



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 24th January 2024

NOTICE

After nearly 4 years producing the *Barraba Community News* every week we've had to review our advertising costs. The decision has been made that from Wednesday 7th February 2024 there will be a modest cost increase to advertise. We are always willing to provide a quote for your ad before you commit to the cost. There is no difference in cost for colour, font style or the addition of a picture or graphic. The cost is only related to the size of the ad.

Now, for the good news!

We have also been fortunate enough to receive an allocation from the Premier's Department of the NSW Government, under the Small Local Communities Allocation, to support the cost of advertising for our long-term advertisers and any new local business.

If you have a new business or a new service or product, commenced in the last 12 months, we can offer you free advertising for 5 months. The advertisement size can be 8cm x 8cm, either your design or we'll help you create the advertisement. Please contact Bronwyn at news@barrabacommunitynews.org.au or 0447165008 to discuss your ideas.

Back to School support - Kids Helpline @ School delivering more opportunities in 2024

With the start of a new school year upon us, Kids Helpline has announced expansion of the Kids Helpline @ School program.

Almost 70 per cent of all young people who reach out to Kids Helpline are high school-aged, with their top concerns being mental health, emotional wellbeing, relationships with family and friends, bullying, and suicide and self-harm concerns.

Teachers can connect their classroom to a Kids Helpline counsellor free of charge by simply booking a session online – schools.kidshelpline.com.au



Following some decent rain, a decision had to be made to move the Christmas Tree celebrations from Rotary Park to the Bicentennial Hall. Council and Lions inspected the park earlier on Sunday and decided it was far too wet to hold the event there with water running out of the ground. Despite all of that, everyone made it down to the hall where Santa arrived with the aid of Peter Salter. Barraba Rugby Club ran the chocolate wheel again, and Rotary delivered the BBQ. Once Santa delivered all the toys, the Lions club drew the 100 club and their annual guessing comp. Winners are:

100 club

- | | |
|---------------------------------|---------------------------------|
| 1 st . Ron Bridges | 2 nd . Kim Peake |
| 3 rd . Artie Chester | 4 th . Jan Freestone |
| 5 th . Sam Faint | 6 th . Trent Hartwig |
| 7 th . Lyle Brett | 8 th . Pat Sherwood |

Guessing Comp.

- | | |
|----------------------------------|-------------------------------------|
| 1 st . Sandra Allan | 2 nd . Beryl Caldwell |
| 3 rd . Trent Hartwig | 4 th . Toni Wauch |
| 5 th . Francis McNeil | 6 th . Shayne Middlemiss |
| 7 th . Julie Baldwin | 8 th . Shayne Middlemiss |
| 9 th . John Turner | 10 th . Vivian Mulley |

The Barraba Lions Club would like to sincerely thank everyone who supported us over the past 12 months, and greatly appreciate and thank the businesses who donate to our annual Christmas Tree.





COLLEGE CHAT

www.ccnl.nsw.edu.au

Welcome back from all the Staff at the Community College Northern Inland.

Everyone should soon receive the Term 1 flyer in their letterbox, but if you don't please drop into the Barraba Campus at 47 Fitzroy Street and pick one up.

Some of the training we will be offering this term includes:

Provide First Aid, Provide CPR & Child Care First Aid – Friday 9 February

First aiders should attend training on a regular basis to refresh their first aid knowledge and skills. Refresher training in CPR should be carried out annually and First Aid qualifications should be renewed every 3 years.

SITHFAB021 Provide Responsible Service of Alcohol – Monday 19 February

To sell, serve or supply alcohol in NSW you must complete an RSA training course provided by an approved training provider.

SITHGAM022 Provide Responsible Gambling Services – Tuesday 20 February

NSW Gaming Laws mandate Responsible Conduct of Gambling training for all people working in the gaming industry.

For RSA and RCG Joblink Plus Limited, trading as Australian Training Plus (ATPlus) - RTO ID No. 91434, will be delivering, assessing and issuing Statements of Attainment to students assessed as competent in the units per course requirements.



For more information please phone the Community college on 6782 1662 or enrol on line through our website www.ccnl.nsw.edu.au

Reflect, respect and celebrate Australia Day 2024

Celebrate Australia Day in Barraba

Residents and visitors to the region are being called on to come together this Australia Day to reflect, respect and celebrate the strength and spirit of our local communities.

Wherever you will be spending Australia Day this year, Tamworth Regional Council has made sure there is a community event nearby for you to take part in.

Council's Events Manager, Barry Harley, said "Thanks to funding from the National Australia Day Council, plus support from local community groups, there will be something for everyone".

Celebration highlights will include Australia Day Awards ceremonies at Barraba and Manilla with the Australia Day Ambassador Mr John Lee OAM and Councillors.

Barraba – Celebrate your local heroes with the Barraba Australia Day Awards from 6pm at the Barraba Golf Club with Australia Day Ambassador Mr John Lee OAM and Cr Stephen Mears. Then round out the night with music from 7.30pm from Jarred Taylor and Band.

Manilla – Manilla Lions Club will be hosting a breakfast in Pioneer Park from 8am, come along and grab something to eat before the awards ceremony starts at 9am. The ceremony will be attended by Australia Day Ambassador Mr John Lee OAM and Cr Mark Rodda and followed by live entertainment.

For more details about Australia Day events across the region visit www.tamworth.nsw.gov.au/ausday2024

You are invited to the
Bingara Australia Day
Ceremony Community
Breakfast BBQ prepared by
the Lions Club of Bingara
from 8.00am in the Roxy
Theatre.

Presentations of the local
Australia Day Awards will be
made by Special Guest, Major
Alex Rubin from the
Australian Army.







Welcome to
Barraba RSL
and Recreation Club

BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 26th January

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1800

LIVE MUSIC FROM 5PM

Sunday 28th January

Angler Club raffles from 1pm

Membership Draw \$1300

HAPPENING SOON

SUNDAY 18TH Feb CLUB AGM STARTING 11AM

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY: CLOSED

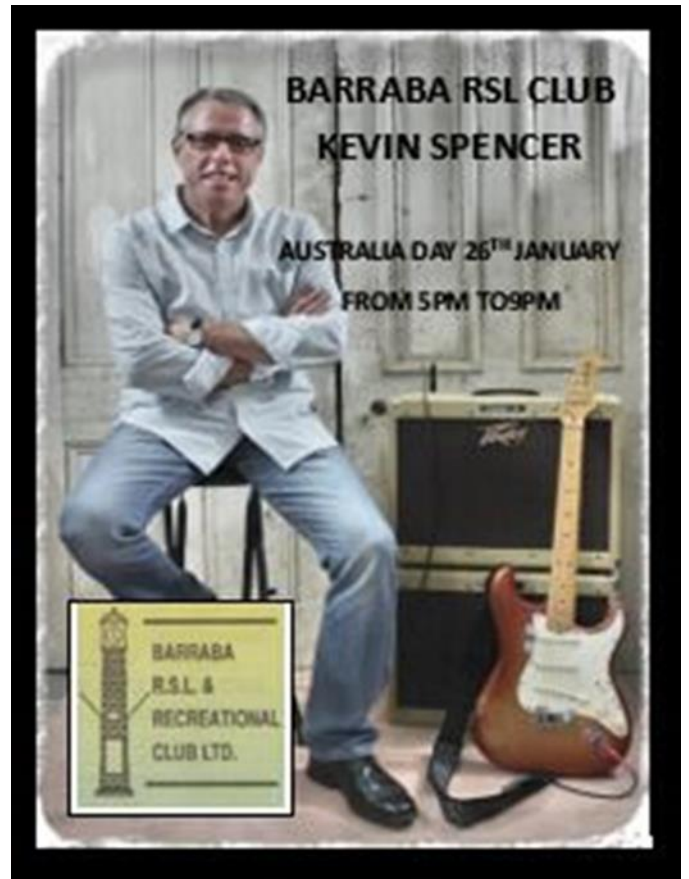
TUESDAY: CLOSED

WEDNESDAY: 12PM-2.00PM

THURS/FRI/SAT: LUNCH 12-2PM

DINNER FROM 6PM

SUNDAY: 12-2PM



Welcome to
Barraba RSL
and Recreation Club

**Notice of Annual General Meeting
Of the Barraba RSL & Recreational Club
Ltd**

**To be held Sunday 18th FEB 2024 @ 11am
@ the clubhouse**

NORTHWEST TENNIS ACADEMY 

FREE!
28/1/2024

**BARRABA TENNIS
COME AND TRY
DAY**

- ALL AGES AND ABILITIES WELCOME
- DEMONSTRATIONS AND A CHANCE TO TRY ALL JUNIOR AND ADULT PROGRAMS

Time:
9am - 10.30am

FOR MORE INFO CONTACT JARROD CAMPBELL
info@nwta.com.au
0421287004



Ron Hiscock continues his story - this week and next week he tells us about his time at Roy Collins and Sons.

Ron Hiscock talks about cars

Ron Hiscock started his mechanic's apprenticeship with White's garage. In 1961 he moved to work for Roy Collins and Sons; Collins Garage was the building now occupied by Phil Denyer Mechanical Repairs, on the corner of Alice and Queen Streets. Ron has many happy memories of the customers and their cars he serviced.

It was "the golden years" for vehicles in Barraba from the 1950s to the 1970s. From the local advertisements at that time, there were least four garages that sold cars in Barraba; among them G R White, Cliftons, J S Loveday and Roy Collins and Sons; there were probably more. Apart from all the Holdens and Fords, there was a great variety of makes and models available; Bedford, Chevrolet, Pontiac, Austin and Morris, Dodge, Chrysler, Valiant, Plymouth, Riley, Vauxhall, Hillman, Renault, etc, etc – Toyota Landcruiser was rather an afterthought!

So how did your new car you ordered from Roy Collins get to Barraba? Ron Hiscock certainly drove some of them here. When the deal was sealed, and the vehicle ready, Roy Collins picked up Ron at his house at 6am and drove him to Tamworth Airport to catch the early morning flight. Arriving in Sydney, with dealer's plates in his hand, Ron caught a taxi to the Distributor's yard at Milperra, where he picked up the vehicle, car or truck, and drove it back to Barraba that day.

Ron tells me he wasn't always that trusted with cars. Early in his time with Roy Collins, he gained his Driver's Licence, but was unable to afford a car. During this time, Ron's mother had to attend a late afternoon appointment with a specialist in Tamworth. "What a nuisance," she said. "I'll have to catch the train down and stay overnight." Ron thought perhaps he could borrow the shop car, a 1937 Ford, and drive his mother down to Tamworth and back after work. He asked Mr Collins – no way, he said. Then a few days later, the workshop foreman, Mott Smith, called out to him: "Ron, get the shop car, and drive me out to Black Springs". Ron did what he was told; as they were getting near 'Lynmollie', Ron asked "Who's broken down?" Mott replied "No one. Mr Collins said you asked to borrow the car, and told me to check that you can drive properly. You can have it, but don't go past Darling

Street. Now turn round and go back to the garage." So, Ron did drive his mum to the doctor.

I asked Ron his favourite make of car in those years; the Chrysler he thought. His first car was actually an EH Holden; David McDouall traded the Holden in on a new Chrysler Royal, and Ron bought it there and then. Ron subsequently owned three Chryslers. In the late 1950s, early 60s, the Chrysler Royal certainly stood out with its enormous tail fins.

Chryslers were popular then, Ron says. Apart from David McDouall and himself, other loyal Chrysler owners included Len Benson and Charlie Smith.



Chrysler Royal – early 1960s

Do you have stories about cars or driving in those days, or, even better, stories from much earlier days? We would love to hear them – write to or email The Editor, Barraba Community News.

Steam Engines in Action at the Tamworth Powerstation Museum

25 to 27 January 10:00 am - 3:00 pm



Join us at the Tamworth Powerstation Museum as we celebrate the Toyota Country Music Festival! On the 25th, 26th and 27th of January we will be running our John Fowler Steam Engines from 10am till 3pm. At 10.30am each day we will have a range of Country Music artists performing from 10.30 till 11.30am. Entry fees into the Museum apply, \$5 per adult and \$3 for concession card holders.

Pop on down and see history in action!

These photos are part of Ted Smith's photo record of the transport revolution that occurred in the early 1900s.

This is of passenger transport.

The railways were really the major part of this revolution gaining total dominance for freight and passenger on all the routes they entered. Where the rail lines never ran motor coaches quickly replaced horse drawn carriages.

The first photo is Hubert Kelaher's coach to transport passengers from the railway station downtown and I think those that required it on to Bingara.

The 2nd. photo is Ted Smith's own motor coach which performed the same service for years. In this pic the coach is outside Batterhamss' Newsagency in Bingara.

This coach service of Ted's was by no means the first motor coach service to Bingara. Posted by Brian Coote.





Work is underway in Barraba and Barraba Fossickers Way to upgrade the NBN Fixed Wireless network

Work has continued on upgrades to the NBN® Fixed Wireless network in Barraba and Barraba Fossickers Way, which will benefit households and businesses across Australia, including Tamworth, providing access to faster speeds* and extending the coverage of the NBN Fixed Wireless network.

The \$750 million investment in the NBN Fixed Wireless and NBN Sky Muster satellite network – \$480 million from the Australian Government and \$270 million from NBN – is on track to be completed by around December 2024.

When complete, the investment will expand the reach of the existing NBN Fixed Wireless footprint by up to 50%, as well as enabling two new high speed fixed wireless plans – Fixed Wireless Home Fast and Fixed Wireless Superfast*. The additional capacity and reach available on the upgraded network will also enable approximately 120,000 existing Sky Muster satellite-only premises to access NBN Fixed Wireless for the first time.

Work has begun to enable the upgrades, including NBN introducing new technology and replacing some hardware on our fixed wireless towers. The tower upgrades will mean some planned outages that may impact homes and businesses and their ability to use their NBN service while the work is underway. NBN will take all reasonable efforts to minimise service interruptions; however, there are occasions where towers will need to be taken offline.

The upgrade work is scheduled to begin in Barraba and Barraba Fossickers Way in the coming weeks. The tower works will not impact NBN fixed line or NBN Sky Muster satellite services. Impacted homes and businesses should be notified of any outages via their retail service provider.

Tom O’Dea, head of NBN Local NSW, said: “There is increasing demand for faster internet from homes and business across Australia and we are continuing to invest in the NBN network to stay ahead of demand. We are excited to have begun work upgrading the NBN Fixed Wireless network in Barraba and Barraba Fossickers Way, which will be a game changer for up to a million households and businesses across Australia. These tower works are critical to the delivery of our program but will mean some planned outages that may affect homes and businesses and their ability to use their NBN service while the work is underway.

After the tower works are completed, we expect that faster download speeds during the busy period will become available across the NBN Fixed Wireless network. We are asking the community to prepare for these outages and have back up connectivity if they need it. We encourage people to check the NBN website and watch out for communication from their retail service provider about how the planned outages may impact them.”

To get the benefits of the upgrades, homes and businesses may also need to update the NBN device at their premises. NBN will contact those impacted directly. Not all devices will need to be replaced.

For more information and to register for updates, customers are encouraged to visit our blog for an update on NBN’s Fixed Wireless and Satellite Upgrade Program: www.NBNco.com.au/blog/the-NBN-project/delivering-a-better-broadband-experience-for-the-bush

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

From Adam Marshall's website –



Northern Tablelands MP Adam Marshall at the CWA Centenary monument in Bingara, where the NSW heritage Blue Plaque will be fixed, honouring the life of CWA founder Mrs Grace Emily Munro MBE.

NORTHERN Tablelands MP Adam Marshall has today congratulated the community of Bingara, which has been honoured with one of the State's first heritage 'Blue Plaques', honouring the life of the founder of the NSW Country Women's Association, Mrs Grace Emily Munro MBE.

Mr Marshall said the Blue Plaque recognised Mrs Munro's significant contribution to the CWA and to the rich history of country NSW. "Mrs Munro served as the first President of the NSW Country Women's Association and created ongoing foundational support for isolated regional women and children," Mr Marshall said. "She lived on the property 'Keera Station', near Bingara, and experienced first-hand the isolation and lack of services in the region. Mrs Munro campaigned tirelessly for much-needed resources and funding for hospitals and women's restrooms across the state."

Mr Marshall said the Blue Plaque was a tremendous honour which recognised Grace Munro's unwavering commitment to improving the lives of rural women. "Alongside Florence Gordon, she organised the first Bushwomen's Conference at the Royal Easter Show in April 1922," he said. "From there, she was a driving force behind the Country Women's Association as we know it today. The Bushwomen's Conference fundamentally changed New South Wales and Queensland and Grace's legacy is etched into the fabric of our community."

Mr Marshall encouraged locals and those passing through Bingara to have a look at the Blue Plaque and the CWA Centenary monument. "In dedicating this plaque to Grace Emily Munro, we honour a woman who was the driving force

behind the Country Women's Association," he said. "Her leadership paved the way for a legacy that continues to impact the lives of regional Australian women." Mr Marshall said that Mrs Munro's Blue Plaque was chosen from 117 nominations made by the NSW public and assessed by independent historians. "The 14 plaques chosen in this round of the State Government's Blue Plaques NSW program join an elite group of just 35 already in place, Blue Plaques NSW celebrates well-known characters many of us are familiar with, but also brings attention to lesser-known stories of people and events that shaped a particular community, town, or field of work or study."

Minister for Heritage Penny Sharpe said the second round Blue Plaques recognised the diverse individuals, events and perspectives that make the history of NSW so intriguing. "Whether you're exploring Sydney's CBD or taking a drive off the beaten track to regional towns like Grafton and Pambula, there's a Blue Plaque for you to discover," Ms Sharpe said. "The installation of each new plaque brings added interest to the heritage of an area, encouraging locals to explore their backyards, and inviting those from further afield to learn more about the history of these communities."

APPLICATIONS FOR THE VETERAN WELLBEING GRANT PROGRAM TO END SOON

NSW Shadow Minister for Youth Justice, Aileen MacDonald OAM MLC, is putting out a reminder to the veteran community that applications for the Australian Government's 'Veteran Wellbeing Grant Program' are now open. "This is an issue above party politics. Our Veterans have served the nation with distinction and sacrifice, and they deserve all the funding and assistance we can provide through the Wellbeing Program," Ms MacDonald said today.

The aim of the program is to provide funding for ex-service organisations to undertake projects and activities that sustain or enhance health and social wellbeing, build community capacity, potentially expand on existing projects and raise awareness of the important issues faced by the Veteran community.

"Regional and rural NSW has a significant Veteran community, and this is an important resource to help with their wellbeing," she said. "We all know that transitioning out of the Defence Force and adjusting to civilian life can be a challenge." Ms MacDonald said this is the least we can do to help our Veteran community.

More details on the Program and how to apply can be found at: <https://www.grants.gov.au/Go/Show?GoUuid=4bffd1f-cfa5-472b-a94a-372e37527797>



'OT' Brand

I try to think what it was like over 100 years ago
In the days of horse and buggy and the days of Cobb & OO
'grandfather drove his bullock wagon in a vision I can see
A team of bullocks straining in their yoke all branded with
'OT

He brought the wool from Keera Station when the road was
just a track

To the railhead down at Barraba, then took station supplies
back

They walked beside the bullocks with whip and cattle dog
And had to use the second team to pull the loaded wagon
from a bog

They built their bullock wagons they were gifted in their
trade

The bullock yokes and wagon wheels, every item was hand
made

In the days of horse and buggy you walked or rode horses
to school

And the headmaster used a three foot cane if you acted the
fool

Those days are near forgotten we now live in the fast lane
Roads, they are a highway, we have fast cars and trucks and
aeroplanes

This world is filled with corruption with crime and drugs
they sell and grow

You can't trust your politicians, how can you trust a
stranger you don't know?

I'd like to thank my Grandfather for what he handed down
to me

The registered stock brand that bore his initial just 'OT'
I put the brand on my stock with pride for no matter where
they go

The brand on my horses are advertised at Camp Drafting,
Pony Club or shows

I have sold stockhorses, North Queensland to Melbourne in
the south

The best advertising I have found in from competitions,
word of mouth

Initials of my Pop is there for the world to see

My Grandfather Obadiah Turner and his stock brand 'OT'

Vic Stumpy Turner

Senior Citizens Notes

Hello Everyone,

I hope everyone had a nice break, now we are off to a flying
start for 2024. We had our first meeting for the year on
Friday, numbers were down but still we managed to plot out
a busy year.

Firstly – a short get away. How about a trip to Dubbo Zoo!!
maybe in September. I have been given the green light to go
ahead and find out all the details. If this should be
something to suit your taste, give it a thought and let me
know, my phone number is 0429 821 158. These trips are
for anyone who is interested, not just members of Senior
Citz. I will know more details in the coming weeks, so will
keep in touch.

Next big decision – we are going to have a whack at
presenting another concert later in the year. This will mean
quite an effort from every member to make a great occasion.
Next meeting should bring more information.

Bingo numbers were down somewhat on Friday. Could the
earlier start put some players out? Remember folks 9.30AM
start. The fee will also revert to what is used to be - \$12, the
same as it was years ago. Hopefully this will enable the
shoppers to cope with the rising prices for groceries. There
will not be any Bingo this week, due to the long weekend.

Craft day will once more be in full swing, Wednesday is for
the 'crafties'. If this is your interest, feel free to drop in and
see what is going on, better if you would like to join in, please
do.

Members – subscriptions are now due, still \$15. New
members will be most welcome, the more there are, the
stronger the branch. Besides – new ideas keep us going.

The street stall dates have not been allocated as yet. I
applied for two, one in the first half of the year, the second
in the latter half, near Mother's Day and Father's Day, so
fingers crossed.

On this note, I wish you all a great weekend. Am I allowed
or supposed to Say "Australia Day". One question, all this
hoo haa – is this the tip of the boot towards Australia
becoming a "Republic". I wonder.

Have a great weekend anyway, find a cool place and stay
there.

Cheers for now

Judy B.

BARRABA UNITING CHURCH NOTICES

Sunday 28th January Service Time 10:45AM.
All Services for the next three months 10:45AM.
Please Note Time Change.
ALL WELCOME

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am
Woodsreef 2nd Sunday of the month at 11.30am

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

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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Cnr. Alice and Fitzroy St Barraba

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Email news@barrabacommunitynews.org.au

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Barraba main street businesses

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.

Advertise in *News* at a competitive cost and reach 750
households in our area who receive a free copy each week.

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

We're live on the web

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

www.barrabacommunitynews.org.au

EMERGENCY SERVICES CONTACT LIST

Ambulance	000
Fire	000
Police	67900360
VRA	000
Barraba Police Station	67821003
Barraba Fire Brigade	67821179
Barraba Health Service (Hospital)	67822500
Barraba Medical Centre (GP)	67821621
Barraba Vet Service	0429192265
Essential Energy	132080
Beyond Blue	1300224636
Lifeline	131114
NRMA	131122
SES Barraba	132500
Tamworth Regional Council	
Emergency Number	1300733625
Council Office	67821105

JPs in Barraba

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

Two years ago, the Community College was fortunate
enough to get some funding to support the cost of a direct
mail out each week, of the *Barraba Community News*, to all
rural roadside mailboxes in the 2347 post code area.

The funding was for 1 year and in the year since the cost of
postage has been absorbed by the *Community News* budget.

Due to increasing costs we have made the difficult decision
to stop this weekly practice.

Over nearly 4 years we've been able offer *Community News*
free with email distribution and hard copies in many of the
main street businesses, this will continue as usual.

We hope you understand

Thank you Bronwyn and the BCN Team

How do I use air conditioning efficiently? Is it better to blast it briefly throughout the day, or just leave it on?

Mark Goldsworthy, Senior Research Scientist, CSIRO

Despite so many people having air conditioning at home now, many are still unsure how to use it efficiently. And air conditioning uses a lot of energy. For example, running all the lights in an average home all day and night consumes about the same energy as one hour of air conditioning of the same space.

Many people think they can save money and energy by just blasting the air conditioning at a very low temperature, such as 17°C, for a short period of time to chill the room – before switching it off and enjoying the chilled air until another blast is needed later on. But it requires a lot of energy to get a room to a very chilly temperature.

While running it briefly and intermittently at a very cool temperature may feel thrifty, it won't be the most energy efficient choice. Here's what to do instead.

Start by reducing how hot your home gets

First, try to minimise the need for air conditioning. Look for ways to stop your house getting hot in the first place.

Heat can come in from outside through surfaces such as walls, windows, and ceilings. Hot air can creep in under doors or through open windows and vents. Appliances and people inside can also generate heat (although the heat impact of people is generally relatively small, unless there's a large group).

To reduce some of this heat, you can:

- close blinds and windows before it starts getting hot
- use draft stoppers around external doors to stop hot air wafting inside
- plant trees (deciduous trees will let sunlight through in winter)
- install external shading, particularly on north and western aspects of your house
- improving ceiling and wall insulation, window glazing and sealing (if time and budget allow)
- reduce use of the oven and cooktop on very hot days (more efficient appliances, however, reduce this heating effect and save energy).

Rooftop solar systems provide a dual benefit of adding shade on the roof to stop heat coming in that way, as well as offsetting power usage. If you're in a double storey house,

the lower level can be a few degrees cooler; it can help just to hang out downstairs on a very hot day.

Set your air conditioning to the highest level that's comfortable

Turning our attention to the air conditioning unit itself, the most energy efficient action is to set the temperature to the highest value that's still comfortable (26°C during the day and 22°C when sleeping is often recommended). Then, just let it run.

Modern units (that feature technology known as an "inverter") will adjust their output efficiently to maintain the indoor temperature at the setting you've chosen.

Be careful, however; setting the temperature too low can result in the unit using more power than you think it's using (based on star rating label).

Older non-inverter units will cycle on and off to maintain the temperature, and you will generally be able to hear and feel it going on and off. (The newer inverter units, by contrast, don't tend to cycle on and off as much; they usually just stay on and continuously modulate their output).

For non-inverter units, in general, remaining on for much longer than it is off indicates the air conditioning is working very hard. This may suggest the unit is too small for the space you're trying to cool, or that you just have a lot of heat in the house (are you cooking a roast?). It could also suggest a fault.



It'd be better to close the blinds before you start thinking about using the air conditioner.

Ceiling fans and servicing can help

Regardless of the type of air conditioning you have, for each 1°C the temperature is lowered, energy use increases by 5 to 10%. So, it's important not to over-cool. That's why repeatedly blasting the air conditioning at a very low temperature over the course of the day isn't wise.

Using ceiling fans along with air conditioning can make things feel cooler by 2-3°C due to the air movement, meaning you can set your air conditioning at a higher temperature. Fans use minimal power compared to air conditioning.

Clean the air filters regularly (your manual will explain how) and make sure air grills and vents are not blocked by furniture or, for outdoor units, by vegetation. If parts of your outdoor units are heavily corroded or badly bent, the unit likely won't work as well. Animals can cause damage to outdoor units but parts can often be easily replaced. If your air conditioning doesn't seem to work well, makes unusual sounds, or if fault codes show up on the display unit, get it serviced.

And if a cool change comes through, switch off the air conditioning and open as many windows and doors as possible to allow the breeze to flow through the house.

If you have a time-of-use electricity tariff (it'll say on your electricity bill if you do), reducing use in the afternoon and early evening can save a lot. Energy prices can be double or more at these times.



*Using fans along with AC can help cool the room more.
Semachkovsky/Shutterstock*

An efficient unit can save you money in the long run

When it comes time to replace your air conditioning, carefully consider the energy efficiency or star rating. The more stars the better; even a half star higher could more than pay for itself over the life of the unit (especially if you also use it in winter for heating). Several state governments also have incentive schemes that can help cover the cost of upgrades or replacements.

Mediterranean Pork Sausage Tray Bake

From The Free Range Butcher



Spicy pork or beef sausages are perfect for this one pan dish. Lots of colourful vegetables and a full flavoured sausage and the family will be very impressed with dinner. Super easy and simple to make.

Ingredients:

- Pork or beef sausages such as Italian or other spicy flavour – cut in half
- 3-4 small chat potatoes, quartered
- 2 medium zucchinis, cut diagonally into 2cm slices
- 1 medium red and 1 medium yellow capsicum, halved, seeded and cut lengthways into 2cm strips
- 1-2 red onions, cut into 2cm wedges
- ¼ cup extra virgin olive oil
- 3 garlic cloves, crushed
- 2 teaspoon dried oregano
- 200g cherry tomatoes
- 100g feta cheese, crumbled
- ¼ cup flat-leaf parsley leaves, chopped

Method:

1. Preheat oven to 180°C fan-forced. Grab a large baking tray or use 2 trays.
2. Add all your chopped vegetables to roasting dish.
3. Sprinkle with grated garlic and herbs and drizzle with olive oil. Gently toss vegetables to coat with oil and flavourings.
4. Place sausages into roasting dish.
5. Bake 35-40 minutes until vegetables are cooked through.
6. Scatter tomatoes over sausages and vegetables and bake for another 6-8 minutes until tomatoes soften.
7. Sprinkle with feta and parsley and serve.

BT&DTC



BARRABA TOWN & DISTRICT TENNIS CLUB ARE STARTING A NEW TENNIS COMPETITION!

WHAT IS IT - IT IS A COMPETITION WHERE YOU PICK YOUR PARTNER AND NOMINATE YOUR GRADE (A, B OR C). YOU THEN PLAY THREE GAMES AGAINST OTHER TEAMS IN YOUR GRADE.

WHEN IS IT - THE COMP WILL TAKE PLACE ON THE SECOND SATURDAY OF EVERY MONTH AND WILL RUN OVER THREE MONTHS. 10 FEBRUARY, 9 MARCH AND 13 APRIL.

HOW MUCH IS IT - BALL FEES WILL BE \$6 PER PERSON. PEOPLE WILL NEED TO BE A MEMBER WITH TENNIS AUSTRALIA. YOU CAN BECOME A SOCIAL MEMBER OF BT&DTC FOR \$15!

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I got called PRETTY today!



Well, actually the full statement was "You are PRETTY annoying!". But I only focus on the positive things...