



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 11th October 2023



Trainee Administration Assistant

In this position you will assist the Barraba Campus Coordinator by providing day-to-day administration functions to the CCNI Campus. You will provide excellent customer service as the first point of contact for students and visitors and respond to all forms of correspondence to ensure the smooth running of the Campus. The position includes the handling of confidential information. The position is part-time, 19.5 hours per week.

Essential criteria

- Ability and willingness to complete Certificate III in Business, with a genuine interest in working in a business environment.
- Basic skills in Microsoft 365 or similar cloud system including Word, Outlook and Excel.
- Basic skills in email and file management.
- Attention to detail and mature work ethic.
- An interest in the training sector as a career.
- Ability to understand third party software and apps such as student management systems and social media platforms.
- Experience working in a team.
- Experience working in a confidential environment and ability to use good judgement.
- Commitment to excellence in customer service.
- Current Working with Children Check and willingness to obtain a National Police Clearance Check.

Desirable criteria

- Current car driver's licence.
- Car with comprehensive insurance.

Ready to apply?

Submit your application, including cover letter, current resumé, and responses to the essential criteria via email to hr@communitycollegeni.nsw.edu.au Applications without a cover letter and essential criteria responses will not be considered.

Applications close Sunday 15 October, 2023 at 5pm.

What's On At The Pub

Extended Trading on

Saturday 14th - Sunday 15th for the

Rugby World Cup Quarter Final

**We will be serving snacks and
broadcasting the match!**

21st October - KARAOKE

from 8.00pm

24th October - Trivia Tuesday

From 7.00 pm



COMMERCIAL HOTEL

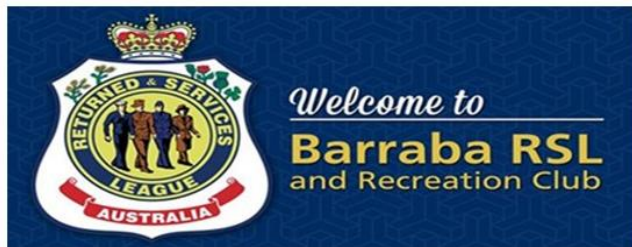
LETTER TO THE EDITOR

Much as I hate to admit it had to happen I think that we, as a community, can be thankful for the two doctors who came and didn't stay. Their defection has brought the community together in a wonderful way. I just hope it can continue.

Mary Grocott

Phone: 0400057555

Email: jimary3@bigpond.com



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 13th October

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1500

SUNDAY 15th October

ANGLER CLUB RAFFLES FROM 1PM

MEMBERSHIP DRAW 8 DRAWS \$2000

SATURDAY 21st October

NORTH WEST AUTO FEST

LIVE MUSIC IN THE BEER GARDEN FROM 6PM

CAMPOVEN DINNER FROM 5.30 (BOOKINGS A MUST)

FIREWORKS SPECTACULAR

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

COMMUNITY SUPERMARKET BOOMING IN BARRABA

Barraba locals are the beneficiary following Liberty Foodcare establishing a low-cost community supermarket in part of the Old Vic Hotel in Queen Street. Member for Tamworth Kevin Anderson said he was pleased the former government had been able to contribute to the shop with a \$12,500 grant from the Community Building Partnerships fund allowing Liberty to purchase fridges.

"Liberty Foodcare have proven to be a lifeline for Barraba since it first opened last year," Mr Anderson said. "The organisation provides low-cost groceries to Barraba locals who are looking to drive down the cost of their weekly shop at a time when the cost of living is so high. With their new fridges, Liberty Foodcare is able to offer a wider range of goods including fresh produce. Around a third of the Barraba community are now registered with Liberty Foodcare, offering them more choice in where to buy their goods in town."

Liberty Pastor James Ardill said the Foodcare shop was easing financial pressure on the local community by providing low-cost groceries.

"The way the dollar is going, and the way petrol prices are going, it's just going to continue to add pressure on people because you can't absorb those increased costs this quickly," Pastor Ardill said. "One of the biggest benefits from our new fridges is that we've been able to provide perishable food items like dairy and meat. In some respects, those items have experienced the greatest increase in costs."

The Community Building Partnerships program is has re-opened for 2023. For more information, visit <https://www.nsw.gov.au/housing-and-construction/community-building-partnership>



Tamworth
REGIONAL COUNCIL

Let's talk...

SPECIAL RATE VARIATION PROPOSAL

We need to address rising costs if we want to be resilient in the years ahead and not have deteriorating roads and facilities.

We are starting a conversation with you about whether to apply for a Special Rate Variation to increase our rates income above the rate peg.

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Information Sessions:

<p>Tamworth Heritage Room, Tamworth Community Centre Tue 17 Oct, 11.30am - 12.30pm</p> <p>Passchendaele Room, Tamworth Town Hall Tue 17 Oct, 6.00pm - 7.00pm</p> <p>Barraba Conference Room, Barraba Playhouse Wed 18 Oct, 12.30pm - 1.30pm</p> <p>Manilla Manilla Small Town Hall Wed 18 Oct, 5.30pm - 6.30pm</p>	<p>Nundle Nundle Bowling Club Thur 19 Oct, 11.30am - 12.30pm</p> <p>Kootingal - Moonbi - Bendemeer Moonbi Hall, Gill Street Thur 19 Oct, 5.30pm - 6.30pm</p> <p>Webinars Registration required Wed 11 Oct, 12.00pm - 1.00pm Wed 11 Oct, 6.00pm - 7.00pm</p>
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To learn more, register for an information session or provide feedback scan the QR code or go to www.haveyoursay.tamworth.nsw.gov.au




Tamworth Olympic Pool opening plans

Council can confirm the opening of Tamworth Olympic Pool will remain closed for the first few weeks of the 2023-24 swimming season, as has been the practice in previous years. A Council spokesperson said while our region has experienced above average temperatures throughout September, the large volume of water in the pool (over one million litres) has still not naturally reached the 24-degrees Celsius mark key user groups, including Tamworth City Swimming Club, require. With the sharp drop in temperatures forecast for later this week and over the weekend, it is expected this temperature will not be achieved for a few more weeks. As happens most years, there are no bookings for the facility until November.

Tamworth West and South Memorial Pool (Scully) is a heated facility and will open on Monday 9 October as planned. It has been proven in previous years that the heated water at Scully can accommodate all pool usage in this early part of the season.

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



Notice of Annual General Meeting

Community College Northern Inland Inc. AGM will be held on Friday, 3rd November from 4pm at the College Campus, 47 Fitzroy Street, Barraba.

Nominations for vacant Board positions are welcome and must be received prior to the meeting. To obtain a EOI form, please contact Penny on 0407 157 542.

Raffle Winners Seniors Street Stall

Meat Voucher – R Bridges

Fruit & Veg – K Reading

Thanks to all who supported our efforts.



Senior Citizens News

Hello Everyone,

The AGM was held on Friday 22nd September. All positions were declared vacant, the new Committee is as follows:

President – Cheryl Spence

Vice Presidents – Beryl Jobson & Debbie Mullins

Treasurer – Trevor Mullins

Secretary – Judy Brady

Entertainment – Judy Brady & Trevor Mullins

The meeting was well attended, a big congratulations to all who have kept the branch operating, you have done a great job.

Friday Bingo is well patronized, those morning tea sandwiches are just yummy. Wednesday mornings are craft mornings, if you have a special craft you would like to share, please feel free to join in.

Members – here are a couple of dates to jot down – The last Bingo Day will be Friday 15th December. Following on with our Bingo players Christmas Party. Players are asked to bring something for the lunch. There is time to nut out who would like to bring what. We can work that out a little later.

Seniors Christmas Party – will be lunch at the Restaurant at the Bowling Club, on Saturday 16th December. I will tee that up. There will be a list on the Noticeboard, if you would like to bring someone along, please add their name. The idea is to gather up at 11am, for a midday lunch. In the meantime, I will have a chat to the chef to sort out the details. I will need numbers well beforehand.

Our street stall was very successful. There were a couple of busloads of visitors from Inverell, who came and had a look to see what was on offer. Not one person went past without purchasing something or buying a raffle ticket. Some folks just left a donation, as well as their best wishes. That is community spirit at its best.

This is all for now. Please take care and stay well. Till next time.

Cheers

Judy B.

SHENHUA LAND BACK TO AGRICULTURE

Following the cancellation of Shenhua's plans to mine on the Liverpool Plains, work is underway to regenerate the land for the benefit of the community and the environment. The land formerly owned by Shenhua has been returned to the community. While some land has been sold to farmers, a 6,300ha parcel of land has been kept in public hands and is being managed by Local Land Services under a biodiversity project known as *The Waratah Project*.

Member for Tamworth Kevin Anderson said the fight to push the Shenhua coal mine off the Liverpool Plains was hard fought, and ultimately won.

"Local Land Services has set up the Waratah project focusing on improving biodiversity in the area, supporting koala populations, and to investing in Aboriginal Cultural Heritage," Mr Anderson said.

"So far, more than \$2.7 million has been invested into the project, helping install new fencing, plant vegetation, undertake hazard reduction activities, maintain access tracks, and more. There has also been significant engagement with local landholders with 23 landholder agreements signed to ensure weeds and pests are managed around the Waratah Project site. This is good news, because more than 2,578 pest animals have been eradicated on the site with feral pigs, goats, deer, foxes, and cats targeted. Work has been undertaken in consultation with local aboriginal groups and businesses to ensure the cultural heritage of the site is surveyed and any significant sites preserved.

This is an excellent outcome and I congratulate the great work of Local Land Services in setting up the Waratah Project."

For more information, visit

<https://www.lls.nsw.gov.au/regions/north-west/key-projects/waratah-project>



COLLEGE CHAT

www.ccni.nsw.edu.au

RTO90027

SITXFSA005 Food Handling (Level 1) and SITXFSA005 and SITXFSA006 Food Safety Supervisor

Standard 3.2.2A is a new food safety standard for food service, caterer and related retail businesses, becoming enforceable in **December 2023**. It contains requirements for food handler training, a food safety supervisor, and evidence that specific food handling activities are being adequately managed. Businesses will need to implement either two or three of these tools depending on their food handling activities.

WHEN: Food Handling (Level 1)

Friday 20 Oct - 9am to 4pm

Food Safety Supervisor

Friday 20 Oct & Saturday 21 Oct -
9am to 5pm

WHERE: Barraba Community College,
47 Fitzroy Street, Barraba

COST: Food Handling (Level 1) \$130
Food Safety Supervisor \$230

- ☀ This training is subsidised by the NSW Government.
- ☀ Eligibility rules apply.

Coming soon to Barraba Hunter New England Health Women's Health Service

Service is available to all women of all ages. Women's Health Nurses will be in Barraba on Tuesday 7th November and Tuesday 5th December.

Contact Barraba Health Service 67822500 for more information and to make an appointment.

Come on ladies, if we don't use it we'll lose it. Book now.



History Notes

This week marks the start of the Historical Society's busy month

with the markets on Saturday - the usual markets with the usual features. Next week we have the Annual General Meeting and then the special book markets on the following weekend and that will be followed by the street stall.

The historical enquiries have slowed down just a little but the Society has been given a very interesting history of some of our first nations people and we thank the author for all the hard work that he has obviously put into it.

After last week's story of the disastrous fire in Queen Street in 1921 it is time to look into the formation of the local fire brigade. *Some* of this information comes from the 'Back To Barraba 1983' booklet which was put together by the late Marie Smith.

As we know Barraba suffered a number of fires in the early days and they were more serious than they need to have been because there was no water supply and no fire brigade. Manilla had a fire brigade before Barraba but imagine the time it took for them to travel to Barraba in those days.

In 1935 the Royal Hotel was burnt to the ground for the second time. The Connor's Creek Dam had been completed and water was available in the town but there was still no brigade or equipment in the town.

A fire brigade was established in Barraba on Monday 14th October, 1935 - six months after the hotel fire. The first fire engine, a No.42 Garford Hale with hard tyres, arrived in Barraba by rail and was garaged in a shed behind the Monterey Cafe. It was not long before the brigade was set up in its own station fitted out with a siren and a telephone. The Fire Brigade Inspector interviewed candidates for the Brigade and ten Barraba men became the local fire brigade under the leadership of Wally Flynn.

The fire brigade section of Marie's book is well worth the read for anyone interested and there is a photo taken in 1983 of the Brigade taken with their current engine in front of the old station in Maude Street.

Nandewar Historical Society Inc.

Market Day – Saturday 14th October 8.30am

Annual General Meeting – 17th October 10.00am

Book Stall - Saturday 21st October 8.30am

Street Stall – Thursday 26th October

SHOP LOCALLY – in 1967.

Part 1: clothes and cars

The local "Gunyah Gabba" Cookbook (a fundraiser for the Barraba Pre-School) featured advertisements for our local businesses. Here are some of the things our local businesses hoped you might buy in 1967.

CLIFTONS' PTY. LTD.

"HOME OF HOLDEN"

PHONE : 56

QUEEN STREET, BARRABA

AFTER HOURS : 389



AGENTS FOR ...

HOLDEN

BEDFORD

CHEVROLET

PONTIAC

ROY COLLINS

QUEEN STREET, BARRABA

YOUR LOCAL AGENT FOR —

DODGE, CHRYSLER VALIANT, HILLMAN
CARS

DODGE, VALIANT, COMMER
TRUCKS and UTILITIES
TOYOTA LAND CRUISER

*Hagan's Fashion
Salon*

SPECIALISTS IN —

LADIES FROCKS — COATS

SPORTSWEAR — HANDBAGS

LINGERIE and MILLINERY

94 QUEEN STREET, BARRABA PHONE : 272

T. C. BARNES

RECIPE FOR MODERN MAN

*Bermuda shorts for that Summers' day,
And cool casual shirts to take away.
Long walk sox and casual shoe,
The modern lass has eyes for you.*

*Coats and trousers made to wear,
We will fit you, don't despair.
Warm pyjamas, lambswool sox,
Completes the seasons, now groom your locks.*

ALWAYS AT YOUR SERVICE

TOM BARNES

MERCER AND HAIRDRESSER

PHONE : BARRABA 95 & 195

Thought for the week St Johns Church

The sudden eruption in the Middle East has taken our minds off other world events, the war in Ukraine, the earthquake in Afghanistan and the plight of migrants in the world everywhere.

Pope Francis has just opened a Synod for the universal Catholic Church, a word we don't use much but it means "consulting, listening carefully, and deliberating together". A pretty good recipe for any committee.

What's at stake? The future of the church, of all our churches, even in Manilla and Barraba, while there is in some churches young people very enthusiastic, it still remains that the bulk of our parishioners who turn up every week for services or for Sunday mass, are getting older and older and less and less.

Pope Francis feels that the biggest enemy is something called "nihilism". Sorry about the strange words I am using, but it means basically the belief that nothing really has value including human beings. Christians believe human beings are made in the image and likeness of God and therefore have a unique importance in God's plan. Of course, our wonderful plants and animals are of tremendous value not just for us but because they are God's creation as well. Pope Francis insists on the need to protect our environment

He, and I, and I hope you too, want the church, the churches, to have a future. When someone passes away sadly we take great honour in assisting you spiritually with dealing with your grief. We bless marriages, and we support excellence in the education of children and the protection of children. We offer you services, bringing you God's word, sacred scriptures which week by week have a message for you and me.

If the church is to have a future, it has to learn to get along with itself and to get along with outsiders as well. If you feel you are an outsider please do feel welcome as you are loved as much as any of us.

God bless you and I hope you have a wonderful week and that God will bless us with rain over this summer.

Father John Curran,
from the Catholic Parishes of Barraba and Manilla

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

For some years the Anglican Diocese of Armidale has been in gospel partnership with the Diocese of North Kigezi in Uganda. This partnership exists to equip, encourage, and support gospel workers in North Kigezi while giving Christians here a way of sharing Christ's mission, support, and care in an organised way.

Each January (except when prevented by Covid) a team has gone from the Armidale Diocese to help train clergy and lay leaders in North Kigezi. In 2024 one member of that team will be Will Blomfield. Please keep him in your prayers.

Our parish also has partnerships with St Anne's, Ryde; James and Steph, serving with the Church Missionary Society in Central Asia; and Laurie and Bec Carleton with Bush Church Aid in Norfolk Island.

The Parish Council meet on Sunday, 15th October and on Saturday, 28th the Youth Centre will once again be the meeting place for clergy and councillors from all over the Diocese. Youth Muster is on, I think in Tamworth, from 10th to 12th November and there will be a Gingerbread House Event on Saturday, 9th December.

This week, think about these words from 1 John, chapter 2, verses 15 to 17: *"Do not love the world or anything in the world... For everything in the world – the cravings of sinful man, the lust of his eyes and the boasting of what he has and does – comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever."*

Beth

Fire Trail Upgrades on Crown Lands

The Minns Labor Government is committed to rebuilding our essential services and today has announced the NSW Budget has allocated an additional \$10.6 million to maintain and upgrade fire trails on Crown land.

Crown Lands has joined forces with the Rural Fire Service to launch aerial inspections by helicopter, supported by on-the-ground trail maintenance by the Soil Conservation Service, to ensure firefighters have ready access to fight fires and conduct hazard reduction work.

More than 720 fire trails are being inspected by helicopter covering more than 3,600 kilometres of Crown land as well as areas of national park, state forest and other adjoining land. The aerial inspections will identify areas needing maintenance to ensure the state's fire trails are in good condition leading into summer.

On the ground crews will follow the inspections to complete needed maintenance including removing excess vegetation, erosion repairs, drainage and soil stability work, and constructing vehicle passing and turning bays for fire trucks. Crown Lands maintains about 2,500km of fire trails and 720 hectares of Asset Protection Zones across the state, with helicopters assisting trail inspections in more remote areas. The fire trail network helps protect life and property from bushfires by providing access for firefighting equipment and personnel. Trails can also provide evacuation routes for residents during emergencies by providing a safe and clear path to leave fire prone areas. Other uses include supporting access for infrastructure maintenance, management of invasive species, study of plant and animal populations, and recreational activities such as bushwalking.

Minister for Lands and Property Steve Kamper said: "The Minns Government is committed to restoring essentials services. Fire trails are essential for firefighters to get quick and safe access to fight bushfires and keep our communities, wildlife and properties safe. Helicopter inspections are an efficient way to check remote locations, cutting inspection times from months to weeks while providing an overview of the Crown land fire trail network." Minister for Emergency Services Jihad Dib said: "Fire combat agencies such as the Rural Fire Service rely on properly maintained fire trails to access fires as quickly as possible, and to safely retreat when they become too dangerous. We are facing a potentially dangerous bushfire season, with hot, dry conditions and vegetation growth creating a higher fuel load. We need to ensure our fire trails are properly maintained so our committed firefighting personnel have the best chance possible of containing fires this bushfire season."

Stop the digital criminals with basic cyber hygiene practices

Amid an escalating global cybercrime bill – now estimated at AUD \$12 trillion a year – cybersecurity experts are calling for a new, more transparent, and collective approach to address cyberattacks. While 99% of attempted cyberattacks are thwarted, the 1% that manage to slip through the net are wreaking not only economic damage, but significant reputational, legal, and personal harms. Optus Chair of Cybersecurity and Data Science at the University of South Australia, Associate Professor Mamello Thinyane, says that individuals, companies, and governments must all share the responsibility.

"In the past, organisations have been unwilling to disclose their cyberattack experiences for fear of reputational damage and legal implications. However, it's important we strengthen our collective intelligence and reduce the barriers for companies that have been victims of cyberattacks. By sharing their experiences and lessons learned, we can build trusted networks and become smarter together," Assoc Prof Thinyane says. "At an individual level, we can do so much more to lower the risks of cybercrime. Basic 'cyber hygiene' should be instilled in everyone. This includes protecting our accounts with multi-factor authentication, strong passwords, password managers, and being super vigilant around potential phishing attacks and scams."

As cyber threats become more sophisticated and lucrative, and artificial intelligence (AI) exposes the world to more security risks, the challenges are mounting. AI is proving a double-edged sword – helping bad actors to disrupt systems but also allowing authorities to strengthen digital security.

"The genie is out of the bottle. All of us are increasingly using digital technologies and devices with sensors and processing ability, such as wearable computers and smart home systems. While this benefits our lives, it also makes us far more vulnerable to being hacked." Ensuring that we only purchase safe and secure Internet of Things (IoT) devices, protecting them with strong passwords and multi-factor authentication, and keeping them regularly updated is part of basic cyber hygiene, Assoc Prof Thinyane says, but consumers are often lax about digital security.

"Think twice before clicking on that suspicious link or forwarding fake social media posts. Cyber criminals are very clever at exploiting human vulnerabilities and 82% of data breaches are linked to human factors, so we need to be very, very cautious. Digital technologies are here to stay, but for societies to thrive, we need to make our systems and data more secure, and we need to collectively become cyber resilient."

October 2023 is Cybersecurity Awareness Month, carrying the theme 'Be cyber wise – don't compromise'.

BARRABA COMMUNITY NEWS

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Published by Community College Northern
Inland Inc.

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

Barraba RSL and Rec Club 2 Maude Street, Barraba

North West Auto Fest is a one day event that
consists of a Show and Shine, Markets, Kids
Entertainment and a HUGE fireworks display in
the evening. **FREE ENTRY!**



Graymont Attunga Downunder Rodeo



Get your cowboy boots & cowboy hats ready!

2023 Graymont Attunga Downunder Rodeo

- Saturday 14th of October
- Attunga Sport & Rec Grounds, Palmer Street

– Tickets at the gate only – NO online Sales

– Gates open 7am

– Main event from 2:30pm

– Live Entertainment from 7pm 🎤🎸

– Canteen & Bar

– Trade Stalls

– All Round Cowboy and Cowgirl incentives

– Australia's Champion Cowboys & Cowgirls

– Proudly Affiliated with ABCRA

Rugby Report

Friday night saw a very successful presentation Night held at the Rugby Club and for the first time the boys and girls teams took part. It was great to see plenty of family members there to support the future players if they remain in Barraba.

With the rep honours some of these players gained during the season, the small community can be proud of the standard and the potential that this area can produce.

The 16s Boys awards, presented by Ben Freeman, as follows;

Best Defender Finn Allan
Most Consistent Brandon Newell
Coaches award Michael Walker
Highest point scorer Jack Meyers

The 16s Girls awards, presented by Amie Middlemiss, as follows;

Best Defender Tillie Halloran
Most Consistent Charlotte Gillogly
Coaches award Bella Dipple
Highest point scorer Gemma White

Ben Freeman presented the awards to the girls squad as follows;

Award	Winner	Donated by
Best and Fairest	Kiah Newell	PJK Law
Most consistent	Kiala Gillogly	S & K Hughson
Coach's player	Katie Sweeney	R Witten
Player's player	Jemma Johnson	G Bowman
(Voted on by the players after the game)		
Highest points	Kiah Newell	Mrs B Mack

The Reserve Grade team, after a very good season making the Final, going down to the Premiers, Moree, can be well satisfied with their performance. They gave the supporters and sponsors some good rugby to watch during the year. The Club wish to thank the sponsors and followers for their support.

Award	Winner	Donated by
Best and fairest	Jock Mallise	Snow Kelly
Highest points	Lane Clark	R Doyle
Team Man	Thabiso Msiza	S & A Koopman
Player's player	Will Robinson	R & H Bridges
Coach's award	Matt Pfigst	T & J Wauch
Defensive Player	Nick Sweeney	Trent O'Dell
Rookie of the Year	Kane Ward	B. McNeil
Pig of the Year	Jack Robinson	P. Spencer
Rep Player of Year	A. Middlemiss	J & S Middlemiss
Best Trainer	O. McKenna	R. Peake
Strapper of Year	S. Ward	A.M. Middlemiss

Guy Derrick	Ben Freeman	R. Phillips
Memorial Spirit of Rugby		
Club Person of Year	Steve Ward	W&J Bucknell
Women's Coach	B. Freeman	C. Forbes
Reserves Coach	W. Robinson	W. McKid

Once again, thanks to the sponsors of the club for your generous support for the season and we look forward to next year.

Rifle Club

We only had a few shooters at the range on Saturday 30th September where the scores were in the high nineties, with Andrew shooting a possible in both the 50 and 100m events. Congratulations Andrew. Dallas was up there too shooting a 99 in the 100m.

Just a reminder that there are only three shoots left for this year and there will be a meeting at the last shoot.

Unlimited 50m

D. McIlrick 92.1, 91.3, 93.2 = 276.6

AA Grade 50m

A. White 100.7, 98.5, 97.6 = 295.18

R. Bridges 93.2, 96.7, 93.2 = 282.11

C. White 76, 80, 94.1 = 250.1

Unlimited 100m

D. McIlrick 99.3, 94.4, 98.2 = 291.9

AA Grade 100m

A. White 87.1, 99.3, 100.2 = 286.6

R. Bridges 94.3, 96.3, 94.2 = 284.8

C. White 88, 94.2, 94.2 = 276.4





Lic No. 306630C

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wardsplumbing@bigpond.com

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**Your local Plumber, Drainer, Gasfitter
and Handyman**

Lic No. L8791

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Beyond Blue's top five tips to boost mental health

On World Mental Health Day, Beyond Blue is sharing mental health coaching tips to help people navigate everyday life stresses. NewAccess Mental Health Coach Gemma Danahay supports people using a low intensity CBT (Cognitive Behaviour Therapy coaching program, developed by Beyond Blue.

"More and more people are coming to me due to financial stress, as cost of living pressures escalate. The other main issues are relationship problems, work stresses, and grief and loss and sudden life changes," Ms Danahay, who works with Lives Lived Well in Queensland said. "I have found many people are looking for more than just someone to talk to, they want to walk away with practical suggestions. In mental health coaching, people receive proactive skills and tools to work on the problems affecting their mental health."

Here are five practical coaching tips to help relieve stresses that can build up.

- Deal with problems one at a time - breakdown problems into bite-size pieces
- Notice common thinking traps – all or nothing thinking, self-blame, repetitive thinking
- Have realistic goals – make it achievable, it doesn't have to be perfect
- Balance is key - schedule pleasurable activities as well as work/family commitments
- Healthy habits - keep both body and mind healthy

"Part of coaching is also around relapse prevention, so any dips in mood are an opportunity to explore early warning signs and what helps the person feel better so that they know what to do with any future drops on the roller coaster of life," Ms Danahay said.

Beyond Blue's lead clinician Dr Grant Blashki says there are multiple benefits to using low intensity CBT and problem solving to support our mental health.

"These techniques are based on evidence and are shown to improve clinical outcomes for common mental health conditions like depression and anxiety. People who are using the skills are often able to reduce their negative thinking patterns, the severity of their symptoms, and find that they develop new coping skills that they can apply to other problems in their lives," Dr Blashki said.

"A structured approach helps people to stay focused on their goals and people often come away feeling quite empowered that they have some new strategies to manage common stresses in life. An added benefit is these are skills that are useful in relationships, in parenting, and even in a workplace context and help people to be able to zoom out and look at thoughts, feelings and actions in day-to-day situations."

Developed by Beyond Blue in 2013, NewAccess provides support for mild to moderate anxiety, depression, and life stresses, using specially trained and clinically supervised mental health coaches. It's free and doesn't require a GP referral.

"Mental health coaching is a valuable low intensity support option that helps people with every day common stresses and mental health issues before they develop into more severe mental health issues," Dr Blashki said. "When it comes to reforming Australia's mental health system, low intensity options are a critical piece of the puzzle."

Find out more about New Access here

Beyond Blue Support Service: 1300 22 4636 or beyondblue.org.au/getsupport

Lemon Greek Yogurt Pound Cake

yield: 1 9-INCH LOAF

prep time: 15 MINUTES

cook time: 1 HOUR



additional time: 7 MINUTES

The perfect lemon cake every home baker needs in their recipe collection!

Ingredients

- 1½ cups all-purpose flour (180g)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup (2 sticks) butter, softened at room temperature
- 1 cup sugar, (200g) plus ⅓ cup (67 g) for glaze
- zest of two lemons
- 4 eggs- room temperature
- 2 teaspoons pure vanilla extract
- ¼ cup lemon juice for cake (2 oz) , plus ⅓ cup (2.6 oz) for syrup and 2 tablespoon for glaze
- ½ cup greek yogurt (143 g)
- ½ cup powdered sugar (50g)

Instructions

1. In a small bowl whisk together the flour, baking powder and salt. Set aside.
2. In the bowl of a stand mixer fitted with a paddle attachment (or you can use a hand mixer,) cream the butter, lemon zest and cup of the sugar until smooth.
3. Add the eggs one and a time followed by the vanilla. Slowly add the dry ingredients and mix until almost combined. Fold in the lemon juice and yogurt, finish mixing on low until combined. (Batter won't be perfectly smooth but that's Ok.)
4. Pour batter into a buttered/floured 9 inch loaf pan. Bake at 325F for 60-70 minutes, or until a toothpick inserted into the centre of the cake comes out clean.
5. **For the Syrup:**
Stir together ⅓ cup of lemon juice and ⅓ cup sugar until sugar has dissolved.
6. **For the Glaze:**
Gradually add the lemon juice to the powdered sugar until desired drizzling consistency is reached. Add more juice/sugar as needed until it's as thick as you like.
7. **To Finish:**
Turn the warm cake onto a wire rack and poke all over with a fork or skewer. Brush generously with the lemon syrup. (Do this when the cake is still warm!) Pour the glaze over the top. Serve warm or room temperature.

Message from the Editor

At *Barraba Community News* we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

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Contact news@barrabacommunitynews.org.au or drop into the Community College on the corner of Alice and Fitzroy Sts.