

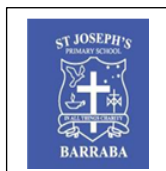


BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 27th September 2023



Captains Award: Jack for great playground behaviour

K: Myles for making a mighty effort in writing
1/2: Lucas for advancing his writing skill by using paragraphs
3/4: Oliver for great progress in reading
5/6: Christina for always having a positive attitude to learning



100 nights reading Grace

150 nights reading Chastity

175 nights reading Hadley and Jack

200 nights reading Felix and Lucas



NOTICE

Hi every one, Kevin Anderson is coming to Barraba 'O'Meara Park' at 11am this Thursday, the 28th September, to collect over 1000 signatures asking for a resident Doctor for Barraba.

All are more than welcome to join to show support for our Town.

Julie Fenwick



On Friday 15th September the faces behind Ruby Mae's Wish (Nick and Kim Peake – Ruby's dad and mum) made a very emotional return to John Hunter Hospital for the first time since saying goodbye to their beautiful Daughter (Ruby) in April 2022, for a major donation from the Charity they established to honour Ruby and her caring nature.



Nick and Kim were welcomed with open arms by the amazing, caring and beautiful doctors and nurses from the Paediatric Intensive Care Unit (many of whom cared for Ruby and supported them through a nightmare). The staff put on a lovely morning tea and invited patients, parents and carers along for the presentation of the medical equipment donated by Ruby Mae's Wish totalling a value of \$8,970.90.

Kim and Nick had been in continuous communications with the PICU staff at John Hunter Hospital since February 2023 about what equipment would be best utilised and how it would be used to help care for children admitted to the ward and ultimately their families. This was not a decision that the staff at JHH PICU ward took lightly, there was many deliberations with various doctors and nurses about their suggestions and what would be most useful and most beneficial to the ward.



The medical equipment donated was:

- 1 x Airvo3 costing \$7,608.00 – John Hunter suggested this piece of equipment as they stated it *"is a much needed piece of equipment for us in PICU. What it will mean is that we can take patients who are on a high flow oxygen therapy out of their room out to the balcony, outside or around the hospital. It has a built in battery that means that the children who are stuck in their room can now have some quality time with their family outside of their PICU room. This will go a long way to improve their recovery"*.

Through conversations and correspondence with John Hunter we learned that the ward currently has a Airvo2 and it is one of the most commonly used machines within PICU. The advantage of the upgrade to the Airvo3 is the 1 hr battery life and that it is portable. This was the number one requested item from staff due to the benefits to the patients and their families.

- The second item donated was a Milk Warmer costing \$1,362.90 – The staff requested the warmer *"to be able to heat breast milk/formula for our babies who are needing this. It will allow the parents and our nurses to deliver better nutrition to our unwell babies and infants"*. It is a waterless warming and thawing device that helps to optimise and standardise human milk processes. The milk warmer aims to maintain the integrity of human milk by warming it to a temperature consistent with expressed breastmilk and not exposing it to a high heat.

The doctors and nurses were all so humbled and touched by the generosity of the charity, some of the staff who attended the morning tea and presentation even came in on their days off to show their thanks and gratitude towards Nick and Kim for what they have accomplished despite the adversity they have experienced though their loss of Ruby. The value and the impact of the equipment donated is significant in itself but the staff wanted to express what the enormity of Nick and Kim's visit had on them personally and professionally, so they reached out after the visit to express this by stating *"your effort to come and meet our staff and show us that through your adversity you have found the strength to help others. Your visit and interaction with our team was a great boost to our team's motivation and commitment to keep giving the best possible care to the children we look after"*.

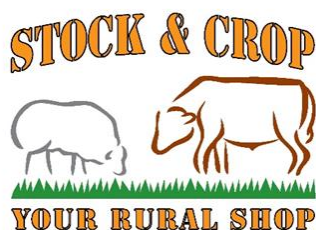
John Hunter PICU fitted both pieces of equipment with a plaque which proudly shows Ruby Mae's Wish logo and details, which will help us keep part of Ruby's dreams of being a doctor alive (we are still working on the mermaid part).

Our visit to JHH, the donation and Ruby Mae's Wish would not be possible without the generosity of each and every person who has showed us their support and kindness by promoting the charity, sharing our details, wearing purple in recognition, sending messages of support, donations and everything else in between. We are so humbled and thankful to each and everyone of you and we will continue to try and make positives out of the negative cards we have been given. All because we will always continue to keep Ruby's dreams and spirit alive in the best and biggest ways we can.



Ruby Mae's Wish
Barraba NSW 2347
Nick Peake 0428 564 515
Kim Peake 0438 355 500
Like us on Facebook [\(1\) Ruby Mae's Wish | Facebook](#)

"How lucky am I to have something that makes saying goodbye so hard" - Winnie the Pooh



STOCK & CROP – CHANGE TO BUSINESS HOURS

Please note that from the October Long Weekend onwards, Stock & Crop

will not be open on Saturday mornings.

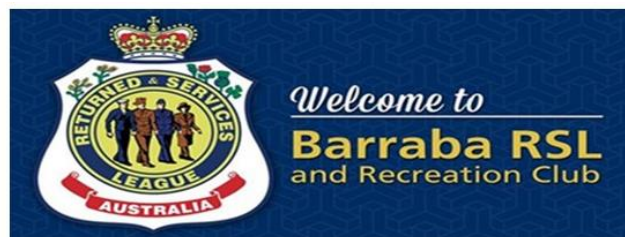
Upper Horton Club

Attention Everyone!! Mark, our chef that was cooking at Horton Sports Cub earlier in the year, is cooking on Friday night 29th and Sunday lunch 1st October. So, come on down and see what he has to offer!!!! Seafood Parmi and beer battered prawns on the menu 🍷



POSITIONS VACANT BARRABA RSL & RECREATIONAL CLUB

HAVE THE FOLLOWING CASUAL POSITIONS VACANT
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CLEANER
KITCHEN HAND/COOK
PLEASE EMAIL RESUME TO
manager@barrabarsl.com.au or drop it into the club



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 29th September

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1300

SUNDAY 1st October

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW 6 DRAWS \$2000

**Please note the Club will be closed Monday
2nd October**

FRIDAY 6th October

Kevin Spencer from 6pm

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

We're live on the web

Now you can get the local news updated
more frequently by going to

www.barrabacommunitynews.org.au



Rural Aid encourages farmer registrations as El Nino is declared

Australia's most trusted rural charity is encouraging farmers to reach out for assistance as the Bureau of Meteorology officially declares an El Nino event. The El Nino weather pattern means hot, dry seasons that trend towards drought.

Rural Aid CEO John Warlters said the Bureau's announcement confirmed many producers' fears. "Today's announcement of the El Nino weather pattern will bring a lot of unwelcome memories to the surface for our farmers, who've been anxiously watching land and waterways dry up," Mr Warlters said. "Thousands of farmers are already managing their land with a view to drought, but today's announcement makes that approach all the more important. The past drought was regarded as the worst in living memory for the majority of the country, and it's understandable that many farmers are scared of going through that again, We're encouraging farmers to reach out and register with Rural Aid now."

Mr Warlters said "In the past four months, requests to Rural Aid for emergency drinking water have increased by 240 per cent, and our free water tank offer was exhausted in just four hours with more than 95 applications. We're aiming to deliver another 50 water tanks by the end of this year to meet demand. Rural Aid helps farmers with hay, drinking water, financial assistance, counselling and volunteers; all at no cost to our primary producers, thanks to the generosity of the Australian public and our corporate partners. This El Nino declaration is a particularly upsetting moment for our farmers. It means conditions are likely to get worse before they get better. I'm encouraging farmers who are finding themselves overwhelmed to give our rurally-based counselling team a call for a free chat, to make sure they're in the best possible position they can be to take on the upcoming seasons," Mr Warlters finished.

Primary producers are urged to register online at www.ruralaid.org.au or by calling 1300 327 624. Rural Aid's counsellors can be reached at 1300 175 594.

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!!



MEALS ON WHEELS DELIVERY
Deliver meals to clients straight to their door



GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE



Nandewar Historical Society Inc

Historical Society Coming Events

Market Day – 14 October 2023

AGM – 17 October 2023

Bookstall Market Day – 21 October 2023

FOR SALE

JOHN DEERE D100 RIDE ON MOWER WITH GRASS CATCHER
GOOD WORKING ORDER. \$1750 ONO

PANASONIC INVERTER FRIDGE FREEZER COMBINATION 365L
SLIDE OUT FREEZER ON BOTTOM VGC
\$300 ONO

PH 0466308313

History Notes

A productive meeting last week with a number of topics discussed. There will probably be two markets in October, one on the normal second Saturday in October and another book market the next week to coincide with the Motor Show. The second one centered on books will have a stall or two from our usual stallholders as well – it is up to them. The number of secondhand books has exploded so we are going to attempt to get rid of as many as possible on that day. The Society will still have their usual stall at the first market – watch the advertisements to keep up with what is happening.

October is Annual General Meeting month, and it will be held on the second Tuesday in October, which is earlier than usual so keep an eye on the advertisements and remember everyone can attend an annual general meeting if they have an interest in the society.

The Taylor family tree is now in the museum collection and apart from the date of the original marriage being incorrect, all seems to be in order. Edward Taylor married Elizabeth White in the Barraba district in 1853 – one of the earliest district weddings.

This week I found time to look up the early Bushell family in some of my history books and found that Paul Bushell arrived in Australia in 1790 – he was a native of Warwick in the UK.

On arrival he was among a large number of sick people on the Surprise but soon regained his health and set to work, making a living for himself. He married Jane Sharp and daughter, Isabella, was born in 1800. She was Isabella Bushell who was in charge of the Barraba Hotel. We are grateful to the Ratliff family who donated a photo of the burnt hotel with a woman, who could be Isabella, standing in front of it.

Continuing the Bushell family – Paul's wife, Jane, died leaving him with a young family of three children. Eighteen months later, Paul married Isabella Brown and ten more children were born, including Alfred, born in 1827, who married Margaret Martin in 1848. They were the parents of the Barraba Alfred Bushell family who were all born in the Barraba district.

It seems that one query about Windsor's Barraba Hotel has produced a whole family history as well as the hotel's history.





Split-Rock dam wall construction site circa 1985. Posted by Brian Coote



Queens St from Alice St probably in the 1970s (from Brian Coote)

Form 114 (version 4)

Succession Act 2006 s.93, Probate and Administration Act 1898 s 92 and Trustee Act 1925 s 60

**NOTICE OF INTENDED DISTRIBUTION.
ESTATE OF BERYL JEAN FREEMAN**

Any person having any claim upon the estate of Beryl Jean Freeman, late of Barraba who died on 29th May 2023 must send particulars of the claim to the legal representative for the estate at care of PJK Law, 149 Queen St Barraba NSW 2347, Ref 2023PJK1226, within 30 days from publication of this notice. After that time the legal representative intends to distribute the property in the estate having regard only to the claims of which the legal representative had notice at the time of the distribution.

Form 114 (version 4)

Succession Act 2006 s.93, Probate and Administration Act 1898 s 92 and Trustee Act 1925 s 60

**NOTICE OF INTENDED DISTRIBUTION.
ESTATE OF VALERIE LORRAINE URQUHART**

Any person having any claim upon the estate of Valerie Lorraine Urquhart, late of Barraba who died on 7th June 2023 must send particulars of the claim to the legal representative for the estate at care of PJK Law, 149 Queen St Barraba NSW 2347, Ref 2023PJK1228, within 30 days from publication of this notice. After that time the legal representative intends to distribute the property in the estate having regard only to the claims of which the legal representative had notice at the time of the distribution.

CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 5pm
2nd 3rd 4th and 5th Sunday 9am
Upper Horton 11am on the 3rd Sunday
Weekday Mass Wednesday 10am

BARRABA UNITING CHURCH NOTICES

Sunday 3rd September 2023

Service time 8.45am.

All welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 2nd Sunday of the month at 11.30am

Snippets from St Laurence's

We have finished our study of 1 Samuel and will be spending a few weeks looking at the first letter of John, the same John who wrote the fourth gospel. His letters, three in all, are tucked in just before the Book for Revelation at the end of the Bible. They are brief – in my Bible all three take only four pages – but full of good counsel. Dust off your bible and read what he says.

School holidays are with us, so our Youth Group is in recess, but it will be back with the new term. Also, during the holidays, the children remain with us during the service, with activity sheets, though the creche is operational.

Think about these words from 1 John, chapter 1, verses 8 & 9: *"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

Beth



The poster features a background image of a tree with pink blossoms. Three circular inset images show different types of plants: a green leafy plant, a plant with small white flowers, and a plant with small yellow flowers. The text is arranged in a clear, organized manner with a mix of bold and regular fonts. Logos for Northern Slopes Landcare and other partners are in the top right and bottom right corners.

COMMUNITY NURSERY INFO SESSION

10-12noon
TUESDAY
10TH OCTOBER
The Living Classroom, Bingara

All welcome. We'll be:

- Meeting and greeting with a cuppa and nibbles
- Touring the nursery facilities
- Having a propagating with seed demo

Working bees will start Tuesday 7th November, come as you can

RSVP (for catering purposes) by 6th Oct
coordinator@nsia.net.au
0438 353 682

Supported by:

Logos at the bottom include: Northern Slopes Landcare, Bingara Shire Council, FRRI, and others.



100,000 temporary jobs

Register your interest to work at the referendum on Saturday 14 October 2023

-  All jobs are paid and no experience is needed
-  Training is provided and you're paid to do it
-  Work before, on or after referendum day

 Register your interest and for more information, visit aec.gov.au/electionjobs

Authorised by the Electoral Commissioner, 10 Mort Street, Canberra, ACT

AEC23-1892

The opportunity

We have 100,000 employment opportunities available in cities, regional and remote areas across Australia.

Join our team and help deliver the first referendum in over twenty years. You'll be contributing to your community and Australia's democracy, while meeting great people.

The Australian Electoral Commission's role is to deliver the referendum with the highest levels of integrity and impartiality. To work at the referendum, you must be an Australian citizen and be both [politically and issue neutral](#).

2023 referendum

Work in your community on referendum day, Saturday 14 October 2023 and earn extra money.

We are increasing support at polling places that service large First Nations communities and locations with a high multicultural population. If you speak a language other than English, you might be able to use these language skills to offer greater assistance to voters on voting day. When you register online, please tell us in the 'Language' section.

What we offer

Casual pay rates

Tailored training

Unique opportunity

Working at federal events, like the referendum, offers you an opportunity to:

- earn income on a casual basis – up to 5 weeks of work depending on the job.
- receive paid training.
- learn new and transferrable skills, such as customer service, leadership and operational delivery.
- achieve work experience for your resume and potential references.

BARRABA COMMUNITY NEWS
COMMUNITY OWNED AND EDITED

Published by Community College Northern Inland Inc.

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 Office: 02 67821662
 Email news@barrabacommunitynews.org.au

Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses

Go fund me page for Elizabeth Ervine

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

Phone: 0452461445

Email: shell.sarkis@bigpond.com



MIXED BAG IN THE BUDGET FOR TAMWORTH

The budget has delivered a mixed bag

for the Tamworth electorate, as it falls short of the massive \$449 million in funding from last year's budget.

Member for Tamworth Kevin Anderson said he was disappointed by the budget, however there was some relief for key projects in the electorate, ensuring they would continue under the Labor Government.

"I am very disappointed that the Labor Government is still vague on details like the redevelopment of the \$53m Gunnedah Hospital, the community needs to know what the next steps are, the details on the Goonoo Goonoo road upgrade but I'm pleased to see funding to kick start the planning for a recycled water treatment plant for Tamworth."

Funding items identified in the NSW Budget include:

- \$53 Gunnedah Hospital
- Building a Better Banksia mental Health – State wide program
- \$6 million for water security in Tamworth
- \$5.6 million for the Gunnedah Koala Sanctuary
- \$1.3 million for Centacare's Keep on Track program
- \$2.5 million for an early childhood education centre at Gunnedah TAFE
- \$26.2 million for new and upgraded homes for Aboriginal Housing Organisation
- \$2.3 million for the Chickpea Breeding Program
- Continuation of planning for the \$40 million Goonoo Goonoo Road project.

"Another major blow from the Labor Government is that there is no commitment for a new school in Tamworth, which we know we will need within the next decade. Our schools are bursting at the seams and the lack of funding to plan for a new school is bitterly disappointing."

TAMWORTH'S WATER RECYCLING FUTURE BRIGHTER

Member for Tamworth Kevin Anderson has welcomed \$6 million in funding "to improve water security for Tamworth by identifying practical solutions". Mr Anderson said the funding, announced in the NSW Budget, will go toward a business case for Tamworth's proposed industrial water recycling plant.

"We need to be innovative in our approach to water security for Tamworth, and always looking for ways to be more

efficient in the use of our most precious resource," Mr Anderson said. "That's why I have long supported the development of an industrial water recycling plant for Tamworth, helping take our abattoirs off the main supply, and saving water for longer in Chaffey Dam. I've been meeting with the Minister for Water Rose Jackson over several months ahead of this year's NSW Budget, impressing on her the need to fund a final business case for the project. Industrial water recycling is a complex proposal that hasn't been done before in NSW, and as a result, significant work needs to get underway to ensure the project meets regulatory approvals and community expectation. I welcome the NSW Government's injection of \$6 million into water security for Tamworth, because we know that another big dry is never far away and we have to drive innovation and be more efficient about the way we use and conserve water. Once this is complete, the government, along with council, will be better positioned to attract further funding from all levels of government for what will likely be a \$100 million project. I thank the Minister for her commitment to Tamworth and look forward to seeing work progress on the business case for this important project."



Golf Notes

Kerrie Smith carded an excellent 43 Individual Stableford points to claim the Vera Doyle memorial trophy on

Sunday. With the drying conditions ensuring plenty of run there were some good scores carded. Runner up on 42 points was Will Sedgwick, Bevan Benson 41, Ali Smith 39, Paul Grigg 38, Dan Lott 38, Gary Allen 37, and Keith Akers 37. NTPs went to Craig Rutley on the 6th and Will Sedgwick on the 16th.

In single match play Firmen Allan defeated Kerrie Smith 2 and 1 whilst in fourball matchplay Kerrie and Ali Smith were victorious over Peter York and Craig Rutley.

Next Sunday 1st October is the last event for our official golf program for 2023. We will be playing a 4BBB v Par for the John Hartley and Tim Bucknell trophies.

Commencing on Friday 6th October is the start of our Twilight competition. Can you start letting Ian know of teams please.

Rumour is that one of our players when retrieving a ball from near the river on Sunday found his old stick from a few years.

LETTER TO THE EDITOR

A tale of Two Op-Shops by an observer

I'm relatively new to Barraba, so I may be speaking out of turn. My name is not important, my perspective, I hope is useful.

Barraba has not a dearth of services - to have one of anything is more than the Tamworth Regional Council feels we deserve. I received a letter from Council a month or so back replying to a complaint, basically saying, "You cost us more than we get, so get lost." So, basically we are on our own.

We find ourselves in the unusual position of having two op-shops. Op-shops being a general sign of low economic activity and families with general difficulty putting food on the table. We have two. So I'm not sure what that says about the financial health of Barraba.

The recently opened community op-shop is called "Opportunity Knocks". An initiative of a few civic minded women who saw what they believed was a need and are in the process of fulfilling it. A shop and meeting place where donations are recycled back to the community at prices that are give-away and where all profits are channelled to the Barraba citizen's committee to use for the benefit of the community. No one at the op-shop receives a salary. Anyone in need is helped directly.

The alternative is Vinnie's - the Barraba flagship of the op-shop world - has been around for a long time. As St. Vinnie's it has been a stalwart of country towns across Australia - a charity that everyone knows for cheap clothing and goods, and good works.

St. Vinnie's changed to "Vinnie's", to many a mistake breaking from the "brand" and its reason for existing. The secularisation of society didn't need the change. The general word around town seems to be that Vinnie's no longer is interested in helping at the grass roots level - they have gone corporate.

They have just appointed a new CEO - and changed their policies. No longer cheap as chips for the people who need it - Vinnie's now prices items that were \$4 and \$8, now to \$20 and \$40 - with the internal explanation that now they are going to be profitable and those profits - the ones left over after paying the executive staff - will be distributed to the poor and needy. We all know how that works.

Both op-shops work with volunteers - both have a charitable mission statement. One has everyone at the same level and all profits going to the cause - the other has working volunteers, working for nothing, so that the executives in the

big city offices can be paid and if there is anything left it goes to a good cause. As with most charities that become professionally managed the first "good cause" is executive salaries and promotion.

I'm surprised that there are still people who will voluntarily work for nothing to benefit an executive office. Now, if was up to me I'd donate and support the community resource - the one that helps a struggling community directly - the one that knows the people. But hey, I'm new, so what would I know?

Editor – Name and address supplied



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TALE OF AN OLD GUM-TREE

I've waited and watched for a hundred years,
And my limbs are twisted and bent;
There's a wound on my trunk that the bush fires made,
And a scar that the lightning rent,
There is many a hole in branch and bole
Where wood-ducks find a rest,
As they halt at night on a southern flight
From the dried-out spaces west.

There's a foam-stained rim on my knotted trunk,
Flood-height of an olden year,
And a nipped knob that has overgrown
The head of a broken spear,
There are lines rough-cut on my naked butt
That tell of a mate who died,
And a crumbling mound on the broken ground
With a fallen cross beside.

The river is one of my oldest friends;
The drought is my oldest foe;
And I watch and wait when the rains are late
As the seasons come and go.
I've a word to say to the Milky Way
In the calm of a summer night;
The Southern cross is a friend of mine,
And I bow to the Southern Light.

The sun sank red as the cattle fed,
And the emu's ran in fright;
The camp-dogs growled while the dingo howled
In the dead hours of the night.

I've waited and watched for a hundred years,
And I'm good for many a score-
The white men come and the White men go,
But the black men come no more,
And the seedlings grow in the overflow
Till they're eaten down by the sheep;
And the sun sinks red where the cattle tread
And the black man's children sleep.

By Jim Grahame

From The Conversation

Why do I fall asleep on the sofa but am wide awake when I get to bed?

Madeline Sprajcer, Lecturer in Psychology, CQUniversity Australia

Sally Ferguson, Director, Appleton Institute, CQUniversity Australia

After a long day, you flop onto the sofa and find yourself dozing off while watching TV. The room is nice and warm, the sofa is comfortable, and the background noise of the TV lulls you to sleep.

Then a loved one nudges you awake and reminds you to go sleep – in bed. But when you get there, you find to your frustration that you're wide awake.

Why does sleep come so easily on the sofa but not always in bed?

Why is it so easy to fall asleep on the sofa?

Sleep pressure is one reason why you fall asleep on the sofa. This refers to the strength of the biological drive for sleep. The longer you've been awake, the greater the sleep pressure.

Your body clock or circadian rhythm is another factor. This tells you to be awake during the day and to sleep at night.

Your environment will also impact how likely it is you fall asleep. You might have just eaten a meal, your very comfortable sofa is in a warm room, with dim lighting and maybe a TV program in the background. For many people, this environment is perfect for falling asleep.

So by the end of the day, sleep pressure is strong, your circadian rhythm is telling you it's time for sleep and your environment is cosy and comfortable.

What happens after a nap on the sofa?

If you've had a nap on the sofa before heading to bed, your sleep pressure is likely much lower than it was before your nap. Instead of having more than 16 hours of wakefulness behind you, you've just woken up and therefore have less sleep pressure. This can make it much harder to fall asleep in bed.

If you just fell asleep on the sofa for five minutes, you might not have too much trouble getting to sleep in bed. This is because a nap that short is unlikely to reduce your sleep pressure very much. But if you were asleep for an hour, it might be a different story.

Your sleep cycles might also be working against you. Most sleep cycles are about 90 minutes long. They start with light sleep, progress to deep sleep, and then end with light sleep again. If you wake up during deep sleep, you're probably going to feel groggy – and it might be easy to get back to sleep when you go to bed. But if you wake up during light sleep it could be harder to fall asleep again in bed.

The activities you might do when you get up from the sofa – like turning on bright lights or brushing your teeth – can also make you feel more alert and make it harder to sleep when you get to bed.



Brushing your teeth in a brightly lit bathroom? That may not help. [Shutterstock](#)

Why can't I fall asleep in my own bed?

There are other reasons why falling asleep in your bed could be challenging. Many people experience anxiety about falling asleep. They worry about getting enough sleep or falling asleep fast enough.

In such cases, getting into bed can be associated with feelings of stress and apprehension, which make it even harder to sleep. It might be easier to fall asleep on the couch, where there is less stress involved.

It might also be harder to fall asleep in bed because of poor sleep hygiene. This refers to your pre-sleep behaviours and sleep environment.

Good sleep hygiene, or healthy sleep habits, includes having a regular routine before bed, a dark, quiet room to sleep in, and not using your mobile phone in bed. For many people who don't have good sleep hygiene, their behaviours before bed and their bedroom environment might not be conducive to sleep.

How can I make it easier to fall asleep in bed?

First, make sure your room is dark, quiet and comfortable. In winter this might mean putting a heater on 20 minutes before you go to bed or taking a heat pack to bed with you. In

summer, you might consider air conditioning or a fan to make your bedroom comfortable for sleeping.

If you find it easy to fall asleep with the TV on, you might like to play "white noise" in your bedroom as you fall asleep. Some evidence suggests this may make it easier to fall asleep by masking other disruptive noises.

Your behaviour before bed also impacts how easy it is to fall asleep. Making sure you follow the same bedtime routine every night (including going to bed at the same time) can help.

Also, even though it's hard, try not to look at your phone while you're in bed. Scrolling on your phone before bed can make it harder to sleep due to both exposure to blue light and the potentially stressful or alerting effect of the content you interact with.

In a nutshell

The best way to make it easier to fall asleep in your bed is to avoid falling asleep on the sofa in the first place.

This will ensure all the sleep pressure you build up during the day will be directed towards a deep sleep in your bed.



"It says here that you'd prefer someone with regular bowel movements..Does it matter if they're involuntary?"

The YES pamphlet: (official Government pamphlet delivered by mail recently) campaign's voice to parliament referendum essay –factchecked by The Guardian

Vote Yes for a better future for Aboriginal and Torres Strait Islander people and all Australians.

Vote Yes for unity, hope and to make a positive difference.

Voting YES is about:

Recognition

■ Recognising Aboriginal and Torres Strait Islander people in our Constitution and paying respect to 65,000 years of culture and tradition.

Listening

■ Listening to advice from Aboriginal and Torres Strait Islander people about matters that affect their lives, so governments make better decisions.

Better Results

■ Making practical progress in Indigenous health, education, employment and housing, so people have a better life

Fact check *The latest data from the Productivity Commission shows few Closing the Gap report targets are on track to be met and, in crucial areas like incarceration and child removals, the gap is getting worse. These are entrenched issues that will take a long time to turn around, whether there is a voice or not.*

It's a change only you can make happen.

Fact check *The government could legislate a voice but constitutional enshrinement is something that is called for in the Uluru statement from the heart.*

Vote Yes to an idea that comes directly from Aboriginal and Torres Strait Islander people themselves: Constitutional Recognition through a Voice.

Fact check *Two different polls have shown 80-83% of Indigenous Australians support it. However, the yes campaign and the Labor government are continuing further outreach to Indigenous communities to explain the concept and the referendum. The prime minister, Anthony Albanese, said on Monday "the yes campaign needs to be stronger in putting the case".*

What is the Voice:

The Voice will be a committee of Aboriginal and Torres Strait Islander people who will give advice to the Parliament and Government on issues that affect their community.

It will include Indigenous Australians from every state and territory, the Torres Strait Islands and representatives from the regions and remote communities.

Members of the Voice will be chosen by Aboriginal and Torres Strait Islander people in their local area and serve for a fixed period.

Fact check *The government has not shared a draft of the voice model, and says concrete details about how many people sit on it, how they are selected and how the voice would interact with parliament would be decided first through further consultation with Indigenous communities after the referendum, and then changed or amended over time by the parliament of the day.*

Why we need it:

There are big challenges facing Aboriginal and Torres Strait Islander people:

■ A life expectancy 8 years shorter than non-Indigenous Australians.

- Worse rates of disease and infant mortality.
- A suicide rate twice as high.
- Fewer opportunities for education and training.

Clearly, the current approach isn't working.

To close these gaps, find solutions and plan for the future we need to listen to advice from Aboriginal and Torres Strait Islander people about issues affecting their lives and communities.

Fact check *The government has not yet stated how the voice would interact with parliament or government, or how its advice would be delivered or considered.*

How the Voice will work:

The Voice is about advice.

When governments listen to people about issues that affect them, they:

- Make better decisions.
- Get better results.
- Deliver better value for money.

The Voice will give advice on key issues facing Aboriginal and Torres Strait Islander people, from better infant health to improving services in remote areas.

Parliament and Government will still be responsible for all laws, programs and funding.

Patrick Dodson, Senator for Western Australia, Yawuru Elder:

"When people on the ground are listened to and engaged, better laws and policies are made. Advice from the Voice will make our decisions and directions more informed and more successful. Recognition in the Constitution will help heal our nation."

THE VOICE: KEY FACTS

- Idea comes from Aboriginal and Torres Strait Islander people.
- Recognises First Peoples in our Constitution.
- A committee of Aboriginal and Torres Strait Islander people.
- Gives people a say on issues affecting them.
- Listening will mean better results – and better value for money.
- Representatives from all states and territories, the Torres Strait Islands and remote communities.
- Will include young people and a balance of men and women.
- Parliament and Government still responsible for laws, programs and funding.

KEEP READING FOR 8 MORE REASONS TO VOTE YES.

1. This idea came directly from Aboriginal and Torres Strait Islander people.

Voting Yes means:

- Supporting an aspiration put forward by Aboriginal and Torres Strait Islander people over decades.
- Accepting a proposal backed by over 80% of Aboriginal and Torres Strait Islander people.

The call for a Voice did not come from politicians.

In 2017, after many years of work and countless conversations in every part of the country, nearly 250 Aboriginal and Torres Strait Islander leaders and elders endorsed the Uluru Statement from the Heart.

Calling for recognition in the Constitution through a Voice.

Asking us to help make practical change in their lives and create better opportunities for their children.

Australians from all walks of life, all faiths and cultures, and all sides of politics have given their support to this proposal.

Now we can make it a reality.

Voting Yes is an act of unity that will bring Australians together.

2. Constitutional recognition for concrete results.

Constitutional recognition is a powerful statement that will drive practical change. Voting Yes means:

- Recognising Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.
- Celebrating and sharing 65,000 years of history.
- Sending a powerful message to the world about Australia's unity.
- Making a practical difference for the future.

Generations of Aboriginal and Torres Strait Islander people have enriched our nation with their culture and creativity, their knowledge of the land and waters, and their contribution to Australian life.

Our ancient continent is home to the world's oldest living cultures. Recognising this in our Constitution is an inspiring way to celebrate our shared history.

Voting Yes is an act of reconciliation that will deliver real results:

Fact check Many in the no campaign, including the parliamentary Liberal party, say they support constitutional recognition and would strongly support that sole question being put at the referendum. The no campaign's major message is in opposition to the voice itself, not constitutional recognition.

The form of recognition Indigenous Australians are asking us to support is a Voice. A vehicle for practical change.

Johnathan Thurston, NRL champion and coach, Gunggari man:

"Our young people deserve the chance to be their best. I work closely with schoolkids in the Yarrabah community in Queensland. I've seen the obstacles they face. Nobody understands that better than their local community. Giving them a say will mean more of our kids reach their potential. That's what the Voice is about."

3. Ensure people have a better life.

The Voice is a vehicle to deliver real improvements for Aboriginal and Torres Strait Islander people in:

- Life expectancy.
- Infant mortality and health.
- Education and employment.

Fact check The latest data from the Productivity Commission shows few Closing the Gap report targets are on track to be met and, in crucial areas like incarceration and child removals, the gap is getting worse. These are entrenched issues that will take a long time to turn around, whether there is a voice or not.

For a long time, governments with good intentions have spent billions trying to deal with these issues. But they haven't achieved lasting improvement because they haven't listened to people on the ground. The current approach is broken and the Voice is our best chance to fix it.

No-one thinks the Voice will instantly solve everything - but we will finally have the right approach in place.

Here are three examples where listening to Indigenous people has delivered better outcomes

IMAGINE THE PROGRESS AUSTRALIA COULD MAKE WITH A VOICE.

Listening Works: Better Health Services

Community-controlled Aboriginal Medical Services employ local Indigenous people. They run clinics and visit remote areas, providing essential services like child immunisation.

In South East Queensland, the local Aboriginal Medical Service and the community worked together to hugely increase the number of annual health checks, from 550 to over 20,000 over 10 years.

Fact check *As part of the national push to increase immunisation rates in Aboriginal communities undertaken by Aboriginal medical services, this would occur within existing systems, without the need for a voice to parliament.*

Listening Works: Better Results in Education

Families and community leaders have been involved in every step of the new Dhupuma Barker school in Arnhem Land, from lesson-planning to uniforms and lunches.

Genuine partnership has driven strong school attendance rates and better results. The 'Dhupuma Firebirds' Robotics team recently competed in the VEX International Championships in Texas, the first team from the Northern Territory ever to qualify.

Principal Phillip Heath says:

"Listening to the community is a game-changer in regional and remote education."

Listening Works: Indigenous Rangers

There are nearly 2,000 Indigenous Rangers working on country.

Rangers care for our environment by working to prevent bushfires, controlling feral pests and improving the health of our rivers.

Listening to Indigenous Rangers means sharing in 65,000 years of knowledge and connection to our land and waters.

Vote Yes for better results around Australia.

Vote Yes to help close the gap.

4. Bring our country together.

Voting Yes means:

- Becoming reconciled with our past and moving to a better future.
- A change only you can make happen.

Australia has come a long way since our Constitution came into effect in 1901. We now rightly celebrate Indigenous Australians and their contributions to our country.

At the 1967 referendum, 90% of Australians voted Yes to changing the Constitution, so Aboriginal and Torres Strait Islander people would be counted in the population in the same way as everyone else.

Fact check *The 1967 referendum gave parliament the power to make laws for Aboriginal people and for Aboriginal and Torres Strait Islander people to be counted in the official figures collected in the census.*

Together we have a chance to take the next step - recognising Aboriginal and Torres Strait Islander people through a Voice.

Other nations with similar histories, like Canada and New Zealand, formally recognised their own First Peoples decades ago.

Experience shows there is nothing to fear - and so much to gain.

Rachel Perkins, Filmmaker from Alice Springs, Arrernte/Kalkadoon woman:

"Our people have spent decades campaigning for the opportunity of a better life. We've never been more determined or more united. The Voice is our best shot, let's take it."

Fact check Perkins is also one of the co-chairs of Australians for Indigenous Constitutional Recognition, the board behind the Yes23 campaign.

5. Save money.

When governments listen to people, they get better outcomes and use funding more effectively.

Aunty Pat Anderson AO, Co-Chair Uluru Dialogues, Alyawarre woman:

“When you involve people, you make better decisions and the money you spend goes where it’s needed most: to the people on the ground.”

Governments from both sides have invested billions in programs that haven’t fixed problems or reached communities.

Fact check NIAA is a government department, like Defence or Health. As at 31 December 2021, just 23% of NIAA staff identify as Indigenous. Under the previous Coalition government, 39% of all grants were being paid out to 589 non-Indigenous corporations, charities and organisations.

A Voice will help us listen to locals and save money.

We’re all better off when governments don’t waste taxpayer money on things that aren’t working.

6. The time is now.

The idea of a Voice has been decades in the making. Many Aboriginal and Torres Strait Islander people have put in a great deal of hard work and goodwill.

Fact check Constitutional recognition has been on the agenda in various forms for decades, including in the 1999 referendum question concerning a preamble to the constitution under the Howard government.

Voting No means nothing will change. It means accepting we can’t do better.

Don’t risk more of the same:

- Worse life expectancy.
- Worse results in education and employment.
- Worse outcomes in health.

Vote Yes to break this cycle and unite our nation.

Eddie Betts, Adelaide and Carlton AFL legend, Gubrun, Wirangu/Kokatha man:

“I know the Voice won’t fix everything overnight but I feel like it’s the opening of a pathway to make sure we are included and respected in decision-making on issues that impact us.”

7. Practical advice that works.

The Voice will advise on practical steps to improve Indigenous health, education, employment and housing.

Putting the Voice in the Constitution gives it stability and independence, now and into the future.

This means the Voice can give frank advice, without getting caught up in short-term politics.

We can’t solve all the challenges Indigenous Australians face overnight. We need action now, as well as planning for the long term.

That’s why we need a Voice that can’t be abolished with the stroke of a pen.

Legal experts have made it clear that the Voice will not have the power to prevent, delay or veto laws or decisions. **The Voice is about advice.**

8. Making government work better.

Voting Yes means:

- Government getting better advice and delivering better outcomes.
- An addition to the Constitution backed by the experts.

Senior lawyers and former High Court Judges have been part of this process.

What the Legal Experts Say:

- Constitutionally and legally sound.
- Will enhance our system of government.
- No veto power – Parliament and Government have final sign-off.

Fact check For details see the *Advisory Report on the Constitution Alteration (Aboriginal and Torres Strait Islander Voice) 2023*.

Robert French AC, Chief Justice of the High Court of Australia 2008-2017 and Geoffrey Lindell, Emeritus Professor of Law, University of Adelaide:

“The Voice is a big idea but not a complicated one. It is low risk for a high return... The Voice will provide a practical opportunity for First Peoples to give informed and coherent and reliable advice to the Parliament and the Government.”

- Joint Opinion Piece, Australian Financial Review, 4/2/2023.

Now it's up to us.

Evonne Goolagong Cawley AC MBE, former tennis world number one, Wiradjuri woman:

“Voting Yes is a chance for all Australians to celebrate the contribution Aboriginal and Torres Strait Islander peoples have made to our country and to help the next generation chase their dreams. Let's grab this moment with both hands.”

Aboriginal and Torres Strait Islander people have given us a once-in-a-generation chance.

We can vote Yes to be part of a great unifying moment that will bring about a better future.

We can vote Yes to:

- Do the right thing by Aboriginal and Torres Strait Islander people.
- Give people a say on issues that affect them.
- Make a practical difference that improves lives.

Let's vote Yes for **recognition, listening** and **better results**.

Let's vote Yes to ensure Aboriginal and Torres Strait Islander people live better lives with more opportunities for their children.

In a spirit of unity, let's vote Yes together.