



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY

Wednesday 7th February 2024

Barraba Medical Centre

It is with the greatest of pleasure to inform the Barraba Community of the return of our much loved and missed Dr Heinrich Strydom to the Barraba Medical Centre.

Dr Strydom is set to commence practicing on the 12th March 2024.

All patients welcome, past and present.

Please phone 67821621 for appointments.

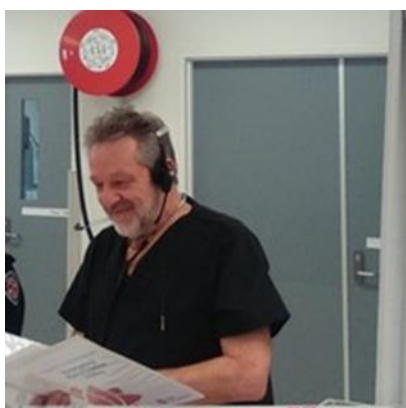
Our current surgery hours are:

Tuesday to Thursday 9am -5.30pm

Closed for lunch between 1- 2pm

Opening hours will change after 12th March.

Barraba Medical Centre Staff



Further details and information in relation to the reopening of the Barraba Medical Centre have been provided by the BCN team.

The reestablishment of the medical practice on a part time basis would not have been possible without the generosity of people within our community. Without this community spirit the future of the medical practice would have been uncertain. There are many people who have worked and contributed to the return of Dr Hein. These include some individuals and local

community organisations but a special mention to David Kelly and Paul Kavanagh for the countless hours they have put in to draw together all the stakeholders to ensure this can happen. It's not easy to work through the details and get agreement across so many organisations and individuals, including Hunter New England Health, the Primary Health Network and Tamworth Regional Council.

Thank you to Doctor Wearne for providing medical services over the last few months.

Our understanding is that locum services will be forthcoming so that Dr Hein can get some time off.

The Barraba Medical Service will still bulk bill all patients, Dr Hein will have VMO rights at the Barraba Hospital and will visit Garvin House residents. The surgery will again have a Practice Nurse and 3 permanent office staff.



Are you a new business in Barraba?

Have you got a new product or service you are offering in Barraba?

Have we got a deal for you!

Thanks to funding under the NSW Small Local Communities Allocation we can offer free advertising in the Barraba Community News for the next 5 months.

That's right, a free 8cm x 8cm ad for free each week to promote your business or product.

Contact Bronwyn at
news@barrabacommunitynews.org.au or phone
0447165008 to discuss

The 114th Barraba Show



Barraba Show: Friday 1 March – Sunday 3 March 2024

Get involved – enter your local Show

The Show is coming very soon – here's a list of the many Pavilion sections you would love to enter -it's fun, and you might win a prize! Most of us have grown things, cooked things, dabbled in the Arts and Crafts – here's a chance to show off your skills. Every section has a junior or school's section. Full details can be found on-line: **Barraba Show Schedule 2024**.

Section 15: Farm and Garden Produce

Section 16: Cut Flowers

Section 17: Cooking

Section 18: Jams and Preserves

Section 19: Photography

Section 20: Handicrafts

Section 21: Art

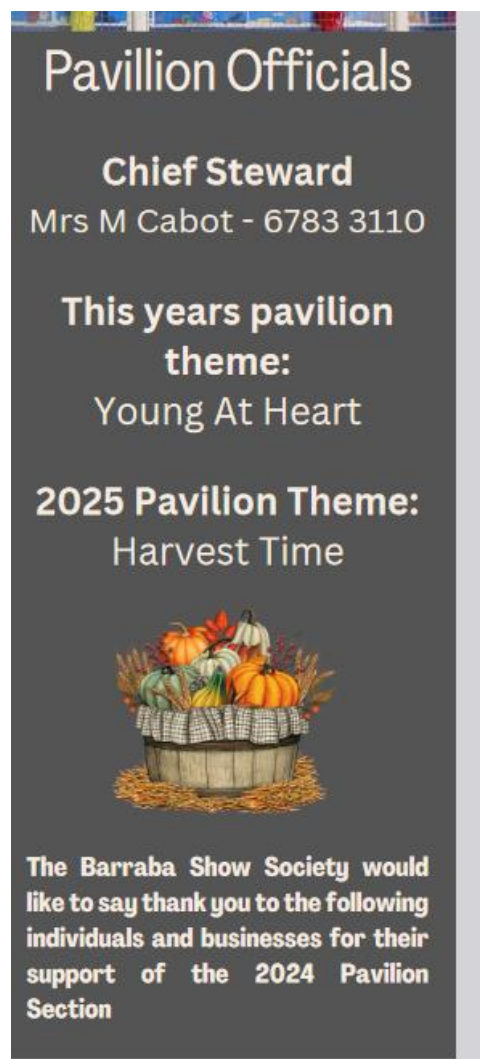
Section 22: Pottery

Section 23: Collector's Corner

Section 24: Needlework

Section 25: Knitting and Crochet

All enquiries to the Chief Steward of the Section as listed in the **Schedule**. See you at the Show!



When and How do I enter?

PAVILION SECTIONS

ALL ENTRIES: Delivered to the Secretary's Office at the Showground between 10am - 4pm on Weekdays, from Monday 26th February to Thursday 29th OR to the Showground Pavilion on Friday 1st March, 8am – 10am.

EXCEPT:

CUT FLOWERS Luncheon Pavilion from 2pm – 4pm, on Friday 1st March.

GARDEN PRODUCE Luncheon Pavilion from 2pm- 4pm, on Friday 1st March.

AND PLEASE NOTE THIS TIME:

PHOTOGRAPHY Entries close 3:30 pm on Tuesday 27th February.

OTHER SECTIONS

STUD CATTLE Entries close Friday 23rd February. All entries to cattle secretary: mctswalker@bigpond.com Tammy Walker PH: 0429 310 479 or 02 6782 7378. Entry form on website: www.barrabashow.com.au/forms. Please send in completed waiver form, with entries.

POULTRY Entries close Friday 23rd February. All entries to the Secretary, Barraba PA & H

WOOL Fleeces can be left at the show office during the show week or at the wool pavilion by 2:30pm on Thursday 29th Feb.

HORSES Entries are taken on the day under the marque in the horse section.

Barraba Show, held from Friday 1st March to Sunday 3rd March 2024 has a large knitting and crochet section and Chief Steward of the section, Penny Blomfield, wants to encourage people to pick up their needles or hooks and get creating – there's a section for everyone and everything – even one for those WIPs (works in progress)! Check out the Barraba Show website for details, [Barraba P, A & H Association - Home \(barrabashow.com.au\)](http://Barraba P, A & H Association - Home (barrabashow.com.au))



Here's a short history of knitting and some reasons why it's good for you to pick up those needles, hooks and yarn...

A Brief History of Knitting

Knitting has a rich and intricate history that traces back to the Middle East and eastern Mediterranean around the **11th or 12th century**. The earliest known knitted artifacts are **Egyptian socks** from that era. These socks were crafted using a technique similar to knitting, where loops of yarn were formed with a single needle. [This technique, known as Nålbinding, predates knitting and was practiced in various parts of the world, including Israel, Germany, and Norway.](#)

Another precursor to knitting was **finger knitting**, a simple form of knitting done using only the fingers instead of

needles. [Finger knitting has been practiced for centuries, especially by children and those without access to needles.](#)

As knitting spread to Europe, it became an essential aspect of daily life. Male guilds used knitting to create religious garments, and gradually, it evolved into a cherished craft practiced by people of all genders and cultural backgrounds. Knitting patterns developed, reflecting unique regional influences. [Scandinavian countries, in particular, embraced intricate knitting patterns for clothing, blankets, and household items.](#)

The Benefits of Knitting and Crochet

Knitting and crochet offer a multitude of benefits:

1. **Stress Reduction:** Focusing on knitting or crochet helps reduce stress and anxiety by grounding you in the present moment.
2. **Cognitive Stimulation:** These crafts engage various areas of the brain, including the motor cortex, frontal lobe, and occipital lobe, enhancing cognitive function.
3. **Physical Activity:** Knitting keeps your hands and fingers active, improving hand-eye coordination, especially beneficial for older individuals.
4. **Self-Expression:** Knitting serves as a creative outlet, allowing self-expression and providing a sense of accomplishment.
5. **Community and Connection:** Online platforms like **Ravelry**, Instagram, and Facebook connect knitters worldwide, fostering inspiration and pattern sharing.
6. [Alzheimer's Prevention: Engaging in knitting may slow down cognitive impairment and reduce the risk of Alzheimer's disease.](#)

So, whether you're creating intricate lace shawls or cosy blankets, knitting and crochet offer not only warmth but also a delightful journey through history and creativity.

Happy stitching! ✨

**BARRABA SHOW**
GENERAL MEETING
THURSDAY 8TH FEB 2024:
6.30PM
AT BARRABA BOWLING CLUB
Come along get involved as well as join us
for a drink and some dinner.
WORKING BEE
All stewards, sections heads and volunteers
are invited to attend the working bee on the
18th Feb 24 at the Showgrounds at 7am.



Welcome to
Barraba RSL
and Recreation Club

BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 9th February

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$2000

Sunday 11th February

Angler Club raffles from 1pm

Membership Draw \$1500

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

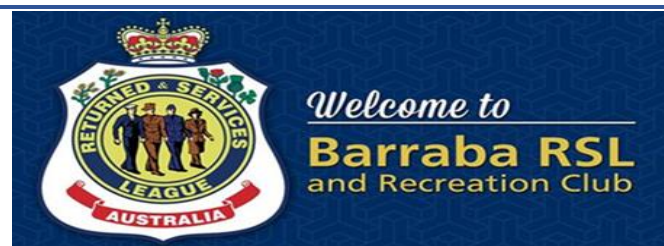
TUESDAY: CLOSED

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



Shelley's Table

11 h · 🌐

Good morning all !Thank you all for being so supportive over these past few weeks at my little cafe .im becoming extremely busy with private catering and so after careful consideration I've decided to only open the cafe on a Saturday and Sunday , BUT , I'll be offering breakfast / MTea / brunch and lunch as well .The new hours of business will be as follows .Saturday & Sunday , 8am - 2pm !! These hours will commence on this Saturday 10th February. To discuss any private catering needs please direct message me on Facebook messenger or on 0488192256 . Thank you for your continued support and understanding ! 🍪😊

**I'm only allowed one biscuit with
a cup of tea on my diet.**



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.

History Notes

To begin with, thank you to those, especially Terry, who have kept the History Notes going for the last couple of months. You have all done a most interesting job especially in the car world.

This week I have been presented with a hotel enquiry. The Courthouse Hotel began about 1880 with John Thomas Flynn in charge and its history was followed in through to the Playhouse Hotel just over three years ago in an edition of History Notes.

The early owners have been relatively easily followed through the years until about 1898 when the hotel and several shops on the eastern side of the street were destroyed by fire and it was feared that the Court House Hotel would also be destroyed - 'the verandah woodwork was scorched as well as the signboard and the furniture had been removed for safety.'

The Brent family ran the hotel for a few years after the fire and then passed it on to Henry Faddy in 1904 - it is thought that the second storey was added during his ownership or the next owner, Mrs Swain, and she definitely called it the Central Hotel.

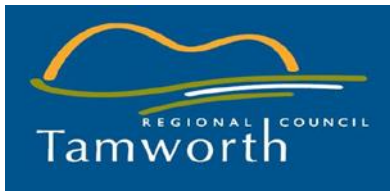
The history continues through a variety of owners to Claude Charnock in 1949 and it then becomes difficult to list the owners in the 1950s. We have a request for information about Adele Isha Croacker (nee Bolus) who took over the Central Hotel at Barraba from Joseph Blake, in January, 1953. Adele married John Stirling Wackett, who was living in Barraba in 1953 (before he divorced his first wife!). We have a request for information about this couple especially Mr Wackett- has anyone heard of him?

My second topic for this week is a collection of photos taken at shearing time - it is a big shed and there are at least six shearers shearing in a line with the catching pens behind higher than usual doors. The woolpress has a long handle with a bend halfway along to enable a longer stroke.

The shed has a very high pitch with a window up near the top and it appears to be near a creek and there are trees and hills around. Perhaps someone knows where this shed is/was - it is obviously a big one and the truck in one of the photos is a long semi-trailer with something like 24 bales on the lower deck. Any comments on this puzzle are welcome, but it is not Piedmont, Cobbadah Station or Barraba Station.



Nandewar Historical Society
No Markets in February due to the heat



New plan aims to break down barriers

Being mindful of the needs of people with a disability and increasing opportunities for inclusion are the principles driving efforts to create a new Tamworth Regional Council Disability Inclusion Action Plan. The project is about to get underway with an online survey and of community workshops at Tamworth, Nundle, Barraba and Manilla this week to engage with people with disabilities, carers, service providers and the wider community. The survey, which will be open until 11 March, can be found on the Council Website.

Council's Team Leader – Inclusive Community, Katey Allwell, said all councils in NSW are required to have a Disability Inclusion Action Plan. "The plan will provide Council with clear direction, and a list of actions to deliver over the next four years to remove barriers to access and increase opportunities for inclusion for people with disability," she said. "At the centre of the plan is the understanding that everyone across the Tamworth Local Government area should enjoy the same opportunities to participate in all aspects of community life."

Ms Allwell said the project team wants to learn about the lived experiences of community members to help make the new plan true-to-life. "We are looking to talk with and listen to people across our region," she said. "There will be opportunities to share ideas in person at a workshop or complete the online survey. Anyone who may need an Auslan interpreter to allow them to participate in a workshop is encouraged to let us know in advance and we have some alternative ways to access the survey – please call us on 6767 5555 or email trc@tamworth.nsw.gov.au We want to provide as many options as possible for community members to be able to share their experiences so we can ensure our plan is relevant and meaningful."

Feedback from the workshops and the survey will be used to draft the new 2024-2028 Disability Inclusion Action Plan. The community will have the opportunity to review and comment on the draft before Councillors consider its formal adoption.

SOLAR PANELS FOR YOUR HOUSE



The offer

This offer helps homeowners on low incomes reduce their electricity bills by installing 3 kilowatt solar systems on their homes.

Solar is a great way to reduce your environmental footprint and you can save up to \$600 a year on your household electricity bills. That's up to twice as much as the Low Income Household Rebate of \$285 a year.

Eligibility

This offer is currently available for low income households in NSW. To be eligible, you must:

- currently receive the [Low Income Household Rebate](#)
- agree not to receive the rebate for 10 years
- hold a valid Pensioner Concession Card or Department of Veterans' Affairs Gold Card
- own and live in your house
- not already have a solar PV system

If you are not the registered homeowner but your spouse is, your household may be eligible.

To Apply

Go to [NSW Climate and Energy Action](#) website.

Bejewelling Shakespeare's Women

An eye-catching new exhibition has commenced in Tamworth City Library today, with a highlight being an Author Talk at the end of the month. Bejewelling Shakespeare's Women is a look at some of the women that are a part of William Shakespeare's literary works, such as Juliet, Beatrice, Lady Macbeth, Cleopatra and Ophelia, to name a few.

Artist and author Tessa Morrison has a background in art history, critical research, design and jewellery and specialises in enamel jewellery. This background has led to her designing and handcrafting a beautiful collection of enamel necklaces that depict the character and story of 16 of Shakespeare's female characters.

The exhibition will be on display in Tamworth City Library from Friday 2 to Thursday 29 February 2024, along with the accompanying book, bringing alive the textual imagery of Shakespeare.

Ms Morrison will be visiting Tamworth City Library on Thursday 29 February at 2pm for an Author Talk. During this visit she will be discussing the characterization of the women she has depicted in these necklaces, and how the enamel lends itself to storytelling, thus making it possible to illustrate Shakespeare's imagery.

Senior Librarian Ita Hanssens said Ms Morrison will also talk through what inspired her to craft these pieces, and write the accompanying book. "The Author Talk will be a chance to understand the different techniques used to create these enamel necklaces, and the process of translating Shakespeare's textual imagery into visual imagery for each of the women," she said.

This event is completely free; however, bookings are still required and can be made via the following link <https://bit.ly/CNRLtessa>

CYBER ATTACKS – threat levels increasing ahead of Safer Internet Day

February 6 marks the 21st Safer Internet Day with the theme *Connect. Reflect. Protect* – a call to action for the whole community. Kids Helpline, a service of **yourtown** is part of a safety-net for children and young people who experience online safety issues, including cyberbullying, serious online abuse, and image-based abuse or pornography (sextortion).

yourtown CEO Tracy Adams said, the internet has become a fixture of young people's lives, the importance of online safety cannot be overstated, and we are calling for a concerted action to tackle and prevent violence against

children and young people online. Empowering young people to be more digitally resilient and protecting them from the worst that the Internet has to offer has never been more important - so this month let's remind everyone to:

- *Connect safely and with purpose* – by keeping apps and devices secure and using social media in positive ways
- *Reflect before we act* – by taking a moment to consider how what we do and say online may affect others
- *Protect ourselves and others by taking action* – tell teachers, family, friends and 'your tribe' about where to go to access resource, get support or report (including Kids Helpline or eSafety)

Safer Internet Day serves as a reminder that the potential of misuse of personal information, network scanning and cyber-attacks are a real and present danger for all organisations. "We are very conscious of the sensitive information that children and young people share, and the responsibility we have to ensure that is protected. I am pleased to announce that CyberCX has entered a partnership with **yourtown** to assist us", said Ms Adams.

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

BARRABA TOWN AND DISTRICT TENNIS CLUB – **2024**

Be part of the action!

You would have noticed that during 2023 the five worn out old green tennis courts at the Tennis Club in Queen St were replaced. The new blue courts are a great asset – now is the time to get more players to enjoy a game on the new surface.

Tennis got off to a great start in January on the new courts. A three-day junior tennis camp run by a professional coach attracted more than twenty local youngsters – both Primary and High School – who had a great time. Professional coaching will continue after school on a Tuesday. If you are not so young, and would like to polish up your tennis skills, private lessons are available.

The summer tennis competitions are about to start, so now is the time register to play. Tuesday evening “Night Lights” team competition starts on Tuesday 13 February at 6.30 pm, and goes through to Easter. All ages, all skills are welcome. Call/text Amie 0409 879 093 to put your name down.

Also, this year we are trialling a new competition for those players who would like a little more of a challenge. You choose a partner, enter as a two-person team, nominate your grade (A, B, or C), and see if you can win the competition over the short season. Full details are in the advertisement in the next column. This comp will be held monthly on Saturday evening – 10 February, 9 March, and 13 April. Sounds like a great challenge, but hurry, the it starts this Saturday and we need more players. Send a message immediately to the Barraba Tennis Club Facebook page, or phone/text Amie 0409 879 093 or Heath 0427 070 374.

If you played tennis once, or were thinking of taking tennis up (perhaps you were inspired watching the Australian Open), now the time to start - on the new courts. One of our current members hadn't played for more than fifty years; he took it up again a few years ago, and is enjoying himself immensely.

Speak to Amie or Heath and you could be on the court next week.



**Shout out from Patti Crowley
to all the volunteers who
work so hard at the Golf Club
to keep the fairways and
'greens' ready for the golfers.**



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!

INTERESTED?

**SEND US A MESSAGE ON FACEBOOK OR GET INTO CONTACT
WITH AMIE ON 0409 879 093 OR HEATH ON 0427 070 374**

The 2024 Rugby Season is here!

The much-anticipated 2024 rugby season has officially commenced, marking the beginning of pre-season training for the local rugby club. Preseason has started with training sessions every Tuesday and Thursday at 7pm. Whether you're a seasoned player or a newcomer to the sport, the club welcomes everyone to come and give it a go.

In addition to the training sessions, the rugby club is gearing up for a spectacular event – the Sponsorship Dinner on the 9th of February 2024. This gathering aims to bring together the community for a delightful Seafood Dinner, auctions items as well as guest speaker Jada Taylor, creating an opportunity for networking, celebration, and support for the upcoming 2024 rugby season. Tickets can be bought through the link on the Barraba Rugby Union Football Club Facebook page or at Stock and Crop Barraba.

The first game of the season will be a home game against Moree on the 6 April 2024.



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BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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Barraba Hospital Auxiliary Happenings

The Barraba Branch of the United Hospital Auxiliaries of NSW had a successful meeting on Friday 1st February. We are very happy to approve funding for some new toys for the Emergency Department as well as an air fryer for the staff accommodation. Without our hard working staff we wouldn't have a hospital so we welcome all opportunities to make things easier and more comfortable for them.

Our focus at present is the organisation of the 2024 Regional Forum involving all the UHA Branches in the New England area. This is planned for Monday 18th March at the Playhouse, so hopefully we will have a number of visitors to Barraba on that day. That day is also the birthday of Ruby Mae Peake, so we will include her mother Kim (Barraba 2023 Citizen of the year) to tell us about Ruby Mae and the charity in her honour. We hope to showcase Barraba to the UHA members from other branches.

BARRABA UNITING CHURCH NOTICES

Sunday 11th February Service Time 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

We're live on the web

**Now you can get the local news updated
more frequently by going to
www.barrabacommunitynews.org.au**

Good lunchboxes are based on 4 things: here's how parents can prepare healthy food and keep costs down

Clare Dix, Research Fellow in Nutrition & Dietetics, The University of Queensland

Stella Boyd-Ford, Research Fellow with the Grow&Go Toolbox, The University of Queensland

Heading back to school is a time of great anticipation for many families, but it is not without challenges. One of the big challenges is preparing healthy, easy, affordable and appealing lunchboxes. Lunchboxes are vital for supporting children's energy levels throughout the school day, which in turn helps maintain their concentration. What does a healthy lunchbox contain? How can you keep it fresh, while also keeping costs down?

Making a healthy lunchbox

A healthy well-balanced lunchbox should have four things:

- 1. food for energy:** these foods have carbohydrates for energy to learn and play. This could be sandwiches, wraps, pasta or rice dishes
- 2. food for growth:** these foods have protein to support growing bodies and minds. This could be lean meats, eggs, beans or dairy
- 3. food for health:** these foods have vitamins and minerals to support healthy immune systems and include fruits and vegetables in a variety of colours
- 4. something to drink:** water, milk or milk alternatives are the best choices. Do not give your children sugary drinks, including juice, cordial or energy drinks as they can lead to dental issues. If your child has trouble drinking plain water, try different bottles or cups. Some kids are more likely to drink from a strawed or spouted bottle. You can also try adding in a few drops of colourful fresh vegetable juice such as beetroot to make the water pink.



Lunchboxes should contain a mix of foods for energy, growth and health. Antoni Shkraba/ Pixels, CC BY

Choose snacks wisely

Most kids will eat a treat food over the core foods listed above (just like most adults!). These foods are fun and yummy but not the best choice for sustained energy and focus at school everyday.

So, try and avoid snacks like fruit bars and straps, which are low in fibre, fluids, vitamins and minerals, and high in sugar. Also avoid dairy desserts such as custard pouches, biscuits, chocolate bars and muesli bars that are often high in fat and sugar and don't need to be included in the lunchbox.

While homemade snacks like pikelets, scrolls or homemade dip are ideal and more cost effective, pre-packaged options can be a lifesaver for time-pressed parents.

When choosing packaged snacks, look for items under 600 kilojoules per serving, low in saturated fat (less than 2 grams per serving) and containing fibre (more than 1 gram per serving).

Also look for nutrient-dense ingredients like low-fat dairy, wholegrains, fruits, vegetables, or beans to provide a more balanced snack selection. Good options include popcorn, dried fruit boxes, wholegrain crackers and cheese, mini rice cakes, tinned fruit cups and yoghurts without added sugars.

Keep lunch boxes easy

Try to make school food easy to handle and eat.

For younger children, cut up large pieces of fruit and vegetables, quarter sandwiches and choose things with easy-to-open packaging.

Involve your children in preparing and packing the lunchbox or show them the final product so they know its contents. This means the child is not surprised by the contents. They are also more likely to eat a meal they helped make.



Encourage your kids to help prepare and pack their lunchboxes.

Keep things fresh

Food can sit in lunchboxes for hours, so it's important to keep it fresh. To help keep it as cool you can:

- use an insulated lunchbox and ice pack. Pack the ice pack next to items prone to spoilage
- if you are preparing the lunchbox the day before, store it in the fridge overnight
- ask your kids to keep lunchboxes in their school bags, away from direct sunlight and heat
- also consider freezing water bottles overnight to provide a cool and refreshing drink for hot days
- if you know it's going to be a particularly hot day or your child is going to be out and about with their lunch box, choose foods that don't have to be kept cool. For example, baked beans, tetra pack milk, wholegrain crackers and diced fruit cups. Also consider uncut and whole raw fruit and vegetables such as an apple or orange, baby carrots, baby cucumbers or cherry tomatoes.

Keep costs down

There are several ways you can try to keep costs down when buying school lunch supplies:

- follow the [Australian Dietary Guidelines](#). A [2023 study](#) suggests maintaining a healthy diet – along the lines of the guidelines – could save A\$160 off a family of four's fortnightly shopping bill
- choose seasonal fruits and vegetables for the freshest items at lowest cost
- take advantage of special deals or bulk purchases, especially for your child's favourite snacks or things with a long shelf-life like canned or frozen foods
- bake items such as scrolls or muesli bars and freeze in bulk when time allows. The [One Handed Cooks](#) have healthy recipes for all ages that are wallet and freezer friendly
- use dinner leftovers as next-day lunches



Try to plan dinners that can double as lunches.

- keep an eye on your child's lunchbox to see what they eat. They may eat less during lunchtime but need a snack later. Adjust the lunchbox contents based on their hunger level and have a post-school snack prepared to avoid unnecessary food waste.

For more ideas on managing lunchboxes, check out the [Grow&Go Toolbox](#). Nutrition Australia also has some [great suggestions](#) for balancing your child's lunchbox.

SPANISH MARINADE FOR LAMB

From The Free Range Butcher

Try this delicious marinade with lamb chops, steaks, on a butterflied leg of lamb or shoulder of lamb. It is a beautiful rich, red colour and the paprika provides just a hint of smokiness. The cayenne pepper is optional but it definitely needs it and it's only a teaspoon so won't be too hot.

Ingredients:

- 2 tbsp sweet smoked paprika
- 1 tsp cayenne
- 1 tsp salt
- 1/2 cup olive oil
- 1 tsp cumin
- 2 cloves garlic, minced
- 1 tsp Italian herbs
- 1 tbsp red wine vinegar

Method:

- Mix all ingredients together
- Place lamb into a glass dish
- Pour over marinade
- Cover and place in fridge for 3-4 hours
- Roast or grill on the barbeque



Gill Bros

I would like to tell my story, it was years ago
That through the town of Barraba
Came a couple of travelling shows
They were heading onto Queensland
Winter time had just begun
They were traveling around like millionaires
They were following up the sun.

First there came Gill Brothers
With Buddy Williams as their star
He sang the Overlanders Trail
And played on his guitar
Stumpy Turner stepped on Sundown, the outlaw from Alice Springs
But finished up being dragged on back around the ring
The old master, Viv McIllich, with his slow easy style
Checked his gear on Gravesend
There was silence for a while

Jack Gill said "here's your local champ"
The crowd began to clap
Two backs and he spun off the rope
And Viv was walking back

Two weeks later, Noel George came
With another travelling show
Tim McNamara in his style, he sang the song 'Rainbow'
John Lilles rode Old Stars and Stripes on and the show it did begin
When George Grant was being thrown off a bronc called Safety Pin.

Helicopter was a famous horse with hundred pounds a side
Charlie Derrick was the boy the step up and take the ride
Two bucks out Charlie went to spur, thought of the hundred pounds
The old horse spun from the rear they say and Charlie hit the ground
The last local, Ron Derrick, gave a might expedition on a mare called Idahoe
So, we left the Stampede, but we'll be back you know
Next year up on the Stampede, at the Travelling Rodeo

Vic 'Stumpy' Turner

Medical.

Skin Diseases. A New Discovery "Ligmolliene."

THE GREAT AUSTRALIAN CURE.
LIGMOLLIENE Never fails to CURE
ECZEMA in all its forms.
BARCOO RASH, Superficial or Chronic Diseases
of the Skin, allays Instantaneously all Irritation and
Soreness.
**SURPRISING CURES AFTER YEARS
OF SUFFERING.**

WHAT THE DOCTORS SAY:—

"Woolleston House, Castlemaine, Nov. 30, 1897. My dear Mr. Malyon,—I have used your ointment Ligmolliene with distinct success in my own case, but with greater as an emollient unguent for the face of a young lady suffering from 'Acne,' very common during puberty, and you should push it in that direction. Mr. Best, collector, speaks most highly of it in his own bad case of Eczema. Kindly send me another box of it.—Yours truly, GEO. D. WOOLLEY, M.D."

What the Hon. W. H. EMBLING, M.D., M.L.C., says:—
"Melbourne, May 27, 1899. Mr. W. H. Malyon.—Dear Sir,—I have been using your Ligmolliene Ointment for some time for a lady friend of mine suffering from Chronic Eczema, and have found it gives her great relief. She says it is the best remedy she ever tried for that complaint.—Yours faithfully, W. H. EMBLING, M.D."

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Is a Pure, Neutral, strongly Antiseptic, and Curative Soap, for the treatment of parasitic, and the various superficial affections of the skin, among which may be mentioned, ITCHING, PRICKLY-HEAT, CHAPPED HANDS, SUNBURN, &c. It allays instantaneously all irritation and soreness, and is especially valuable for the cleansing of wounds, and ulcers. It will also be found a thorough luxury for shampooing, effectually cleansing the scalp from Dandruff, and for all nursery and bath purposes.

Ligmolliene Cream Soap is sold in oval tablets at 1s. each, stamped with the trade mark "Ligmolliene." Can be obtained from all chemists throughout Australasia.

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WILLIAM HENRY MALYON,
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