



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 13th December 2023



Final *Barraba Community News* for 2023

Thank you to our contributors, advertisers, readers and the volunteers who ensure the '*Barraba Community News*' is published each week.



The next edition will be Wednesday 17th January 2024.

Send any articles, news, pictures and reports to

news@barrabacommunitynews.org.au

Have a Merry Christmas and drive safely if you're planning to be on the roads of the holiday period.

Barraba Councillor Catch Up

*Come along this Saturday morning to chat with our Councillors about local issues that matter to you.
Saturday 16 December 10am-11:30am Playhouse Hotel
123 Queen Street Barraba.*

Councillor Judy Coates and Councillor Stephen Mears

Please feel free to share with other members of the community.



Barraba Medical Centre Re-opening

It is with great pleasure to announce the re-opening of the Barraba Medical Centre on Tuesday 12th December.

Our resident GP will be Dr Neil Wearne.

Surgery will be open Tuesday, Wednesday & Thursday

9.00am to 5.30pm.

Phone: 67821621 for an appointment between 9.00am and 1.00pm - 2.00pm and 5.30pm

A big Thank You to everyone for their generosity, best wishes and prayers during this horrendous year Elizabeth and our family have been through.

We really appreciate everything and wish you all a wonderful and joyous Christmas and a Happy New Year.

From Dallis, Aileen, Karen (Drew), Elizabeth and Wendy (Barnett) Ervine.



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

WEDNESDAY 13th December

HAM RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

FRIDAY 15th December

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1300

SATURDAY 16th December

Members Christmas Party starting at 6pm

For those who booked

Sunday 17th December

Angler Club raffles from 1pm

Membership Draw \$1400

**CLUB WILL BE CLOSED CHRISTMAS DAY AND
BOXING DAY**

BISTRO HOURS

Phone 0427330808

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

**Bistro will be closed from Sunday 24th Dec and
reopen Friday 5th Jan 2024**



Barraba High Country Music Musta

Free entry. Walk up artists welcome

Sunday 14th January 2024 1pm to 5pm

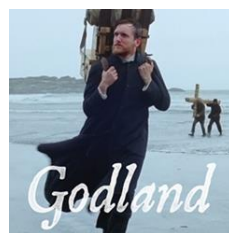
Special Guests - Michael Clare and Johnny

Nashgrill Grills

Tamworth Country Music Festival Show

Barraba Bowling Club

AT THE PLAYHOUSE HOTEL THIS SUNDAY



2.30 pm SUN 17 DEC

GODLAND

(M, 143 mins)

In the late 19th century, a young Danish priest travels to a remote part of Iceland to build a church and photograph its people. The deeper he penetrates the landscape, the more he strays from his purpose, the mission and morality

ANNUAL GENERAL MEETING NOTICE

Barraba Pony Club will be holding their

Annual General Meeting

at the Commercial Hotel on

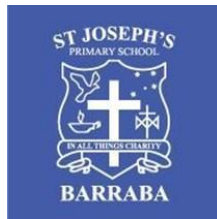
15th January, 2024 at 6.30pm.

All positions will be declared vacant.

**All interested persons are invited to
attend**

General meeting to follow the AGM.

D Etheridge, Secretary



Students of the week



*K: Max for trying hard at swimming
3/4: Jax for effort and achievement in literacy
5/6: Courtney for displaying maturity in Resilience program
Captains Award: Jack for being polite in the
playground and Kevin for great playground behaviour*

Reading Awards



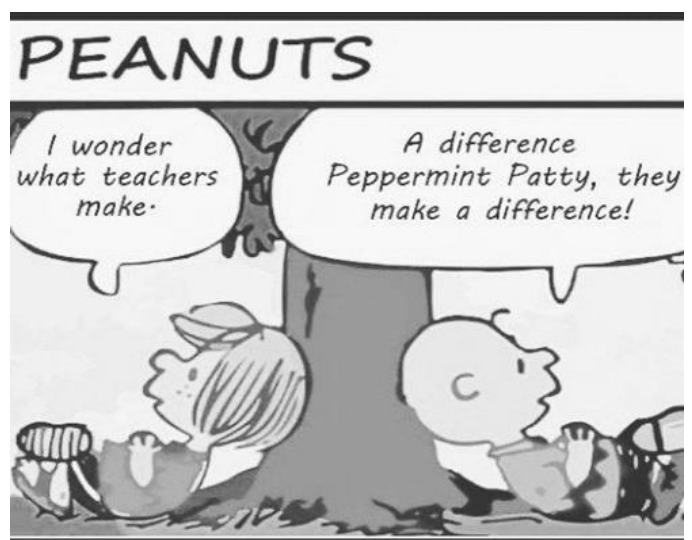
25 and 50 nights reading Isla



*125 nights reading for Grace and Dexter
175 nights reading for Ava, Grace and Chase*



*Special award to
Archie fantastic
fluency and
awesome answers
during reading*



The Rotary Club of Barraba wishes to extend Season's Greetings to all.

I'd like to take this opportunity to let the community know about what we actually do.....and no! It's not just bbqs!

Just some recent history. In 2021 when Mike Simpson was the President, he wrote an article that appeared in both the local newspaper and Community News to aim to attract new members to our club. There was some talk at the time that without the addition and help of some new members then the club may fold.

That announcement I thought would be disappointing to our community, especially as we have the older generation here in Barraba who have had some connections either through their partners or the community work they were involved in over many years. Apparently, The Rotary Club of Barraba was "the one" back in the day!

I had a pleasant meeting recently in Port Macquarie with 92 year old Graeme Downs (thank you to Jill White who put me in touch with him). Graeme was one of the original members when the club began in 1955. He has passed on a lot of memorabilia that I hope to share in the future with those who are interested. (Thank you to Brian Coote for scanning the documents on a USB stick for safe keeping.)

In the early years, being invited to be a member of a Rotary Club was seen as an honour. It allowed business connections between members to help aid in community projects and also in overseas aid through Rotary International. Rotary International has 7 areas of help, and by becoming a Rotarian it connects you with a diverse group of professionals who share your drive to give back. Through regular meetings and events we discuss the community's needs and develop creative ways to meet them.

Rotary is a global network of over 1.4 million friends, neighbours, problem-solvers and leaders. Rotarians see a world where people unite & take action to create lasting change in ourselves, communities & in the world.

My introduction to Rotary was a suggestion by Sue Barrass to our Kylie Kallitsis (now Hall) outside Kylie's Kitchenshop at lunchtime not long after I arrived in Barraba. "Why don't you come and join us tonight at The Commercial?" The next meeting I was given a "Welcome to Rotary" pack, so I guessed I was in! Bryan Barrass (no relation to Sue) was President at that time.

Many of you might remember the sock collection in 2021 where your donations were left at the pharmacy. 791 pairs & 294 singles were collected and Barraba Rotary won the competition in our district. Our competitors were surprised at our achievement. This showed just what can be achieved when goals are set! The Guinness World record of about 110,000 socks hanging on lines stretching for 10km beat the previous record of almost 7,000 socks on 7km and made an entry into the book.

Our signature project for the club is the Burindi Campdraft that is held twice a year. The event started in 1985 with an idea by the late Ron Smith, Sue Barrass's partner. The campdraft brings regular competitors from all over the countryside, as they are usually following the circuit to compete in as many events as possible in the rural areas. The campdraft is a team effort by all members and it's a great day out for club members, spectators, competitors and their families.

Barraba Rotary Club extends their thanks to Shelley, Pip & Lil Steiger for their efforts & expertise with the entries and to Pud & Ruth Puddicombe for providing the cattle and the lovely surroundings at Burindi on the day. This is our major fundraiser for each year and I am proud to list the donations that Barraba Rotary has made during my years of presidency to date.

Barraba PreSchool.....	\$12,000
Reagan Simpson.....	\$700
Brooke McKinnon.....	\$1,000
St Joseph's	\$1,060
The Claypan.....	\$5,000
Westpac Rescue Helicopter	\$200
Richardson House.	\$ 10,000
Zahlie Cabot.....	\$700
Total of	\$30,660



Thank you to previous and present club members whose hard work contributed to the fundraising to enable these donations. A great effort for an average of only 10 members per year!

The PreSchool has their Stephanie Alexander garden well on the way and the newly painted undercover area looks great.

The Claypan has their new kiln in action and our club attended dinner there recently as their "thank you" to us.

Richardson House has their shipping container in place, ready to store their excess equipment.

Our 3 young Barraba sportswomen are continuing to do well in their sporting careers.

Our club supports the achievements of our school students at presentation days and this year contributed to the embroidery of the logo on school uniforms.

As members of the Barraba community, I'm sure that you are involved in some way with the list of recipients above.

We are always looking for new members! If you can't commit to being a member, then perhaps just being a friend of the club may suit you, and if a certain event interests you then you might be able to help us on the day. There are a several events planned before I hand over the reins, so please contact our club if you would like to help.

We are hoping for a fun night of Bar-ABBA...cocktails, music, movie & more! (some dancing queens)

Maybe a BarraBARBIE Qwith a lot of pink!

Runaway Bride Competition.....where entrants wear their wedding dresses in a race to the finish line.

Keep an eye out for the advertisements.

There is so much more to Rotary, so if you would like to find out more information, please don't hesitate to contact one of our members. We'd love to hear from you. We meet every second Wednesday at 6.30 pm for a 7pm start at The Commercial Hotel.

Current members are (in alphabetical order!) Meredyth Bell (President), Tim Bucknell, Ian Cabot, Faye Corin, Rachel Dodds, Steve Ely, Estrella Hamilton, Ian McColl (Treasurer), Dave Penna (Secretary), Mike Simpson, Jill Turland, Alice Wilson, Margot Yeates

Barraba Rotary Club looks forward to welcoming new (younger!) members with new ideas. Our aim is to continue fundraising to support projects within the Barraba community and Rotary International through the Rotary Foundation.

There's so much more that we can do to better serve our community! Our club wishes everyone a very safe and happy Christmas. Be kind to one other and please help those that are in need, not only at this time of the year, but whenever you can.

Our Rotary motto is "Service above Self" and that's a good guide for all to follow.

Meredyth Bell

President - Barraba Rotary

2022-2023 and 2023-2024



THANK YOU!

Jenny, Rebecca, Belinda, Jacqui and our families would like to thank everyone who has expressed their love, comfort & support and sympathies to us in our sad loss of our beloved husband, father and Pa; Brian Simpson.

We appreciate your kindness and Brian will be forever remembered.



Phone: 0459 192 265

Email: admin@barrabaveterinaryservice.com

219 Mulwarree Rd, Barraba 2347

Mon to Fri 8:30am – 5.30pm

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.

A colorful poster titled 'WE NEED YOUR HELP!' in bold yellow letters on a green background. It lists four volunteer roles: 'TRANSPORT DRIVER' (provide transport to individuals or groups of older persons, illustrated with a yellow car), 'COMPANION INDIVIDUAL' (spend one-on-one time with a GoCo client, illustrated with two people at a table), 'COMPANION GROUP' (deliver fun activities like bingo or mystery tours, illustrated with a group of people), and 'MEALS ON WHEELS DELIVERY' (deliver meals to clients, illustrated with a person delivering a meal). At the bottom, it says 'GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE'.



RENTAL PROPERTY

Available now



1/6 Morrow Street, Barraba

\$130.00 p/w

Contact Nicky Moss on 0428 821 071 to obtain an application form

A festive poster for the Kenmore Park Music Muster 2023 New Years Eve event. It features a red background with gold stars and confetti. At the top, it says 'KENMORE PARK MUSIC MUSTER' and '2023 NEW YEARS EVE'. The dates '29TH DEC - 2ND JAN 24' are prominently displayed. Ticket prices are listed: '\$120PP INCL CAMPING - ENTERTAINMENT', '\$25PP DAY PASS - CAMPING \$10PP PER NIGHT', and 'UNDER 16 FREE'. A central image shows Keith Urban and Bryan Adams performing, with the text 'KEITH URBAN & BRYAN ADAMS SOMEBODY LIKE YOU' and 'NEW YEARS EVE ONLY!'. Below this, a list of other performers is provided: 'PLUS - VANESSA SANGER, ROB BREESE, LACH MCKAY, MICHAEL DONOVAN, LANCE BIRRELL, DREW BLUNDELL, CRAIG WOODWARD'. The venue is 'BINGARA SHOWGROUNDS BOWEN STREET BINGARA NSW'. Additional information includes 'WALKUPS 29,30 & 1ST - FOODVANS - TOILETS - SHOWERS - BYO - NO GLASS POLICY'. At the bottom, it says 'BOOKINGS - PHONE 0402512116'.



History Notes

by Julie Williams

One of the significant aspects of modern life in country Australia is transportation – how we get from place to place. Most of us don't remember the days when travel was predominantly by foot or horse, and how different that must have been! The transition was somewhat challenging. One of our family stories is of some of my great uncles returning from a cricket match at Gulf Creek with Les Spencer at the wheel of his new T-Model Ford, which bolted down the hill towards Forest Creek. "Whoa girl, whoa!!" he shouted. But to no avail. She didn't "whoa", so they went tumbling into the creek. I gather not much damage was done, because the T-Model Ford outlived them all and was used as a farm vehicle at the property "Romani" well after Uncle Les's time. I've also heard a rumour that Uncle Les preferred to drive at night by moonlight rather than use the car lights!

Does anyone have any accounts of how people retrieved their horses or buggies after they went to town to collect their new-fangled automobiles for the first time? Also, what do we know about when and who sold the first cars in Barraba? Kel Crowley remembers his grandfather William Crowley having a Rugby car that he thought he bought in about 1926, possibly from someone in Barraba.

My father Stan Williams owned and loved his Rover 75 – a powerful vehicle dating from the early 1950s without much clearance and which was designed more for speed and comfort than for dodging rocks and potholes and precarious creek crossings on the tracks into the property "Shalimar". His Uncle Wilfred Crowley owned Rover 90s – I say plural because my recollection is that he upgraded his Rover 90 at least once. And according to my dad, he wrote a new car off when he was driving it home from the showroom, so he went back and bought another identical one! My grandfather Gordon Williams took great pride in his Nash car which I think dated from the early 1950s. His brother Guy Williams had an almost identical vehicle, but I recollect it was green whereas Gordon's was blue. Even as a child, it seemed to me that Keith and Betty Simpson's FJ Holden was a more practical family car for being out in the sticks like we were. (The Simpsons worked for Gordon and our family socialised with them often. If it hadn't been for their daughters Merelyn and Janette my circle of childhood friends would've been almost non-existent.) I contacted Janette recently and she clarified that her parents bought the FJ Holden new in 1955. Prior to that they had a Ford Prefect and Janette recollects the family driving to Port Macquarie in that car.

The FJ moved to Sydney with the family when Keith retired in 1964 and Betty kept using it into the 1970s.

There are many more tales of transport, but they will have to wait for another time. In the meantime, the Nandewar Historical Society wishes everyone a safe and happy festive season and thanks you for your support throughout the year.



149 Queen Street, Barraba NSW 2347

PO Box 14, Barraba NSW 2347

Telephone: (02) 6782 1103

Fax: (02) 6782 1509

Email: marilou@pjklaw.com.au

NOTICE

The office will be closed between Friday 22nd December 2023 and reopen on Thursday 11th January 2024

LIFE-SAVING DEFIBRILLATORS FOR LOCAL SPORTING CLUBS

The NSW Government's life-saving Local Sport Defibrillator Grant Program has returned, and local sport clubs and organisations are encouraged to apply for grants of up to \$3,000. Member for Tamworth Kevin Anderson said it was critically important that local sporting clubs and organisations were prepared for the unlikely scenario that a player, or a spectator goes into cardiac arrest.

"We love our sport, and it's great to travel around the region and see our sporting fields a hive of activity over the summer months," Mr Anderson said. "While we love our sport, we also know that strenuous activity can increase our risk of heart attack, which is why it's important that we are prepared. A defibrillator can be the difference between life and death because medical experts tell us that the first eight minutes following cardiac arrest are critical to saving a life. In Tamworth, we know how critical these defibrillators can be after a life was saved on a local sporting field in 2016. If you're a local sporting club or organisation in need of a defibrillator, please get your applications in."

Applications for the Government's Local Sport Defibrillator Grant Program opened on 1 December 2023, and will close on 23 February 2024, or when the \$500,000 allocated to the program is exhausted.

For more information, visit

<https://www.sport.nsw.gov.au/grants/local-sport-defibrillator-grant-program>

YIKES! CHRISTMAS IS ALMOST HERE!

Do you have your Christmas shopping all sorted?

Are you down to those last few, hard to buy, gifts?

Well stress no more! Wander on down the to Claypan Gallery, right here in Barraba, and have a browse at what we have to offer, that will tick all the boxes.

- Buy local ✓
- Unique ✓
- Gifts to suit all genders and ages ✓
- Reasonably priced ✓

We can guarantee a relaxed atmosphere with friendly faces and plenty of parking right outside the door. That sure beats fighting the Christmas shopping chaos in Tamworth, doesn't it?

A cup of tea or coffee could even be arranged to get you in the mood to do that shopping.....so what are you waiting for?



Raffle Results

1 st	the king size quilt	Alison Gadd
2 nd	mosaic bowl	Bronwyn Clinch
3 rd	crocheted rug	Liz Levy
4 th	wallet	Lesley Grigg

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Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email news@barrabacommunitynews.org.au

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Barraba main street businesses

UNITING CHURCH in AUSTRALIA

Christmas Message – 2023. Does Christmas Make Sense?

When surveying people about ‘what Christmas meant to them’, many spoke about family, presents, pressure and holidays. When asked what they needed to be saved from, many said; the cost of presents, the pressure of having to do things they normally wouldn’t do, mixing with people they preferred to avoid, the frustration of shopping and the endless excessive preparation.

So, what makes sense of Christmas? What makes Christmas meaningful?

Why do we celebrate?

Statistics indicate higher suicide rates, increased domestic violence, relationship breakdowns, higher stress levels at work and at home and a real sense of disappointment at the end of the day.

So, what is the “reason for the season”?

Why do we endure the guilt, resentment, shame and grudges? Why do we put ourselves through the depression and despair that often accompanies the frantic activity? Why, at the end of the day, there is exhaustion and emptiness for so many.

The Bible tells us that Christmas is the celebration of Good News for everyone. Good News, for God loves us so much he is prepared to be with us forever, loving and caring for us in all circumstances. Even when we are affected by those things listed above, God’s present to us, Jesus, offers us forgiveness, confidence, and hope. Jesus fills our heart with meaning and a real purpose for life.

We don’t have to fill our lives with material things to make Christmas meaningful. We find meaning, purpose, hope and happiness can’t be purchased or earned. They are gifts given

to us by God when we allow Jesus to be central in our lives. When we start seeing others as Jesus saw them, and treat them with the same love, compassion, and respect.

But Jesus isn’t going to come and break down the door of your heart. Remember the angel said to the shepherds, “I bring you Good News of great joy.” They only brought the Good News, it was up to the shepherds to do something about it; and they chose to receive it, and to act on it.

That same message is for you this Christmas. The greatest “present” you can receive is the gift the angel announced, “to you a Saviour is born”. You can receive this gift, but you must open it to see what it contains; see how it can bring about changes in your life; and then do something about it.

Christmas only makes sense when you open all the presents and allow the gift of Jesus to transform your life, bringing about a renewed relationship with God, others and yourself.

Rev Jim Furze

Uniting Church Notices

Sunday 17th December 8.45am

Christmas Day Service time 10.00AM

31st December Service time 8.45am

From Sunday January 6th 2024 service time will be 10.45am

PLEASE NOTE TIME CHANGE FOR NEXT FOUR MONTHS

All welcome

CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 6pm

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

Upper Horton 11am on the 3rd Sunday

Weekday Mass Wednesday 10am

Christmas program Mass

Saturday 23rd December 6.00 pm

Sunday 24th December 8.30 pm

ANGLICAN CHURCH TIMES

St Laurence’s Barraba

Sunday service at 10.00am

Woodsreef 2nd Sunday of the month at 11.30am

Barraba Anglican Christmas Services:

St Laurence’s:

Sunday 17th Dec, 10am Hugh & Barbara Cox farewell service

Sunday 24th December, 10am – Lessons and Carols Service

Sunday 24th December, 4pm – All ages service

Monday 25th December, 9am – Christmas service

What are you hoping for this Christmas?

As we approach Christmas this year, I wonder what it is you're hoping for. Perhaps Christmas itself is the thing you're hoping for, the chance to eat lots of food, sing carols, put the tree up, be around friends and family. Maybe you're hoping for a rest at the end of another big and tiring year, to switch off, forget your responsibilities and have a break. You might be hoping for a fresh start, or for something to change, for things to improve.

In the book of Isaiah, the people of Israel were desperate for things to improve. They are described as rebellious people who have turned their backs on God. They are facing his judgement and their future seemed full of gloom and despair.

But Isaiah then presents an unimaginable hope. A hope where there will be no more gloom or darkness, where there will be light and salvation.

Isaiah 9:6 says - **For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.**

It is a child, a son that will bring this hope for Israel. But this is no ordinary child. It is a child described as a Mighty God, a Prince of Peace.

Isaiah goes on to describe this child as the righteous king, the one who has the spirit of wisdom and understanding, the one who knows God and acts justly. He is the one who will bring justice to the poor and the oppressed and will rightfully judge the wicked.

And this king will ultimately bring universal peace. Isaiah 11:6-9 says - **The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. The infant will play near the hole of the cobra, and the young child put his hand into the viper's nest. They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the LORD as the waters cover the sea.**

What an image this is! What a picture to hope for. A wolf living with a lamb, a lion with a fattened calf. Predators with their prey. It seems unimaginable, and yet this is what God promises for his people.

And we have the joy, we have the hope of knowing this peace, and knowing the Prince of Peace that brings this image into reality. Jesus is the child that was to be born, he is the one who cares for the poor and oppressed, he is the one who saves.

And we can have this peace because of what Jesus did for us on the cross. You see we are no different than the Israelites in the book of Isaiah. We are just as sinful, we are just as rebellious, we have all rejected God in one way or another, and we all deserve the punishment of God.

Nevertheless, there is hope, there is salvation because of Jesus. As Jesus came into the world as a child, as he grew up to live a perfectly obedient life, as he was obedient even to death on a cross, the only innocent, perfect human, took our sin on his shoulders. He bore the punishment of God's wrath that we deserve, so that we could be made right with God, so that we could have forgiveness, so that we could have life.

And so surely this is what we hope in this Christmas. If you haven't trusted in Jesus as your Lord yet, then this hope is available for you today. Why not come to church and find out more this Christmas. Jesus has come as the promised saviour. He has died and risen to offer you life eternal, to take you out of darkness and despair, into his light and hope. When the hopes of this world fail us, look to the Prince of Peace for true hope and salvation.

Matthew Hearne, Minister of Barraba Anglican.

Some people talk to you in
their free time and some people
free their time to talk to you.

Make sure you know
the difference.



Merry Christmas and Happy New Year from Trent,
Lanie and staff at

Barraba Rural Traders

We would like to take this opportunity to thank you for your business and support over the past 12 months.

We wish you and your family a Merry Christmas and a safe and prosperous New Year.

Christmas Trading Hours:

Closed Saturday 23rd December at 12md

Normal trading resumes 3rd January 2024 at 8am.



The Barraba Caravan Park

Phone 02 67821818, the lady to talk to is Shanon
Cameron

But if you're going past – don't!

barrabacaravanpark.com.au

Thanking all guests and friends for their patronage and support in the last 6 months and extend best wishes to all for 2024.

Merry Christmas



COMMERCIAL HOTEL



Barraba Pony Club

Merry Christmas and a Happy Horsey New Year ahead in 2024.

New members always welcome Barraba Pony Club.😊



C.W. Jeffery Bus Service & Charter

Servicing Barraba & District
0267821767 0427254385

Chris, Andrea and staff wishing all friends, family and clients a very Merry Christmas and Happy New Year.

CATERING TO BARRABA AND DISTRICT



Barraba Cancer Patients Fund Raising Group Inc.

Wishes everybody a very Merry Christmas and Happy New year.

We thank the community for their continued support of our fund raising efforts during 2023.



BARRABA MOTORS

Mark, Rachel, Amy and Max wish all customers a Merry Christmas and prosperous New Year and thank them for their patronage during 2023.

We will be closed during the holiday period, reopening on 5th February 2024.



Barraba Pharmacy & Newsagency

Merry Christmas and the happiest of New Years from all the staff.

Christmas Trading Hours

Sat 23/12/23 – Open regular trading 9am to 12.30pm
 Sun 24/12/23 – CLOSED
 Mon 25/12/23 – CLOSED (Christmas Day)
 Tues 26/12/23 – CLOSED (Boxing Day)
 Wed 27/12/23 – Open regular trading hours 9am to 5.30pm (closed between 1 and 2pm)
 Thurs 28/12/23 - Open regular trading hours 9am to 5.30pm (closed between 1 and 2pm)
 Fri 29/12/23 – Open regular trading hours 9am to 5.30pm (closed between 1 and 2pm)
 Sat 30/12/23 – Open regular trading 9am to 12.30pm
 Sun 31/12/23 – CLOSED
 Mon 1/1/24 – CLOSED (New Years' Day Public Holiday)
 Fri 26/1/24 – CLOSED (Australia Day Public Holiday)



We would like to thank the community for their generosity and support this year, wishing everyone a safe and Merry Christmas and happy new year – love Kim & Nick 'Ruby Mae's Wish'

STOCK & CROP



Wish all our customers a Merry Christmas and Happy New Year and thank you for your patronage throughout the year.



Christmas Drinks

Please come and join us for Christmas drinks on Friday 22nd December from 12 midday.

Christmas/New Year closure

Last trading day for 2023 Friday 22nd Dec 2023.
 Reopen on Tuesday 2nd January 2024.



Queen Street Café

Phone 67822106

Daina and Wei Te wish one and all a very Merry Christmas and a Joyous New Year.



Community College Northern Inland Inc.

The team at your local Community College wish you all a Happy and Safe Christmas and all the best in 2024.

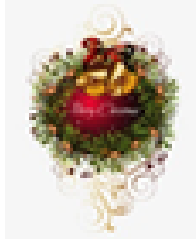
The office will be closed from Friday 15th Dec 2023 to Monday 8th Jan 2024.



Shop 117-119 Queen St - Barraba

P. (0)2 6782 1585

Kylie wishes all Universal customers a Happy Christmas and prosperous New Year and thank you for your support.



Closed from 24th December 12md

Reopen on 5th January 2024



PJK LAW

149 Queen St Barraba

Phone 0267821103

Phil, Marilou and Tracy wish all a very Merry Christmas and a Happy New Year.

We will be closing on Friday 22 Dec 2023 at 1pm and reopen on Thursday 11 Jan 2024 at 9am



THE CORNER STORE

21 Queen St Barraba 0267821058

Rakesh, Raji, Dinesh, Indu and Leah wish all customers a MERRY CHRISTMAS and PROSPEROUS NEW YEAR and thanks all for your patronage.

OPEN Christmas Day and Boxing Day.

Merlene's Fine Fibres Studio

86 Queen St Barraba

Phone 02 67821838

Merlene and Laurie wish all a Merry Christmas and Happy New Year



Barraba RSL and Recreation Amateur Anglers Club

**Wish all members and friends a MERRY CHRISTMAS and HAPPY NEW YEAR.
Hope the fish are biting in 2024!**



BARRABA SHIRE BAND

The Bandmaster and Band Members wish all a very Merry Christmas and a happy New Year.

Thank you for your support during 2023.
We're always looking for new members.



D.J. Kelly & Co.

**Chartered Accountants
122 Queen St Barraba.
Phone 67821403**



Wish their clients and friends a very Merry Christmas and prosperous New Year.
Closed 22nd December to 8th January 2024

Barraba Rugby Union Club

The Barraba Rams wishes everyone a Merry Christmas and a happy New Year.

A big thank you to all our supporters for a successful 2023 season.

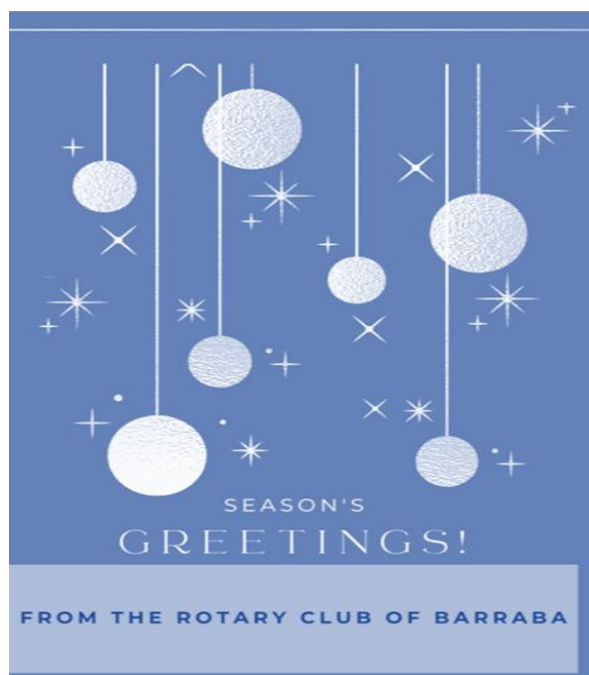


WE LOOK FORWARD TO SEEING YOU ON THE Paddock IN 2024!

BARRABA MEN'S SHED



Members of the Barraba Men's Shed wish all a very Merry Christmas and a happy New Year and would like to thank everyone for their support throughout the year.



TJ and WA ENDACOTT

PLUMBING

Phone Tim 0428852054

AH 02 67852054

Tim and Wendy wish all a Very Merry Christmas and a Happy New Year.



Members of the Barraba Potters and Craft Guild and Fuller Gallery wish everyone a Happy Christmas and a wonderful, safe and healthy New Year

MERRY CHRISTMAS



Wishing all a very Merry Christmas and thank you for supporting our Barraba Markets.

It's hard to buy your husband something for Christmas when he got everything when he married you.

Turning Heads Hair and Beauty Salon

130 Queen St
Phone 67821167

**Jenny and Jon wish all clients a very Merry Christmas and a Happy New Year.
Hope to see your hair there!**

Closed from 21st Dec
Reopen on 10th Jan 2024.



NORTH BARRABA DIESEL

Adam Russell phone 02 67821485

Wishing all a very Merry Christmas and a happy New Year.

Thank you for your support in 2023.



Closed during the Christmas break.

John, Robyn, Ben, Josh and Kahlee of

Barraba Beef

Wish all customers and friends Peace and Happiness at Christmas and all through 2024

Merry Christmas

The President and Members of the
Barraba Lions Club

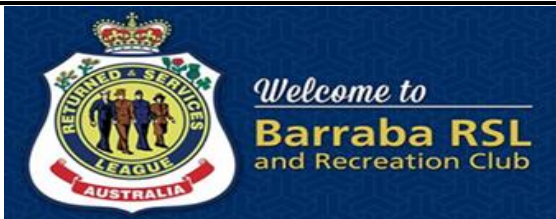
Take this opportunity to wish the people of Barraba a happy and prosperous Christmas and New Year and thank all for your generous support in the past.



Phone 0408117358

Steve, Alison, Jack and Kane wish all a very Merry Christmas and Happy New Year and thank you all for your generous support in the past.

Closed Friday 22nd Dec, reopen Tuesday 2nd Jan 2024



Thanks all members, friends and guests for their patronage in the past year and extends best wishes to all for 2024.



Club closed Christmas Day and Boxing Day.
Bistro closed 24th Dec reopen Friday 5th Jan 2024

Barraba Senior Citizens

Wish all their members and Housie Players a very Merry Christmas and a Happy New Year
See you all in 2024.



All new members are welcome
phone Judy on 0429821158



Saunders Fruit and Vegetable Supplies

Merry Christmas and thank you for your support throughout 2023. Best wishes for 2024.

John and Toni

Merry
Christmas

Frocks 'N' Locks

107-109 Queen St Barraba

Wishing all our clients and friends a happy and healthy Christmas and a prosperous New Year and look forward to continuing to enjoy your company in 2024.

Rhonda, Kelly, Penny and Nicole

For trading hours and hair dressing with Rhonda
phone 67822111.

Barraba Bakery

Wish everyone a Merry Christmas and a Happy New Year.



We will be closed from 4pm on 22nd December and reopen on 29th January 2024.



Babes in the Bush

Phone 67821303

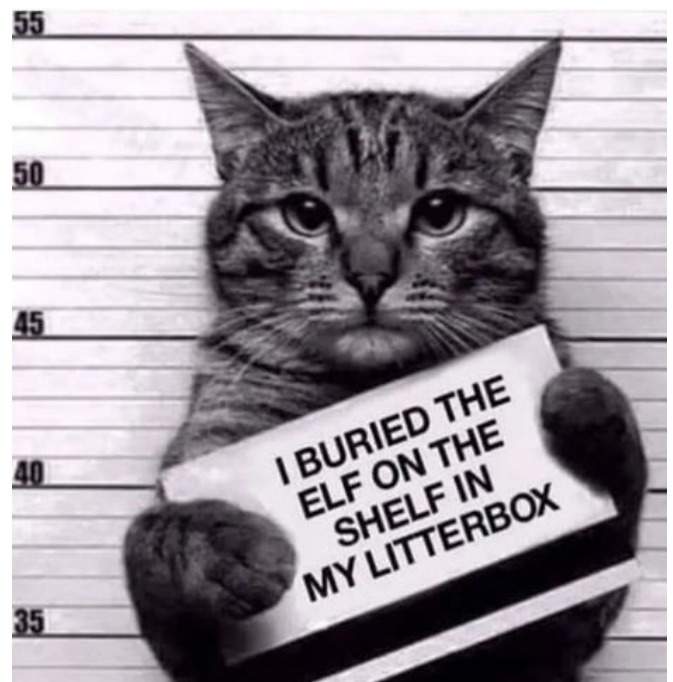
Ally wishes all a Merry Christmas and a Happy New Year.

Polkadot & The Coffee Room

85-87 Queen St
Phone 67821717



Sandra and staff would like to wish all their customers and friends a Merry Christmas and Happy New year and thank all for their support during 2023.





Keep cool, stay hydrated

Hot weather can cause serious health problems, especially for older people, people with existing medical conditions, babies and young children, outdoor workers, socially isolated people, people who are homeless and pregnant women. Before, during and after a period of hot weather it's important that you keep cool and stay hydrated by drinking water.

Keep cool

During hot weather it's extremely important to keep cool to prevent yourself from becoming unwell.

Tips for keeping cool

- Use air-conditioning if available to maintain a comfortable temperature indoors. Use electric fans if air-conditioning is not available. At extremely high temperatures (around 39 degrees and above), fans can be less effective at keeping someone cool.
- Wear light, loose-fitting clothes.
- Avoid being outdoors in the hottest part of the day as much as possible. If you have to go outside, seek shade or shelter.
- Close curtains and blinds to block out the sun.
- Spend time in the coolest area of your home.
- Limit physical activity, for example household chores or exercise, to early in the morning when it is coolest.
- Use stoves and ovens as little as possible as these can heat up the home.
- Wet your skin with cool water using a spray bottle or a damp sponge or cloth.
- Place cool packs or crushed ice in a damp towel loosely over your neck and shoulders.
- Take cool showers or baths, or sit for a while with your feet in cool water.
- Seek out cool places or air conditioned public facilities in your local area, if you can safely travel without getting too hot.

- When it becomes cooler outside, open your windows and doors to allow warm air out and let the cool air in.

When outdoors, protect yourself from the sun by applying sunscreen and wearing sun-protective clothing, sunglasses and a wide brim hat.

Stay hydrated

During hot weather it's important to stay hydrated.

- **Drink plenty of water regularly even if you don't feel thirsty:** If your doctor has asked that you limit your fluid intake, ask how much water you should drink during hot weather.
- **Do not replace your water intake with alcoholic or sugary drinks.**
- **Carry water with you if you will spend time outdoors.**

Did you know... If your urine is pale you are probably drinking enough water. You can [test your urine using our colour chart](#).

Learn the signs of heat-related illness

It is important to learn the signs of heat stroke, heat exhaustion, heat cramps and heat rash, how to treat the symptoms, and when to seek medical help.

[Learn the signs, symptoms and first-aid for heat-related illnesses](#)

Stay cool during power outages

Extreme heat and heatwaves can cause power outages which affect your air-conditioning or electric fan. Find out how to prepare for a power outage during extreme heat: [Plan ahead to beat the heat](#).

Visit the [AusGrid website](#) for information about current power outages in NSW.

After the heat has passed

The strain of heat exposure, including disrupted sleep, can be felt after the hot weather has passed.

- Stay aware of your health in the days following hot weather and seek medical advice if you feel unwell.
- Continue to drink plenty of water.
- Take time to rest and recover.
- Check on family, friends and neighbours [who may be more at risk](#) of the health effects of heat.

For more information

Visit the [healthdirect website](#) for more information about [hot weather risks and staying cool](#).

For health information and advice 24 hours a day, 7 days a week phone [healthdirect](#) on 1800 022 222, or speak to your doctor



Xmas Day

The homes are decorated
There's excitement on the way
And children think of Santa Claus
As they wait for Xmas Day

Christmas lights are sparkling bright
Children wait for that great day
When down out of the Milky Way
Come Santa with his sleigh

To see the joy on Xmas morn
On the face of girls and boys
When they see their presents
And their stocking full of toys

They are under the Xmas tree
With pretty coloured lights bright
They were not there yesterday
Santa brought them through the night

He has his sleigh bells ringing
As his reindeers travel on
At night he visits little boys and girls
And by morning he has gone
He's gone back to Santa Land
Where he will stay for a year
To make the toys for boys and girls
That bring them Xmas cheer

The pleasure that the parents get
When children wake and see
Gifts wrapped in pretty paper
Underneath the Xmas tree

There's just one thing in this cruel world
I wish to God to say
I'd like to see every child in this old world
Get a gift on Xmas Day

Vic 'Stumpy' Turner



Golf Notes

The warm weather didn't put off our golfers this week with Phil Hiscock and Paul 'down the middle' Grigg both carding 22

points to claim the chooks. Runner up scores were Des Kelaher 21, Gary Allen 20, Jesse Philips 20, Richard Pudicomb 20, Fermin Allan 20, Dan Harris 20, John Hartley 19, Sam Faint 19, Helen Kelly 19 and Peter York 19

The Next Generation boys are still holding their lead however both New and Old and 666 are in striking distance.

Next Gen. 309

New and Old. 303

6666. 302

Geriatrics. 298

Hackers. 296

The Forgetfuls. 295

Ruttleys Earthmoving. 292

The Bogey Men 291

Bareela Birdies. 291

Over the Hill. 289

Unreliables. 286

Stock and Crop. 283

The Wouldbes. 281

Dams. 265

Vintage. 271

Worm Burner. 245

In the 5 hole comp Bradley Nieborak was the winner with 10 points from Amie Middlemiss 9, Jacqui Bradbury 8, Jack Ward 8 and Jack Robinson 8.



- **When does it become too wet to play golf?** When your golf cart capsizes.
- **Why is it that computers are so good at golf?** Because they have hard drives.
- **Among golfers, which bird is their favourite?** Any birdie will do.
- **Why do golfers carry pair of gloves?** In case they get a hole in one.

4 tips to help your loved one with dementia enjoy the festive season

Nikki-Anne Wilson, Postdoctoral Research Fellow, Neuroscience Research Australia (NeuRA), UNSW Sydney

The festive season is fast approaching, and if you're organising celebrations with family or friends, you might be grappling with a seemingly endless to-do list. But as you make these plans, it's important to consider how you can best include any friends or loved ones living with dementia.

While no two people experience dementia in the exact same way, dementia often affects the way people process and respond to their environment. Too much stimulation – like a lot of noise and activity at a Christmas party – can be overwhelming and may cause confusion or agitation. Finding ways to create a safe environment at home for your loved one with dementia will help maximise the chances everyone has a good time.

1. Plan ahead, but be flexible

Planning celebrations can be overwhelming for everyone involved, and having excessive expectations can raise stress levels. Try to keep expectations realistic and in line with the current needs of your friend or loved one living with dementia.

For example, people with dementia may experience changes in their appetite or food preferences, or difficulties chewing and swallowing. These changes might make some of the things on your festive menu unappetising or difficult to eat. Be guided by the needs and preferences of the person with dementia and keep options limited to one or two special foods if larger banquets are likely to be overwhelming.

Things can change quickly for people living with dementia and their abilities will likely vary from day to day. Try to be flexible and have a backup plan in place. For special events, plan to record speeches or ceremonies to share when things are quieter. If you're planning a large event, consider having a smaller gathering with your loved one with dementia and just a few special people.



Many families will celebrate the festive season with a relative who has dementia

2. Stick to the familiar

The sudden appearance of lots of decorations may be overwhelming for a person with dementia and trigger a negative sensory reaction or distress. Ensure decorations are safe and familiar and put them up slowly over a period of a few days. Try to also stick to familiar traditions and routines. Daily routines are an important way of supporting people with dementia and sudden changes may result in agitation and distress. Stick to routine eating, bathing, and rest times where possible throughout the holiday period.

For many people with dementia, long-term memories are less affected than more recent memories. Familiar family traditions can therefore be a good way to reminisce. Family keepsakes or memory books can also help connect with stories from past celebrations.

3. Have a quiet space

Try to have a quiet place where the person living with dementia can go if things become overwhelming. Designating a support person who can stay with them throughout the day and take them to a separate room or area away from the action can help to keep things calm.

Having some familiar objects or quiet music in the space can be a good way to block out the noise of activities and reduce agitation.

4. Make sure everyone has a part

Everyone wants to feel a part of the activities on a special day, including people living with dementia. Ensuring everyone has a role to play may mean modifying tasks to suit the abilities of the person with dementia.

For example, if you're hosting an event at home, try to get your friend or relative with dementia involved in the kitchen by tossing the salad or helping to set the table.

People with dementia are still the same person, even if their abilities have changed or they can no longer communicate their needs and feelings like they used to. It's important to treat everyone with dignity and try to include your friends and loved ones with dementia in celebrations whenever possible.



Think about how you can include your loved one in the day's preparations

Sometimes, you can't be together

Despite the best laid plans, sometimes it won't be possible to share in festive celebrations with your loved one living with dementia. More advanced dementia, aged care visitor restrictions or even just distance can keep many of us apart from our loved ones.

Be prepared for this separation to bring up your own feelings of grief or sadness. Look after your mental health as well as the person with dementia. Caring responsibilities still largely fall to women and it's important to share the load. Where possible, the holidays can be a good time to think about giving primary carers a break to help them recharge for the year ahead. If you're caring for someone with dementia and need support, Dementia Australia or Carer Gateway offer useful resources.

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local professional**



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MORE POLICE ON THE BEAT IN TAMWORTH

Local police ranks have been bolstered with the arrival of more police in the Oxley Police District. Two more probationary constables have commenced duties in the district today following a formal graduation ceremony in Goulburn on Friday.

Member for Tamworth Kevin Anderson MP welcomed the regions two newest officers and thanked them for choosing the Police as a vocation during a visit to Tamworth Police Station this morning. "Probationary constables play an important role within our police district, responding to a wide range of incidences including domestic issues, motor vehicle accidents, stealing offences, and more," Mr Anderson said. "The role of a probationary constable is challenging, but it is also extremely rewarding, and I wish our newest recruits good luck as they embark on their new careers. They will now spend their time learning from our experienced Field Training and Assessment Officer for the first couple of months to ensure they are given the support they need to put the training they have received into practice."

Mr Anderson went on to say, "Police training is a rigorous, committed 8-month process and our recruits deserve to be acknowledged for their achievements in graduating on Friday. I know officers in our district will welcome the new probationary constables over the coming weeks, as they become a part of the close-knit family in the Oxley District. Probationary Constables Nick Ryan and Amy Schofield already have strong ties to our district, having lived in Tamworth and Uralla respectively. I welcome the regions newest recruits who have taken up the incredibly challenging and rewarding role of serving our community. I know our community welcomes them with open arms and thanks them for choosing to embark of this important career."

Raffle Results from the Rugged Rustlers

- 1st – Brass Monkey Esky – Warren Walker**
2nd – Aunty Jax Voucher – Tim Coombes
3rd – Blackdot Voucher – Merv Scanlon
4th – CD Pack – Jock

Best Christmas Outfit – Judy Brady
Lucky Spots – Brittany Mallise, Keg & Tracy Walker

Thanks you for your support from the Ruggerd Rustlers Outfit

The NSW Advocate for Children and Young People,

Zoë Robinson, has today released an extended report into the impacts of the rising cost of living on young people across NSW. Overall, more than 2,000 children and young people across NSW were engaged throughout the project, with the report finding that children and young people are struggling and being forced to choose between basic needs and rights such as food, shelter, education that impact on their futures.

"This report builds on interim findings released earlier this year and provides an important insight into the pressures that children, young people and their families are facing as a consequence of the rising cost of living. It gives us a real understanding of their current situations, their hopes for the future but also their real fears," said Ms Robinson. In ACYP's 2023 polling, cost of living became the number one issue for children and young people aged 10 to 24 years in NSW for the first time, with over a third (35%) mentioning this issue unprompted – up from just 4% in 2021. It is also the top issue that young people would like to see more support from Government.

The report provides an important overview of the specific pressures that children, young people and their families are facing in the following areas: groceries, healthcare, housing, education, employment, transport, childcare and experiences of debt. Across ACYP's consultations, the key area that young people wanted government to focus their efforts on was housing. This referred to both supporting young people's ability to buy their first home and reducing the cost of rent. ACYP's polling also found that 76 per cent of young adults* reported that the proportion of income they spent on housing had increased in the past 12 months. "We are all just pretending it's okay to be living in a housing crisis," said one young person, while another added that "moving back home isn't an option for everyone."

Other core priorities for young people included reducing the costs associated with education, cost of groceries, electricity and gas.

Ms Robinson stated that "this report highlights a confronting reality where children and young people are being forced to change their aspirations and sacrifice their health, wellbeing, education and social connections due rising cost of living."

As one young person said, "I worry for my future as I know I might not be able to afford basic necessities let alone buying a house in the future. With my HECS debt being significantly indexed at the end of this financial year, I'm even more stressed about my debt and the fact that I will forever be paying off my HECS debt."

Ms Robinson said, "The data reflects that this isn't just "political noise" these are very real concerns for young people in NSW, and we need to ensure the policy settings that affect them,

consider their voices and perspectives. This report provides a series of important recommendations - for government, business and community - and highlights that further supports are needed to safeguard children and young people against the damaging impacts of the cost of living crisis."



Tamworth Regional Council Ordinary meeting on the 28 Nov

- To continue the work taking place for a university campus in Tamworth, Councillors agreed to extend the Heads of Agreement between Council and the University of New England to 31 December 2024. This includes the subdivision of the land to create a registered lot, remediation activities and earth works, and a continued commitment to the Exclusivity of the Land.
- As part of Council's ongoing commitment to the youth of our region, Councillors at tonight's meeting have approved the Draft Tamworth Regional Youth Strategy and Action Plan for public exhibition. The document will help guide how Tamworth Regional Council, local services providers, schools, clubs and government departments build a region that supports young people. The draft strategy is based on what we have heard from the community, and has been designed around five key focus areas including life ready, wellbeing, access and connectivity, community and identity. Each focus area has its own set of priorities and actions which will guide the delivery of prioritised youth related initiatives. The draft strategy will be placed on public exhibition for 28 days from 29 November to allow the community to give Council formal feedback.
- To ensure greater connectivity to the Sports and Entertainment Precinct, evenly distribute future traffic growth across identified entry/exit points to Arcadia, and provide efficient access for emergency services, Councillors agreed to maintain the Rodeo Drive access point to the Arcadia estate. It was also agreed to investigate funding options for an active transport connection between Arcadia and Sports and Entertainment Precinct, recognising the need for pedestrian and cyclist safety.
- Councillors agreed to consult with the community about reducing the green waste disposal fees at Council's Rural Waste Facilities without a weighbridge. Rural customers currently pay a minimum charge based on the size of their load as there is no way to weigh materials at these facilities.

Council has recognised that rural customers are potentially paying more per load compared to sites with weighbridge facilities. The proposed fee reduction would create more consistency across Council sites. Public consultation for the proposed changes will be open from Tuesday 12 December 2023 until Tuesday 9 January 2024 via the Council's Have Your Say website.

- The efforts of Section 355 volunteers across the region were recognised through 24 sets of minutes received and noted by Council. These included the Attunga Public Hall and Youth Hall Committee, Barraba Showground Management Committee, Dungowan Hall Committee, Duri Progress Association, Kootingal Recreational Reserve Committee, Manilla Showground Committee, Moore Creek Hall and Reserve Committee, Piallamore Recreation Reserve Committee, Weabonga Hall and Recreation Reserve Local Committee, and the Woolbrook Hall and Park Committee.
- Councillors agreed to provide support for the Northern Inland Academy of Sport which will host the Your Local Club Academy Games from 2025-2027 in Tamworth. With this support, Council will waive fees associated with the use of Council operated sporting venues and will give a financial contribution of \$20,000 per year, for the three years it is held in our region, recognising the economic impact of the event.
- Councillors also agreed to provide The Little Athletics NSW 2024 New England Region 1 Championships with a full fee waiver for use of the Tamworth Regional Athletics Centre. The event is expected to bring 800 participants to the Tamworth region.
- Councillors appointed new members to the Tamworth Regional Youth Council to advocate for our regions young people. New appointees include Avalya Mathew, Bodin Wallace, Edward Duggan, Ellie Jarman, Eva-Mae Davies, Meg Foster, Mia Elliot, Mia Stokes, Molly Carey, Rory Davis, Sweta Rai, Thomas Sullivan and Elle Woods elected for a second term. The following Youth Councillors who were selected in March 2023 will continue their term of office in 2024: Aimee Morris, Dominic Fawcett, Kaida McManus, Lara Cowley, Luke Suter, Megan Swain, Sophia Hanson and Yvonne Sutton.
- To ensure compliance with NSW Government legislation, Council has approved a draft Data Breach Policy to be placed on public exhibition for 28 days. The policy includes mandatory obligations designed to help Council respond to a data breach. During this time, feedback can be made, however if no submissions are received, the policy will be adopted.
- Efforts to keep our community green were recognised as Councillors adopted the Urban Street Tree

Planning group's October meeting minutes. The minutes reflected the group's nomination for the Keep Australia Beautiful Tidy Towns Awards 2023, which the group went on to win.

- Dates for the 2024 Ordinary Council Meetings were set, taking into consideration the Local Government Elections scheduled for Saturday 14 September 2024. Council will enter caretaker mode from August 16 2024.

For more information, see the full reports at www.tamworth.nsw.gov.au/businesspapers

RECENT ANNIVERSARIES

- the Eureka Stockade (1854)
- the deaths of author Robert Louis Stevenson (1894)
- Ayatollah Ruhollah Khomeini becoming the first Supreme Leader of Iran as part of the Iranian Revolution (1979)
- Soviet President Mikhail Gorbachev and US President George HW Bush declaring the Cold War over (1989)
- LOL c u l8r, it's the anniversary of the very first text message (1992)
- the signing of the Anglo-Irish Treaty that created Northern Ireland (1921)
- the bloody water polo match between the USSR and Hungary at the Melbourne Olympics (1956)
- the death of British naval officer William Bligh (1817)
- the attack on the US Naval Base in Pearl Harbor by the Imperial Japanese Navy Air Service (1941)
- the passing of same-sex marriage legislation through the Australian Parliament (2017)
- SpaceX becoming the first private company to successfully launch, orbit and recover a spacecraft, after the second launch of the SpaceX Dragon (2010)
- the birthday of former PM Bob Hawke (1929)
- third anniversary of the eruption of New Zealand's White Island/Whakaari volcano, killing 22 people (2019)
- the publication of the first edition of Encyclopaedia Britannica (1768)
- the birthdays of the world's first computer programmer Ada Lovelace (1815) and poet Emily Dickinson (1830)
- the publication of Mark Twain's *Adventures of Huckleberry Finn* (1884)
- the death of critic AA Gill (2016)

Planning a ham for Christmas?

Here's 3 easy glaze recipes to take your ham to a whole new level



Easy Apricot Glazed Ham

Method

Step 1 of 3

Preheat oven to 180°C/160°C fan-forced.

Step 2 of 3

Using a small knife, cut around ham rind, 10cm from shank end. Starting at the opposite end to shank, run your thumb under rind to separate it from the fat. Peel back and discard rind. Place ham in a large roasting pan and wrap shank end in foil.

Step 3 of 3

Stir jam and 2 tbs boiling water in a small bowl until smooth. Brush ham with one-third of the glaze. Bake for 1 hour, basting every 15 minutes with remaining glaze, or until ham is golden. Transfer ham to a platter. Rest for 30 minutes. Wrap shank in muslin and decorate with bay leaves.

Burnt Honey and Orange Glaze

Description

Take your ham centrepiece to the next level with a burnt honey and orange glaze. With a side of sweet mustard pickle, your tastebuds will definitely go into overdrive.

Ingredients

Oranges 4
Honey 2 cups
Cinnamon Quill
Hot English Mustard 1 teaspoon

Method

Step 1 of 5

Preheat oven to 220°C/200°C fan-forced. Line a large deep-sided roasting pan with baking paper.

Step 2 of 5

Using a vegetable peeler, peel strips of zest from 1 orange, then juice both oranges. Place honey in a medium heavy-

based saucepan over medium-high heat. Cook, stirring occasionally, for 8 minutes or until dark amber. Remove from heat. Very carefully and slowly, add orange juice, whisking to combine. Bring to the boil over medium-high heat. Add zest, cinnamon, 2 thyme sprigs and mustard. Stir to combine. Cook, stirring occasionally, for 5 minutes or until glaze reduces by a third and is syrupy.

Step 3 of 5

Starting at the long end of ham, run your thumb under rind to separate it from the fat. Peel back and discard rind. Place ham in pan and score in a diamond pattern.

Step 4 of 5

Brush ham with of the glaze. Bake, basting with remaining glaze every 15 minutes, for 30-40 minutes or until ham is golden and caramelised.

Step 5 of 5

Transfer ham to a large serving platter. Serve with sweet mustard pickle and scattered with remaining thyme leaves.

Balsamic and Dijon Glazed Ham

- ham
 - brown sugar ½ cup
 - balsamic vinegar 2 ½ tablespoons
 - dijon mustard 1 ½ tablespoons
1. Remove the ham from the refrigerator 1-2 hours before it needs to go into the oven. This will allow the meat to come a bit closer to room temperature before it goes into the oven.
 2. Using a small knife, cut around ham rind, 10cm from shank end. Starting at the opposite end to shank, run your thumb under rind to separate it from the fat. Peel back and discard rind.
 3. Preheat the oven to 325 degrees. Line a large roasting pan or a heavy-rimmed baking sheet with foil and place the ham cut side down in the pan. Roast for 45-50 minutes. While the ham begins roasting, combine the sugar, vinegar, and mustard in a small cup or bowl. Set aside next to the stove.
 4. Remove the ham from the oven and baste generously with the glaze, using about ¼ of the glaze. Continue to roast the ham until it is deep brown and glazed, brushing the ham with more glaze every 10 minutes or so.
 5. Transfer the ham to a large platter and let rest for 10-15 minutes prior to slicing.