



# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 6<sup>th</sup> September 2023



## Kindergarten 2024

Barrabull would like to invite you to his school for Kindergarten Orientation Day.  
Thursday 7 September 2023  
9.15am to 11.00am  
All Welcome



A chance for children and parents to gain an insight into what Kindergarten at Barraba Central School offers.

### WE NEED YOUR HELP!

**TRANSPORT DRIVER**  
Provide transport to individuals or groups of older persons



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



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



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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.

## GARAGE SALE

**Deceased Estate Garage Sale**

**Saturday 9th September 2023**

**5 Lockrey Street, Barraba 8am to 2.30pm**

**Items include: Kitchenware, furniture, household appliances, tools, knitting machines and miscellaneous household goods.**

**Cash sales only. All priced to clear.**



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

Phone 67821379

For the information of members and guests.

### **THIS WEEK**

#### **FRIDAY 8th September**

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1000

#### **SUNDAY 10th September**

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW 3 DRAWS \$2000

PLEASE NOTE : CLUB WILL BE CLOSED

MONDAY 11<sup>TH</sup> SEPTEMBER 2023 (weather permitting)

### **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

## **Daffodil Day 2023**

What a success this year's local Daffodil Day was.....A lovely warm, sunny day greeted the Barraba Cancer Patients Fund Raising Group's (BCPFRG) Committee as they set up the Street Stall and Mall with tables/chairs for morning teas. The daffodils were bright and cheery, as were the people who gathered there to support the National Day. Thank you to the community and business houses who purchased the delicious home baked goods, produce, plants and flowers. Marty Unwin played his tunes to the delight of all present – thank you Marty.

The guessing competition was well supported, and winners were:

1<sup>st</sup>- Rhonda Phillips, who won the beautiful fresh fruit/produce box, kindly donated by Saunders Fruit and Vegetables – thank you John and Toni.

2<sup>nd</sup>- Pam Woodgate, who won the lovely succulent growing in a hollowed stump, kindly donated by Ken Faulkner.

The 100 Club is always popular. This time, the winners were:

1<sup>st</sup>-Ann Ratliff

2<sup>nd</sup>-Betty Nelson

3<sup>rd</sup>-Will Sedgwick

BCPFRG would like to again reiterate - thank you again to all, for support of this extremely worth cause. Funds raised on the day in Barraba are forwarded to the Cancer Council NSW.

We would like to also welcome any new members who are interested in joining the group. Please contact any of the existing members.

## **Vale Sister Petra Ries rsj**

It was with great sadness that the parishioners of St John's Catholic Church heard of the death of Sister Petra Ries. She died on Sunday evening, 3<sup>rd</sup> September, in the Palliative Care Unit of Concord Hospital, surrounded by the love and prayers of the Sisters of St Joseph.

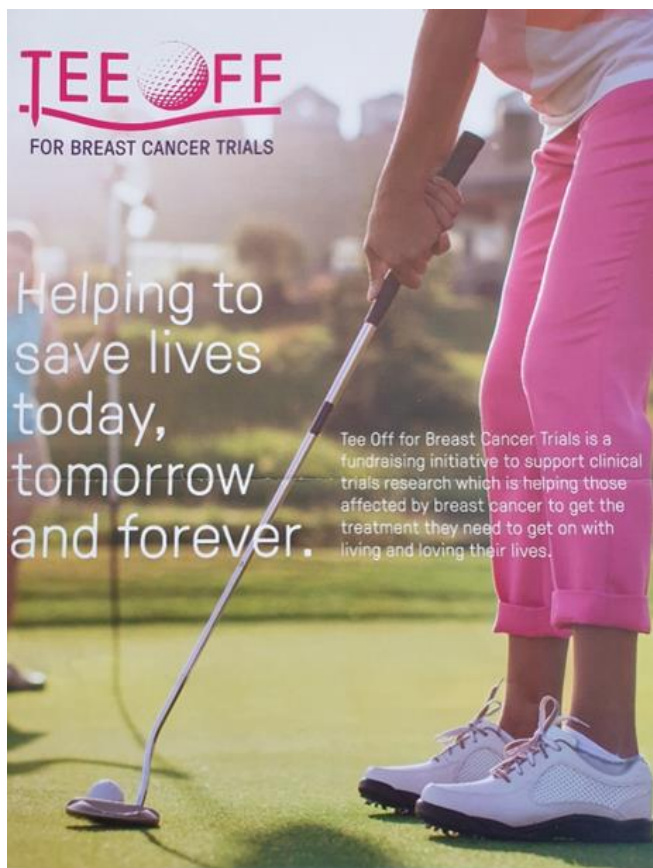
Sister Petra had lived in Barraba for the past 8 years. She cared not your rank, colour or creed but was always ready to know you, give you God's blessing and to barrack for the Swans.

She will be greatly missed.

**The Local Health Committee met, with a representative of Hunter New England Health, on Tuesday 5<sup>th</sup> September.**

**We are assured HNE Health, together with the Primary Health Network and Boyd Health are working on additional GP services in Barraba. There are no quick fixes due to a shortage of GPs but the community can be confident there is a lot of work being done.**

**Patients of MedCIRC are advised that in accordance with the law, MedCIRC are required to keep your medical records for 7 years after the practice closes.**



**Annual Breast Cancer Day**  
**9 Hole 4 person Ambrose**  
**Sunday 17th Sept. 1.00pm**  
**\$25 pp inc Hi tea.**

### Celebrating 50 years of textile excellence

Residue + Response: 5<sup>th</sup> Tamworth Textile Triennial will open at Tamworth Regional Gallery on Saturday 9 September with a range of artist talks, demonstrations and workshops. In 2023 Tamworth Regional Gallery is celebrating 50 years of its National Textile Collection. This collection documents the way textile practice has evolved over time, and the Textile Triennial is a way to continue to develop the collection.



### Legacy Week Raffle.

1st prize \$500 fuel voucher Barraba B.P: Colin Ferguson  
2<sup>nd</sup> prize Outdoor Camping Thermos: Phil Denyer  
3<sup>rd</sup> prize \$50.00 Fruit voucher Saunders Fruit & Veg: Sandra Collins

## SUNDAY AFTERNOON GAMES COMP 10 SEPT

**2 Person Team Competition**  
**\$10.00 entry - Winners take all**  
**Darts, Pool and Mini Golf Putting**  
**From 2.00 pm JUST FOR FUN!!**

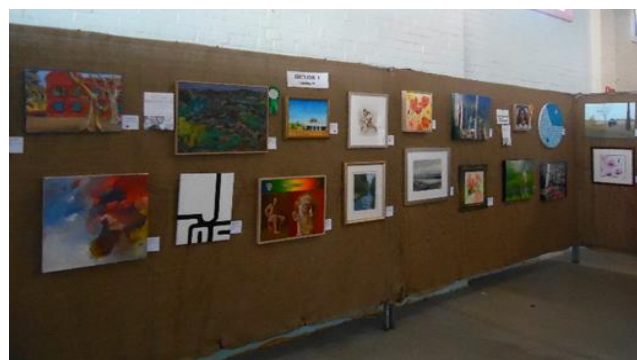


## COMMERCIAL HOTEL

### 'FROST' WEEKEND A GREAT SUCCESS



*Paula McIver's winning entry in the Photo section.*





*Paintings in the main exhibition*



*Highly Commended, Infant/Primary Section – Chase McKay*



*Musicians (from left) – Will (drums), Heather Ranclaud (guitar), Isis Ashton (vocals)*



*Emily Bishop Cellist outside the Playhouse Hotel*



*Hester Fraser outside the Victoria Hotel*

Go fund me page for Elizabeth Ervine

<https://gofund.me/741c39b3>

Phone: 0452461445

Email: [shell.sarkis@bigpond.com](mailto:shell.sarkis@bigpond.com)

**RAB donating to a number of  
Barraba Community groups  
Regional Australia Bank  
Community Partnership  
presentation.**

Regional Australia Bank Community Partnership presentation. Margaret Currell from the Nandewar Historical Society with Britany Hughson and Heidi Grogan. The Bank contributed over \$24,000 to the Barraba community.



Barraba Rotary Club's Meredyth Bell and Jill Turland (far right) with Britany Hughson and Heidi Grogan (both from Regional Australia Bank).



# Have your say on Reduction in Water Consumption Charges Policy

Tamworth Regional Council is proposing changes to the Reduction in Water Consumption Charges Policy which authorises staff to process reductions in water consumption charges if certain criteria are met.

With the ongoing roll out of the Automatic Meter Reading (AMR) devices the policy can no longer be applied in certain situations. To address this issue, it is proposed to change the current Policy.

To view the **DRAFT** policy and **Have Your Say** on the changes please visit <https://haveyoursay.tamworth.nsw.gov.au/documents-public-exhibition/reduction-water-consumption-charges-policy> or scan the QR Code.



SCAN ME!



## Barraba Jockey Club Calcutta

A Calcutta will be held on The Barraba & District Cattle Breeders Cup at the Barraba Bowling Club on Friday night 15<sup>th</sup> September commencing at 8pm. Get your

Syndicate together and come and buy a horse. Tickets are \$2.00 each and will be available to purchase during this week at Russell's Garage, Hart Rural, Saunders Fruit Shop and on the night of the Calcutta at the Barraba Bowling Club.



# Have your say on **Urban Stormwater**

Council is working on the **Urban Stormwater Management Plans** for the region and needs input from residents.

Once finalised the plans will help address existing issues and prepare the region for future stormwater management.

*Provide feedback or see what the plans mean for you at [haveyoursay.tamworth.nsw.gov.au](https://haveyoursay.tamworth.nsw.gov.au) by Tuesday 26 September.*



**Tamworth**  
REGIONAL COUNCIL

## Feedback sought on Stormwater Management

Residents are being asked to share their firsthand experience of dangerous or damaging stormwater runoff and to give feedback on Tamworth Regional Council's draft Urban Stormwater Management Plans for the region.

Stormwater is runoff from rainfall. In urban areas, it is captured by a series of pits and then taken underground through pipes and culverts. Stormwater may also travel as surface flow in open drains, roadways, natural channels and overland flow paths. As stormwater travels over the landscape, it can become contaminated with litter and other pollutants.

Council's stormwater management endeavours to protect both people and property from adverse flooding risks, minimise environmental impacts, and recognise stormwater as a valuable resource.

Tamworth Regional Council is responsible for maintaining effective public stormwater systems to drain urban catchments in line with NSW Government Office of Local Government requirements.

Meeting the stormwater management needs of our growing community in a changing climate is critical to achieving the community's vision in Tamworth Regional Blueprint 100 to 'Protect local waterways and minimise stormwater pollution'.

"The plans aim is to identify and prioritise options for improving the management of stormwater quality and reduce impacts of excess runoff during storm events," said Senior Stormwater Engineer Aiden Pugh.

As part of the review of the plans, Council extends an invitation to the community to contribute their feedback on the plans.

"As the community grows the needs of our community evolve too. The Urban Stormwater Management Plans will identify future capital works and recommend specific actions to address some of the objectives set in Blueprint 100 and other Council documents, offering a cohesive, strategic approach to stormwater management in the region," said Mr Pugh.

To view the draft plans and provide feedback, visit <https://haveyoursay.tamworth.nsw.gov.au/> before Tuesday 26 September 2023.



## History Notes

A wonderful weekend for Barraba - even car parking was at a premium on Saturday as numerous visitors arrived to spend the day touring the various venues to view the paintings, the handcrafts, the markets and the music.

It was one of the Society's best markets with crowds of people visiting the stalls and sampling the barbeque - some stalls had lots of customers but I doubt if anyone actually sold out. Thank you to everyone for coming.

Our next market will be held on the usual second Saturday in the month and then there will be another one the next week to co-inside with the motor show in October.

We have a meeting coming up next week with quite a few items to discuss including a date for the Annual General Meeting in October. Memberships are also due now.

There have been two requests this week - the first about Barraba down in the Hunter Valley and the other is the Barraba Hotel in Windsor- how much history of these two can we find and is there a connection to our Barraba?

Returning to history and the early building applications, we find Harry White extending his home in Queen Street. J. T. Bridges was to be the builder, adding a verandah, laundry and bathroom to the house which appears to have been about where Russell's Garage is today. The cost of the additions was estimated to be 52 pounds - just over 100 dollars in today's currency.

Negotiations were being undertaken in October, 1929, at Clifton Hall for an Open Air Theatre at the back of the building. As we know there was an Open Air Theatre at The Empire Theatre for a short while before it closed and films were shown inside the building.

The unusual building application in January, 1930, was for a Tea Room for W. Pringle, in the centre of the block opposite Clifton's garage. There was to be one room 45 X 13 feet and another 17 x 13 feet and a bathroom 6 x 6 feet. The walls were to be brick with an iron roof. Was this Andy's Backpackers? The Sofis family had their cafe here before they built on the other side of the street.

Hopefully I will find out for next week's notes.

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## LETTERS TO THE EDITOR

### 1964 flood

Thanks, Vic for the poem.

The year was the first time it came into our house in Alice Street and Dad & Mum had to move out. I was safely in hospital in Moree with our eldest son so missed it all.

Since we've been living back here I've also caught up with some Jenner relatives who lost everything in Alice Street. I find it interesting because their house was higher than ours.

We've also seen the flood late last year and watched it from out back verandah while our daughter in Orange panicked because she thought we were under water. It's good to be able to look over Walroodah and remember that Dad rode those hills.

Mary Grocott (Turner to you)  
2 Callose Drive, Barraba 2347  
Phone 0400057555

### Going to Melbourne

Dear Editor,

This weekend I am going to Melbourne for the first round of AFL finals. I am flying on Friday afternoon directly from Tamworth to Melbourne with Bonza Airways, returning on Tuesday afternoon for a total fare **of \$179.83**. If I had booked on a Qantas flight to Melbourne (it goes via Sydney) on the same days at similar times, the cheapest fare I could find was \$975! That is nearly \$800 more!

So, if you need, or want, or would like to go to Melbourne, then book a Bonza flight straight away. Hopefully we can keep this direct link to Melbourne from our area.

Terry Threlfall

### Closure of the Barraba Medical Centre

Dear Editor,

I read with dismay that the current owners of the medical centre have abandoned it, leaving the community and the hospital without a resident doctor. Will the Regional Director of the Hunter-New England Health Service please tell us when essential medical services will be restored to Barraba?

Terry Threlfall

## A SUNNY FROST AT FULLER GALLERY

Glorious sunny weather enticed both locals and visitors to experience the Frost Over Barraba Festival, which was welcomed back after a few years absence.

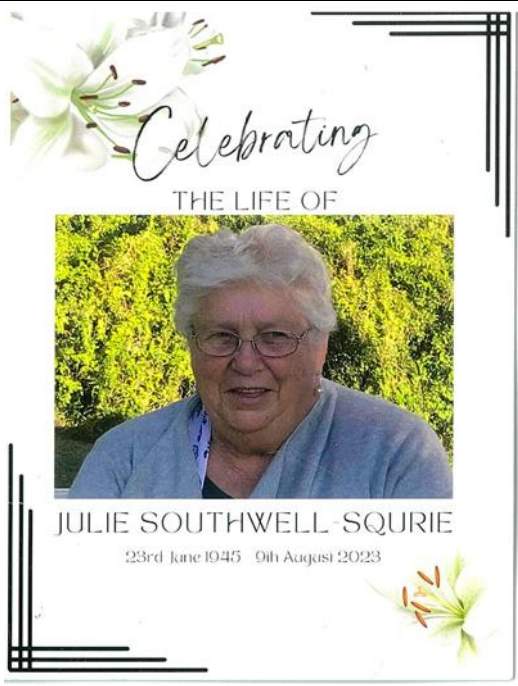
The Fuller Gallery enjoyed a good crowd of browsers on Saturday and Sunday. Besides the Satellite Exhibition of art work by Mike Simpson, Martin Unwin and Lew Koopman; the gallery was brimming with lots of locally made art, craft and pottery items. The “Frost Specials” table and plant stall on the footpath captured the attention of many visitors.



Tempting aromas of Massaman Curry and Chicken Cacciatore drifting from the Gallery kitchen drew in visitors for lunch on both days. Baked homemade sweet treats, too many to name, coupled with a cup of tea or coffee enjoyed in the relaxing atmosphere of the Gallery was just what visitors needed after a busy morning enjoying the festivities in the main street.

Committee members reported that the Frost Over Barraba weekend has resulted in good trade for the Barraba Potters and Craft Guild Inc. A special thanks to everyone who helped with food for morning tea and lunch; and those who gave time on rosters over the weekend.





**JULIE SOUTHWELL**

A memorial gathering will be held at the **Barraba Bowling Club at 6pm on Friday 8<sup>th</sup> September**. Everybody welcome and light refreshments will be available.

acquaintances place to see the collection of their latest 35mm colour slide often poorly composed, out of focus and seen on a make do screen hung on the wall. Once you're in and seated there's no escape!! You're there for the night! Your host is in his element, as he proceeds to show slides of a recent trip to some obscure place that you've never heard of, or a blurred action shot of an important sporting event or a seemingly never ending, unedited out of focus photos of a new baby, that is your hosts pride and joy, but of whom you know nothing.

The slide night does nothing for you and when the evening is over you, with tongue in cheek, express your thanks to your host, for "A lovely evening". However, you depart for home lamenting a wasted night out. The colour slides camera, had manual features that enabled you to get the focus. Correct, sharp and clear. Unlike a modern phone/camera that requires no setting for focus.

As with photography, so it is with life. We need a focus that is sharp and clear. Some people focus on fame and fortune, others on sporting success. Still others on the acquiring of wealth and possessions. Others on pleasure. These seem to offer so much, yet yield so little when related to eternity.

There is a place or more correctly a person, on whom our focus should rest and that person is Jesus Christ, who gives meaning, purpose and eternal life to those who place their trust in Him. On one occasion Jesus was teaching in the Synagogue, (Luke's Gospel Ch. 4:20) Luke tells how Jesus ".....rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on Him".

Jesus was the Master Teacher and all eyes were focussed on Him! Any time is a good time to focus on the one who died on a cross and rose again, for all and everyone who puts their trust in Him. Do present World situations awaken in your mind the brevity of life and how fleeting it can be? We can change or redirect our focus on Him at any time in this life. The Biblical book of Hebrews (Ch. 12:2) says "let us fix our eyes on Jesus, the author and protector of our faith." --- that's wise focus!!

**Written and submitted by John Barwick of Manilla Uniting Church**

**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 3<sup>rd</sup> September 2023  
**Service time 8.45am.**  
 Please note change of time for next 4 months  
 All welcome

**THOUGHT FOR THE WEEK - IN FOCUS**

No longer is a persons' phone just for conversations. The modern phone has wider implications. It is not only for hearing, but its other features include the ability to take photos. It might therefore be classed as a Camera. And photos are always "in focus", something that you could not be assured of in many older cameras. Many years ago, black and white photos were about the extent of personal family photos. The advancement for the colour buff, came largely through the development of the colour slide. Positive and negative features existed. A negative feature might go like this. You are invited to a friend or

**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



## Kinder Transition

We have started our part day Kinder transition and will continue on the 14 September for Term 3 and then recommence in Term 4 for full days on Monday 16 October through to 20 November 2023. Should you wish to enroll your child at St Joseph's Primary please contact the school office on 67821685 for further information.

## Captain's Award For great playground behaviour



*Left to Right. Fletcher T for always being positive and resilient. Archie J for outstanding leadership skills. Levi P for quick thinking in mathematics. Makenna G*

## Reading Awards



*Back Row L to R: Jax M, Elkie W, Preston W, Makenna G, Sophie J, Emily J, Chastity E, Grace H*

*Front Row L to R: Rupert C, Monty C, Fletcher T, Jack S, Levi P, Max N, Ava H*



## Tamworth Antique Fair

The Event Centre, Mecure Hotel

**Scully Park, Kent Street**

**West Tamworth**

**8 September 5:00 pm - 10 September 4:00 pm**

Dealers will be selling a broad range of antiques and collectables including early colonial furniture, some gorgeous jewellery, china, silver and other types of collectibles.

Seventeen well known and reputable dealers, from N.S.W. Southern Queensland & Victoria selling and buying antique, early Australian and European furniture, antique, estate and modern jewellery, silver and silver plate, porcelain including Royal Doulton, Royal Worcester, Moorcroft, Belleek, Shelley., medals, military books and swords, flintlock pistols.

Japanese antiques including Satsuma, Imari, Cloisonne vases, laquer ware, Kabuki noh masks, nesukes.

Rare and out of print books, magazines and ephemera, interesting collectables and bric a brac.

The Fair will be open from 5pm till 8pm on Friday 8th September, 10am till 5pm on Saturday 9th September and 10am till 4pm on Sunday 10th September.

Two and three day passes are available.

Children are free

Eftpos is available.

Wheelchair friendly, no stairs.



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#### BARRABA COMMUNITY NEWS

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Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)

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#### **Barraba Shotgun Club**

#### **Annual General Meeting**

**Sunday 10<sup>th</sup> September 2023 at 5.30pm at the  
 Barraba Bowling Club**

### **Golf Notes – 3 Sept 2023**

Sunday was our first hit of golf for Spring, playing the Father's Day Stableford for the R Fisher trophy. C Sweeney took the win with a 41-point score in a great round of golf that he really needed last weekend when he just missed out on the Club Championship. G Allan and D Anderson came in close behind with a score of 40 points each. On a tight count back, 2<sup>nd</sup> place went to D Anderson and 3<sup>rd</sup> to G Allan.

Match plays are getting to the pointy end with B Simpson showing no age to defeat B Benson. Just like his Cowboys, M Artis fell short to P Simpson, while Club Captain I Cabot was too strong for A Koopman.

Nearest to Pin for the day when to D Kelly on the 3<sup>rd</sup>, D Hulm on the 6<sup>th</sup>, and C Tonkin on the 12<sup>th</sup>.

Next week is 4 Ball Best Ball Aggregate Stableford playing for the M Djuric and J Freeman Trophies. The 24<sup>th</sup> of September is our Breast Cancer Ambrose round. All are welcome, so put it in your calendar and start getting your teams sorted for a great day out.

Also remember, we switch from Sunday afternoon golf to Friday Twilight golf starting Friday 6<sup>th</sup> October, so start getting your teams together for that too.

Happy hitting!

### **Rugby Report**

The Barraba Rams had a good hit-out at the training session on Saturday, with some very good ball handling skills, before finishing with backline play, lineout and scrum work which looked very good. It should give the Rams a good chance of beating Moree at Gunnedah, as they have 2 teams in the final.

Results of the finals at Pirates were; Gunnedah 15 v Narrabri 5, n the girl's game. Moree were beaten by Pirates 11-10 in the reserve grade. Pirates brushed Gunnedah aside by 43-7 in 1<sup>st</sup> Grade and will host the Grand Final on the 16<sup>th</sup> September.

The finals will be played at Gunnedah this Saturday with the girl's game kicking off the day at 11.45am, Gunnedah v Pirates. Reserves at 1pm Moree v Barraba. 1<sup>st</sup> Grade 3pm Gunnedah v Moree

The Rams squad is at follows; W Robinson (C) T Mzisa, J Sakinmaz, S Gorton, J Mallise, C Rogers, N Sweeney, J Robinson, L Clarke, O McKenna, J Sloan, M Pfingst, M Austin, L Smith and J Austin. The Reserves who most likely will get time on the park are; B Freeman, A Abra, T Mellor, Z Mallise, G McGiven, R Staines, J Freeman and W Kelly.

We wish the Rams all the best for this Saturday and keep the flag flying for the Grand Final.

## How 'dad jokes' may prepare your kids for a lifetime of embarrassment, according to psychology

Shane Rogers, Lecturer in Psychology, Edith Cowan University

Marc Hye-Knudsen, Cognition and Behavior Lab, Aarhus University

This Father's Day you may be rolling out your best "dad jokes" and watching your children laugh (or groan). Maybe you'll hear your own father, partner or friend crack a dad joke or two. You know the ones:

*What is the most condescending animal? A pan-DUH!*

*Why don't scientists trust atoms? Because they make up everything!*

Yes, dad jokes can be fun. They play an important role in how we interact with our kids. But dad jokes may also help prepare them to handle embarrassment later in life.

### What are dad jokes?

Dad jokes are a distinct style of humour consisting of puns that are simple, wholesome and often involve a cheesy delivery. These jokes usually feature obvious wordplay and a straightforward punchline that leaves listeners either chuckling or emitting an exaggerated groan. This corny brand of humour is popular. There are hundreds of websites, YouTube videos and TikToks dedicated to them. You can even play around with dad joke generators if you need some inspiration.

### Why are dad jokes so popular?

People seem to love dad jokes, partly because of the puns. A study published earlier this year found people enjoy puns more than most other types of jokes. The authors also suggested that if you groan in response to a pun, this can be a sign you enjoy the joke, rather than find it displeasing. Other research shows dad jokes work on at least three levels:

#### 1. As tame puns

Humour typically violates a kind of boundary. At the most basic level, dad jokes only violate a language norm. They require specific knowledge of the language to "get" them, in a way a fart joke does not.

*What do you call a knight made entirely out of fine china?*  
*Sir Ramic.*

The fact that dad jokes are wholesome and inoffensive means dads can tell them around their children. But this also potentially makes them tame, which other people might call unfunny.

#### 2. As anti-humour

Telling someone a pun that's too tame to deserve being told out loud is itself a violation of the norms of joke-telling. That violation can in turn make a dad joke funny. In other words, a dad joke can be so unfunny this makes it funny – a type of anti-humour.

#### 3. As weaponised anti-humour

Sometimes, the purpose of a dad joke is not to make people laugh but to make them groan and roll their eyes. When people tell dad jokes to teasingly annoy someone else for fun, dad jokes work as a kind of weaponised anti-humour. The stereotypical scenario associated with dad jokes is exactly this: a dad telling a pun and then his kids rolling their eyes out of annoyance or cringing from embarrassment.

*Dad jokes help dads be dads*

Dad jokes are part of a father's toolkit for engaging with his loved ones, a way to connect through laughter. But as children grow older, the way they receive puns change. Children at around six years old enjoy hearing and telling puns. These are generally innocent ones such as:

*Why is six afraid of seven? Because seven ate nine!*

As children age and their language and reasoning abilities develop, their understanding of humour becomes more complex. In adolescence, they may start to view puns as unfunny. This, however, doesn't stop their fathers from telling them. Instead, fathers can revel in the embarrassment their dad jokes can produce around their image-conscious and sensitive adolescent children.

In fact, in a study, one of us (Marc) suggests the playful teasing that comes with dad jokes may be partly why they are such a widespread cultural phenomenon. This playful and safe teasing serves a dual role in father-child bonding in adolescence. Not only is it playful and fun, it can also be used to help educate the young person how to handle feeling embarrassed.

Helping children learn how to deal with embarrassment is no laughing matter. Getting better at this is a very important part of learning how to regulate emotions and develop resilience. Modelling the use of humour also has benefits. Jokes can be a useful coping strategy during awkward situations – for instance, after someone says something awkward or to make someone laugh who has become upset.

#### Dad jokes are more than punchlines

So, the next time you hear your father unleash a cringe-worthy dad joke, remember it's not just about the punchline. It's about creating connections and lightening the mood. So, go ahead, let out that groan, and share a smile with the one who proudly delivers the dad jokes. It's all part of the fun.