124-126 Queen Street

9/8/2023 – 20/08/2023

Call Brett Williams - 0497325043



On Thursday 3<sup>rd</sup> August NSW Ambulance tasked the Westpac Rescue Helicopter to Barraba for a man in his 70s who suffered a fall. He was treated by the helicopter medical team with the help of NSW Ambulance Paramedics. He was airlifted to the Tamworth Rural Referral Hospital in a stable condition.



## Barraba Civilian & Military Rifle Club

### AGM

Saturday 19<sup>th</sup> August @ 11.30am

Barraba Rifle Range

## Vietnam War Display and Documentary

There will be a Vietnam War display at 111 Queen Street (next door to chemist) from 9<sup>th</sup> August until 24<sup>th</sup> September. To coincide with the Battle of Long Tan, on Friday 18<sup>th</sup> August at 7pm at The Playhouse Theatre, there will be two 1-hour long documentaries.

The first being based on the entertainers who performed for the troops in Vietnam. The bands, singers, Go Go dancers and comedians, mainly Australian and some American performers. Plus War correspondents, recounting the dangers involved for them and their fellow performers/newsmen who were killed there. It includes footage of Australian singer, 20yr old Cathy Wayne, who was killed on her first tour.

The second documentary will feature interviews with 7 veterans of the Battle of Long Tan, recounting their memories of the battle and includes live footage of the battle ground the day after. Also interviews with nurses and medics of the time, reasons behind Australia's involvement in the war, and footage of the conscription lotto draw. If the balls dropped with the day of your birthday number on it, away you went to the Vietnam War for a year.

**\$10 admission**



Another busy week for some of our members and with the markets coming next weekend there is still plenty to do. Our market coordinator, Diana, tells me there will be a bigger selection of stalls on Saturday, so come along and have a browse. As usual the chairs and tables will be out, so you can sit down and have a chat.

Unfortunately, the meeting this month has had to be changed to the fourth Tuesday- apologies to anyone who cannot make it.

Lots of photos and documents have turned up with dozens of second-hand books - the society stall promises to be over stocked this weekend -fiction, sporting books, our sporting hero's and lots more - even a few second hand goods.

The photos and documents are all in mixed boxes and so have to be sorted as well as labeled and rubbish such as the rough 2002 committee minutes thrown out. Some interesting photos have appeared, some without names on them. We have named the hospital committee, probably the 1971 version, and included it with these notes. Please let us know if there is a mistaken identity.

An interesting query re the Breen family this week. Mr Joseph Breen was employed at Stoddart's in Manilla until 1920 when he moved to Barraba to take over the drapery section of Dean & Smith. He brought his wife, Mary, and two children to Barraba adding two more children while in Barraba. I have been able to trace the children enrolled at the Convent although the family address changes from Henry Street to Cooper Street to Savoy street in the 15 years they were in the district.

Apparently, Dean & Smith celebrated 25 successful years in business in 1925 with a banquet, at which the heads of each department addressed the gathering, including Mr Breen, head of the drapery department. Mr Dean died in October, 1935 and the business was sold about two years later. The Breen family moved to Manly, Sydney.

Also, on the research side there are still McKid family queries - a couple of years before she died Mrs McKid/Newton gave her address as eastern end of Rodney Street (that is on the river) for the electoral roll and then there is a Queen Street address on her death certificate at the beginning of the 20<sup>th</sup> century.

Perhaps the former is "Old Thurso" -the site of an old ruin these days.



### Hospital Board

Back row - George Rattan 1970/73, Guy Williams 1951/1971, Jim Capel 1960/1973 Les Dowdle 1957/1972, Tom Butterworth 1971/1978

Front Row - R.C.Wilkinson 1958/1974, Fred Croft 1950/1979, Jim Spence 1949/1972 Spencer Witten 1958/1985, Albert Trotter 1971/1981

It should be noted that Guy Williams retired that year and was replaced by Albert Trotter. It seems that C.W.Smith also retired in 1971 and was replaced by Tom Butterworth.



# The PLAYHOUSE HOTEL

## SUITE MAGICA AT THE PLAYHOUSE HOTEL

A stunning recital of beautiful music will charm the audience at The Playhouse Hotel at 6.30 pm on Tuesday 22<sup>nd</sup> August, when NSW Government-sponsored touring organisation *Music in the Regions* presents charismatic guitarist Andrew Blanch and brilliant harpist Emily Granger in a program of pieces especially written for those two most ethereal-sounding instruments, under the title *Suite Mágica*.

With talent, passion and conviction, award-winning guitarist Andrew Blanch has carved out a unique career both in Australia and abroad with live concerts and recordings, fuelled by a musical vision that equally values both the tradition of the guitar and its future potential.

American-Australian Emily Granger, who was recently appointed principal harpist with the Queensland Symphony Orchestra, effortlessly crosses the boundary between classical and popular music. She has years of virtuoso performances behind her, including appearances with cellist Yo-Yo Ma, singer-songwriter Sarah Blasko and soprano Renée Fleming... among many others.

Join Andrew and Emily as they share some of the finest treasures from their musical explorations, including new works, popular favourites and more. *Suite Mágica* is certain to be a very special concert with wide appeal.

All tickets are \$35, though under-18s can come for free. After the concert The Playhouse Hotel will host an optional two course dinner @ \$45 pp.

To find out more, and to book for the concert or the concert-plus-dinner, just phone 6782 1109 now.

Music in the Regions in partnership with  
The Playhouse Hotel present

Blanch and Granger *"Suite Mágica"*



Tuesday 22 August, 6.30pm  
The Playhouse Hotel, Barraba

BOOK NOW \*fees apply, tickets FREE for under 18s  
[www.musicintheregions.com](http://www.musicintheregions.com)  
Bookings/Enquiries: 6782 1109

NSW GOVERNMENT MUSIC IN THE REGIONS THE PLAYHOUSE HOTEL AUSTRALIAN POSTAL EXPRESS

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## POST OFFICE IN THE 1970S

Barraba Post Office, Courthouse & CBC Bank in the late 70s.

Pride of place for those Pepper Tree fans is the heavily lopped tree in its tree-guard in the centre of the street. I can already smell the distinctive odour of the leaves and peppers rubbed between the hands.

This photo was with a 3rd hand Hasselblad SWC (Super-wide camera) which I had for a short time before it became 4th. hand. The Hasselblad camera in my little drone is 60+ years later, digital and infinitely better. Posted by Brian Coote.





## COMMUNITY GROUPS ENCOURAGED TO APPLY TO UPGRADE INFRASTRUCTURE

Member for Tamworth Kevin Anderson has called on local sport and recreation groups to apply for the latest round of the NSW Government’s Infrastructure Grants Program. Mr Anderson said the program provided organisations to apply for funding of between \$50,000 and \$250,000 to cover the cost of construction, alteration, renovation, completion, and fit-out of buildings and community infrastructure that benefits regional communities.

“The NSW Government’s Infrastructure Grants Program provides local organisations with a fantastic opportunity to upgrade facilities that will provide long-term tangible benefits to the community,” Mr Anderson said. “In past years, we’ve seen projects as varied as the Quirindi Silo Art, Tamworth Golf Club cart paths, East Tamworth Tennis Club upgrades, and Manilla Showground upgrades funded under this program. I want to see more, which is why I’m calling on community organisations to get their applications together as soon as possible. The current round of funding will prioritise projects which deliver outcomes for disadvantaged NSW communities, including regional, remote and drought and disaster affected areas, culturally and linguistically diverse, disability, and Aboriginal communities. I know that this fund has had a positive impact on communities in our electorate and I’m excited to see what new opportunities will arise in round 4 of the fund.”

The current round of funding opened on 31<sup>st</sup> July and closes on 21<sup>st</sup> August 2023. To learn more about the fund, and to apply, visit the [NSW Government website](#).

## LABOR WALKS AWAY FROM QUAD BIKE SAFETY

Member for Tamworth Kevin Anderson has called on the NSW Labor Government to use the National Farm Safety Week this week to reinstate a critical quadbike safety program it discontinued on June 30, 2023. Mr Anderson said quad bikes, side-by-side vehicles (SSV), and tractors are responsible for 40% of deaths on farms each year.

“Farming continues to be one of the most dangerous industries to work in and sadly 55 farmers lost their lives in 2022,” Mr Anderson said. “Danger can come from

everywhere on the farm, which is why we have worked hard to raise awareness to improve farm safety, including offering rebates to improve safety on quad bikes or purchase SSV’s. Quad bikes accidents continue to be one of the biggest killers on Australian farms with seven lives lost on quad bikes in 2023. The NSW Quad Bike Safety Improvement Program offered rebates of up to \$2,000 towards a new SSV, \$600 for Operator Protection Devices (OPDs) on Quad Bikes, \$500 for drones, and \$90 towards new helmets.”

“We also embarked on a widespread safety education campaign which led to the purchase of more than 2,500 new side-by-side vehicles and 960 Operator Production Devices. I know these rebates have saved lives over the past few years, getting farmers off quads and into safer vehicles, and giving them an opportunity to manage their farms from the air with drones. I am shocked that the Labor Government has chosen not to renew the NSW Quad Bike Safety Improvement Program beyond June 30, 2023. This is a neglectful decision, particularly on the eve of Farm Safety Week. Quad bikes continue to cause deaths on NSW farms and the government has a responsibility to help prevent these tragedies. The government needs to get this program back on the agenda and I am calling on them to urgently address this issue for the benefit of our farmers.”

### Barraba Hospital Auxiliary AGM

The Barraba Branch of the United Hospital Auxiliaries of NSW held its Annual General Meeting on Friday 3 August. Elected for the next twelve months were:

President: Joan McCarthy

Vice President: Libby Croll

Treasurer: Jenny Simpson

Secretary: Julie Williams

Assistant Secretary: Sharyn Corben



**Photo:** L-R Joan McCarthy, Jenny Simpson, Sharyn Corben, Julie Williams (absent Libby Croll)

## Thought for the Week

### SCARS

The story is told of a mother, who carried hideous scars on her face, arms and hands. To her young son the very sight of them was repulsive. Embarrassment overtook him whenever others saw her and witnessed her scars. So much so that the boy wouldn't even acknowledge to strangers that she was his mother. He knew nothing of the origin of the scars and tried not to think about them. Came the day when the reason for the scars was revealed to him.

As a young boy and tiny boy he had been caught in a fiercely burning building and would have perished, but for the action of his mother, who entered the burning building, shielded him from the flames and pulled him to safety. The scars she bore were testimony of her great love for him, of her rescue effort and self sacrifice that saved her son.

The boys whole attitude changed. The scars he once found so offensive and an embarrassment he now spoke of with pride. To those who didn't know her he would testify "This is my mother". Scars of love.

The scars that Jesus carried are scars of His love for us. Scars for you! Sacrificial love. Sadly, for many His love is unknown and unrecognised.

Scars resulting from His scourging and crucifixion are abhorrent to many, but they are the scars that brought from "doubting Thomas" the exultation, "My Lord and My God" (John 20:28). Isaiah wrote; "By His wounds we are healed". 1 Peter 2:24 reads like this "He Himself bore our sins in His body on the tree, so that we might die to sin and live for righteousness; by His wounds you have been healed".

The "only man made things in heaven are the scars that Jesus took there when he ascended there", from the Mount of Olives. Those scars are a "souvenir that Jesus keeps as a memorial for all eternity. When He comes again He will bear those blessed scars." Jesus is the only man who "has ever chosen to die!". "But what about a suicide you reply?"

No in a case like that the person doesn't choose whether to die, they only choose the time they will die. "When death calls our name, may we reach out in eager anticipation for the steady sure hand that bears the scars of Calvary".

**Submitted by John Barwick of Manilla Uniting Church.**

**Some of the quotes in the latter of this "Thought for the Week" come from a Focus on the Family Broadcast and the final one from a booklet "Devotions – For every Day".**

### 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 13<sup>th</sup> August 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

### THANK YOU

Thank you to Simon at Stock and Crop for the loan of a pallet jack last week. The Barraba Potters and Craft Guild thanks you for helping us at very short notice to move the new kiln into place at the Claypan to enable electrical work to be completed for installation. The 400kg kiln was beyond the 2 blokes to move and our call for help was answered very quickly.

### Justices of the Peace in Barraba

Mrs Pamela Kathryn Mary Urquhart	0267821480
Mrs Patti Elizabeth Crowley	0267821795
Mrs Elizabeth Ann Sawyer	0267825334
Mrs Sonia Gaye Simpson	0267831382
Mr Owen David Rigby	0400020307
Mr Neville Alexander Moore	0418251280
Mrs Tanya Mary Clarke	0427949127
Mrs Patricia Merris Currell	0428268632
Mrs Janene Helen Randall	0428832282
Mrs Pauline Ann McIver	0429671294
Mr Stephen Laurence Ely	0438427033
Ms Marilou Simpson at PJK Law in Barraba	



## Tough as Nails

Eureka Productions cast shows such as The Amazing Race Australia, Holey Moley and Farmer Wants a Wife. The production company are currently casting for a New TV Show called Tough As Nails and are looking for hard-working Aussies who are TOUGH thanks to their jobs. Essential workers who use their hands and physical skills to keep our country running. Men and women who are the backbone of Australia, Farmers, Tradies, Landscapers, Mechanics, SES and more are encouraged to apply.

It is a competition show like no other with real work-site challenges where everyone takes home a cash prize! It's into its 5th series in the US and coming to Australia.

To find out more or apply visit <https://go.mycastingnet.com/Apply/Show/ToughAsNails>



**NEW TV SHOW HOT FROM THE US...**

# TOUGH-AS-NAILS

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## Rugby Report

Not much to talk about this week as Walcha forfeited to the Rams, which was a shame, with only 2 games to play before the semi-finals. This week Barraba travel to Scone and hope for a win before taking on Moree at Barraba in the last game. They will be hard as they are above the Rams on the table.

The points table shows Pirates on 76, Moree 56, Narrabri 53, Barraba 49, with Quirindi and Gunnedah ten points adrift. So, a win in one game should see the Rams in the semis.

This week's forfeit may have been a blessing in disguise for the Rams with a number of injuries, so the 2 weeks should help them to recover.

The Women's and Men's teams will be travelling to Scone this weekend, with the women out of the running for a place in the semis.

## Golf Notes

Another winter golf day with more amazing weather. It was a smaller turnout, with members away at the Boggabri Open, but we still managed 18 starters. The comp was an Individual Stableford, so everyone was out for themselves. Robert Sweeney finished with a massive 41 to win the day, including 4 or 5 birdies (who's counting).

Amanda Koopman and Peter Simpson scored very well with a 38 each. And Pete needed it after his much-loved Rabbitohs caught mixo, or something similar.

Nearest to pin went to Graham Bowman on the 3<sup>rd</sup> hole, Will Sedgewick on the 6<sup>th</sup>, Pete Simpson on the 12<sup>th</sup>, and Pete again on the 16<sup>th</sup>.

Special mention to our Club Captain, Will Sedgewick, who finally came good with two birdies in a row with only five holes to go. He then fell apart, losing multiple balls to the river and rugby field, which was very enjoyable to watch.

Next week is 2 Person Ambrose, so get your partners ready. Maybe a good suggestion is don't ask Sedgie; he may let you down.

Happy hitting.

**PHIL DENYER**

**MECHANICAL REPAIRS**

**Ph (02) 67 821 107**



From The Conversation

## Long before women police officers came police 'matrons': who were they and what did they do?

Alice Neikirk, Lecturer, Criminology, University of Newcastle



A couple outside a police station on the river flats at Morgan, South Australia, c 1890. State Library of South Australia

This year marks a significant milestone for women in policing: the 125th anniversary of the first official recognition of a police matron in Australia.

However, women worked in this role for at least 50 years before receiving official recognition.

Known as "police matrons", these women opened the door for other women to move into the police force as officers, yet their role is still unrecognised or dismissed as an extension of her husband's policing duties.

While many Australians will have never heard of them, they were trailblazers for women in law enforcement.

### The female touch in policing

During the Victorian era, it was considered inappropriate for men to touch a woman who was not their wife or an immediate family member. This made men policing women (at least of certain social classes) difficult, particularly if they needed to search a female suspect. To get around this, police began to call on women to search arrestees for them.

Initially, these might have been whoever was nearby – a woman living near the police station, for example. But quickly it was recognised that a "female touch" was also helpful for comforting lost children, talking to female victims of crime, and occasionally soothing an unruly male arrestee. Neighbourhood women were not viewed as entirely suited

for these more complex roles, but the wives of police officers were.

In Australia, the United States and the United Kingdom, early police stations had both temporary holding cells (a lock-up) and a residence for a police officer. The officer living on site was frequently married – these women became police matrons.

Police matrons in the Victorian era searched female offenders, were responsible for lost or arrested children, kept watch over mentally unwell inmates, and occasionally allowed families facing violence at home to stay in the station.

They also performed tasks we would not generally associate with the work of a police officer. They cleaned and maintained the cells, mended clothes, and hosted clothing drives for the poor. The police stations sometimes doubled as neighbourhood medical centres. These were all tasks that fell to the police matron. They fit within assumptions of the period regarding the natural, nurturing role of women.



A "first-timer" becomes half maddened from fright at the sight of a cell.



The "dope" resists search—the needle is the reason.



*Police matrons paved the way for women to become police officers, and eventually achieve the highest ranks. Lukas Coch/AAP*

### **Discrimination leading to innovation**

Because these tasks were viewed as “naturally” women’s work, questions regarding compensation were skirted. For decades, these were not formal appointments. The matrons were not sworn in, they did not have access to a police pension, and they did not have any authority over male inmates (or male officers).

A few received a modest stipend based on the number of searches they conducted or if they performed an extended psychiatric watch. These matrons would be on-call 24 hours a day, and diaries kept by early matrons show the long hours they kept. Yet their activities were viewed as an extension of their husband’s role, not requiring separate pay.

These women did not go on patrol or have powers to arrest. But there is evidence that police matrons performed tasks that align with current approaches to policing.

For example, a key role of male police in the early Victorian era was to prevent crime by being out in the community: an officer’s presence alone would often deter offending.

Police matrons rarely worked outside of the station, but they did get to know the needs of their community and tried to identify causes of crime. They became advocates, trying to address what they saw as the root causes of crime: excessive consumption of alcohol leading to the violent breakdown of families. Matrons advocated for increased regulation of alcohol and for stations to provide sanctuary for domestic violence victims.

Today, these efforts would be understood as forms of problem-orientated policing: identifying a problem in a community and working with the community to devise solutions for the underlying causes of crime. We cannot go as far as claiming that police matrons started the movement towards problem-orientated policing. But we can recognise that they predated today’s “best practice in policing” model by roughly 150 years.

Though we know police matrons were working in this field in the mid-1800s, and gained a degree of official recognition in the 1890s, it was not until 1915 that the New South Wales Police Department advertised two positions for women police officers.

These two positions attracted nearly 500 applications. The first two female police officers in NSW were not allowed to wear a uniform and had to sign a waiver releasing the police department of any responsibility for their safety. Their tasks were similar to police matrons – they were responsible for women and children that came in contact with the criminal justice system. It wasn’t until 1979 that female officers in Australia could carry a firearm, though they were required to keep it in their handbag.

Today, women make up over 30% of police in Australia and have reached the highest ranks as police commissioners. Although Australians may not know much about the early police matrons, it was they who, more than 100 years ago, paved the way for all this to happen.

From The Conversation

## **Is it true the faster you lose weight the quicker it comes back? Here's what we know about slow and fast weight loss**

*Nick Fuller, Charles Perkins Centre Research Program Leader, University of Sydney*

When people decide it's time to lose weight, they're usually keen to see quick results. Maybe they have an event coming up or want relief from health problems and discomfort.

But expert guidelines typically recommend slower weight loss for the treatment of obesity. This tallies with a widely held opinion that fast weight loss is more quickly regained. Slow weight loss is generally perceived as better for your health and more sustainable. Many programs offering "the fastest way to lose weight" are considered fad diets that severely restrict calories or eliminate some foods.

But does slow and steady really win the weight-loss race? Or is fast weight loss just as effective and safe?

### **What's the difference between slow and fast weight loss?**

Governing bodies typically recommend a weight loss of 0.5 to 1 kilogram each week, which would be defined as slow weight loss.

So fast weight loss – also termed "rapid weight loss" – is losing more than 1 kilo a week over several weeks.

### **What does the research say about fast weight loss?**

There are several well-conducted studies examining differing approaches.

One study of 200 people randomly assigned them to fast or slow weight loss – 12 weeks versus 36 weeks – aimed at a 15% reduction in weight.

The fast weight loss group was put on a very low energy diet using meal replacements, including shakes, bars and soups, three times per day. The slow weight loss group was advised on the Australian Guide to Healthy Eating with the goal to eat 500 calories less than they used for energy (creating a calorie deficit) each day. They also used one to two meal replacements daily.

Some 50% of the slow weight loss group and 81% of the fast weight loss group achieved 12.5% or more weight loss during this time.

After this initial phase, those who had lost 12.5% or more were then placed on a weight maintenance diet for approximately 2.75 years.

By the three-year mark, 76% of those in the slow weight loss and the same percentage of those in the fast weight loss group had regained their lost weight.

So, it didn't matter if they had lost it slow or fast, they still regained the weight.

However, another study on 101 postmenopausal women found fast weight loss resulted in better outcomes than a slow weight loss group at the three-year mark.

But there are other factors to consider, aside from weight loss, when it comes to the differing ways of losing weight – such as changes in body composition and bone mineral density.

This is best highlighted by a large meta-analysis. These types of studies combine the results of all previous well-conducted studies on the topic.

While this analysis found the magnitude of weight loss was similar for both approaches, slow weight loss resulted in better outcomes than fast weight loss with respect to metabolism or how many calories we burn at rest.

There were no differences in the amount of fat-free mass or muscle mass lost between the slow and fast weight loss groups. But slow weight loss resulted in greater reductions in fat mass and therefore a better fat-to-muscle ratio.

Slow weight loss also seems better for bone density, because rapid weight loss results in a twice as much bone loss and puts a person at increased risk of brittle bones or osteoporosis.

### **What about other diet approaches?**

Research shows it doesn't matter what type of macronutrient diet you follow – moderate or high-protein diet, low or high-carbohydrate diet, low or high-fat diet. All diet approaches achieve similar weight loss outcomes.

The same can be said for fashionable ways of cutting calories from the diet, such as intermittent fasting. Research has shown such diets don't result in any better weight loss results than any of its predecessors. This is because our body is extremely good at protecting against weight loss.

### **When you want to lose weight consider ...**

Your metabolism When you lose large amounts of weight, your resting metabolic rate – the energy you burn at rest – will lower. Keeping your resting metabolic rate high is essential for keeping the weight off. Unfortunately, once it slows down, your resting metabolic rate doesn't recover to the level it was pre-dieting even after you regain weight.



However, research has confirmed slow weight loss preserves your resting metabolic rate compared with rapid weight loss. As does a weight loss program that includes exercise rather than one that focuses on diet alone.

**Side effects** While restrictive diets can achieve rapid results, studies suggest they can come with adverse effects. This includes a higher risk of gallstones and deficiencies that can result in poor immune function, fatigue and a decrease in bone density. Such restrictive diets can make it challenging to meet your nutritional needs.

**Sustainability** Many fast weight loss diets restrict or exclude foods required for long-term health. Carbohydrates are often banned, yet wholegrain carbohydrates are an essential source of nutrition, helping with weight loss and prevention of disease. Including meal replacements as part of a restrictive diet is also not sustainable for long.



### The bottom line?

Regardless of how you lose the weight, it's very difficult to maintain losses. Our bodies work to keep our weight around a set point by adjusting our biological systems and imposing a series of physiological changes within the body to ensure we regain weight we lose. This stems from our hunter-gatherer ancestors, whose bodies developed this survival response to adapt to periods of deprivation when food was scarce.

Successful long-term weight loss comes down to:

1. following evidence-based programs based on what we know about the science of obesity
2. losing weight under the supervision of qualified health-care professionals
3. making gradual changes to your lifestyle – diet, exercise and sleep – to ensure you form health habits that last a lifetime.

## BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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### Message from the Editor

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