



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 5th March 2025

BARRABA SHOW 2025 Friday 7 March -Sunday 9 March.

IT'S SHOW WEEK

The show office will be open this week for all your entries and membership questions and deliveries.

OPENING HOURS: MONDAY - THURSDAY 10am-4pm

Reminder: each entrant **MUST** sign a waiver for any entries and competitions.

SPECIAL EVENTS AND ENTERTAINMENT FOR YOUNG

PEOPLE!

Every day of the Show there are special events for young people to enter, or for young people to enjoy.

Here's a summary.

FRIDAY

1. Junior Judging.

Any young people interested in or involved with stock or farm produce, here's a chance to test your skills and earn a place at The Sydney Royal Easter Show.

REGISTER: 8am at Sport's Shear area.

RUNS: All day, lunch available.

2. CirqueUm Navigate

The team from Cirqueum Navigate sets up an interactive circus play space. There is stilt walking, giant slinky and bubbles stretching the bounds of logical physics and reason. Great fun and entertainment for the little ones, and for the not so little.

TIME: 4 pm.

3. Mini and Junior young Woman/Man competition

Calling Girls and Boys under 18! Dress up and win some great prizes.

AGE GROUPS: Under 5, 6-9 years, 10-14 years, 15-17 years.

ENTER: In front of the Pavilion.

JUDGING: 6 pm.

4. Motorbike Barrel Race

Got your own motorbike? Here's a fun competition, run with strict safety rules. Introduced last year, it proved to be very popular.

AGE GROUPS: Mini racers (7-12 years), Tweens (13-17 years).

RULES: Two years previous riding; cc max of 125cc; helmet, long pants, long sleeve shirt, boots compulsory.

ENTER: Complete entry form (from Steward Phil Denyer, or at on-site caravan) by 5 pm on day.

CONTACT: Phil Denyer 0409 776 104.

EVENT STARTS: 7 pm.

SATURDAY

1. CirqueUm Navigate

The team from Cirqueum Navigate sets up an interactive circus play space. There is stilt walking, giant slinky and bubbles stretching the bounds of logical physics and reason. Great fun and entertainment for the little ones, and for the not so little.

TIME: 12 noon.

2. Sporting Events – Horses

Here's the event for girls and boys and their horses – and it is exciting to watch! Flag races, Bending races, Barrel races – your time is critical, a great test for rider and horse.

REGISTRATION: from 12 noon on the day.

AGE GROUPS: Under 9 years, 9-13 years, 13-16 years.

TIME: 2 pm.

3. Junior Rodeo Barrel Race

Entries are closed, but you can watch the action.

AGE GROUPS: 8-10 years, 11-13 years, 14-17 years.

TIME: 4 pm.

4. Junior Rodeo Events

Entries have closed, but there is lots of action to watch.

Mini Bull ride, Steer rides, Bull rides.

AGE GROUPS: 8-10 years, 11-13 years, 14-17 years.

TIME: 7 pm.

SUNDAY

1. Junior (U18) Dog and small Pet Show

Pre-Schoolers to Teenagers, come and show us how clever and cute your pet is! Special prizes for the best dressed pet (and the best dressed owner!). A new, more streamlined program, and more prizes.

REGISTRATION: opens 9.30 am (behind the Grandstand) **(NEW)**

AGE GROUPS: Preschoolers to 17 years

TIME: 10.30 am **(NEW)**



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 6th MARCH

BINGO from 6pm

FRIDAY 7th MARCH

Meat Raffles, tickets on sale from 5.30pm.

MEMBERSHIP DRAW \$1200

SUNDAY 9th MARCH

ANGLERS CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1900

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm

SUNDAY: 12-2pm

Hospital Auxiliary Happenings

On Saturday, 1st March United Hospital Auxiliary held its annual regional forum at Walcha, hosted by the Walcha UHA branch at the Walcha Bowling Club. Members enjoyed morning tea and lunch. Many of the regions' branches were represented.

Guest speakers were Eric Noakes, Walcha's Mayor who spoke about his role and how Council has taken over management of Riverview Age Care facility; this had occurred in the last 24 hours.

Jess Goodwin, Walcha's Community Care Coordinator spoke about community well-being and keeping the community together with a focus on not allowing people in need fall between the gaps.

Sally Cronberger, Area and New South Wales President, spoke and updated us on policy and procedures. There are 165 branches of UHA in New South Wales, the Ministry of Health governs the UHA. Over the 91 years of existence the NSW UHA has raised \$163,025,482 and still continuing to do so for their local Health Services. The state conference will be held in Orange in October and Barraba members are planning to attend.



Julie Williams, Linda Eustace, Jenny Simpson and Joan McCarthy at the Walcha UHA meeting last weekend



History

Notes

Last week we left Henry Williams and the bullock driver just on the south side of the Peel River with a dray load of wool, bogged down to the axles. They unloaded the dray, pulled the dray out of the bog, reloaded the wool and set out for Murrurundi.

They reached Murrurundi almost four weeks later having been bogged several times, narrowly missed being squashed under the dray when it sank into the mud at night and without food. Henry tried to shoot them a kangaroo without success although he managed to shoot one or two birds and the dray driver got a little food when he did some work for a nearby landowner.

Eventually they reached Currabubula, capsized the dray, and covered the wool on some saplings. They ate some rotten beef for dinner and settled in to wait for help as they were both too weak to reload.

Some men with teams arrived and fed Henry and his mate, reloaded the wool and sent them off to "Weary's Creek". They finally arrived at Turanville near Scone and delivered the goods to Mr. Dangar.

After a few weeks with Mr. Dangar, Henry heard about the Bingara goldfields and decided to start out on the 200-mile trip to the goldfields. He spent about 8 months on the Top Bingara fields during which time he found gold, had his tent robbed, suffered accidents and illness and lost his most respected partner, (the Hon. Thos Murray). When he recovered some health, he walked back to Tamworth in short stages and then went on to Scone after a few days at Murrurundi with Mr. Innes.

Henry Williams concludes his diary with "what a contrast between my present position and that often years ago." The date was May 1843, when he wanted for nothing and now in 1853 he was penniless, with no job and poor health!

Henry's life from here on improved as he settled in Barraba as Dr. Williams. Although he had no papers to prove he was a Doctor he did medical work apart from maternity and at one stage ran the post office for a while.

He married Mary Innes Gordon in Tamworth on 21st November, 1856, and the couple had ten children - Richard, Charles Gordon, Margaret Mary (Spencer), Jane, Catherine Sinclair (Saunders), Henry Edwin, Alexander, William Peter, Walter and Alfred Percival. Most of the children married and so Dr. Henry Williams left a large family when he died on August 11th, 1887. He is buried in Barraba.



[Happy 60th Birthday Gary](#)



[Barraba High Country Music](#) [Musta](#)

**Sunday 9th March 2025.
12 to 4pm. FREE ENTRY.
Walk-up artists welcome.
Barraba Bowling Club.**



Welcome to the
Barraba Museum Markets
 Sat March 8th 8.30 am- 12 noon
 Food Stalls, Plants, Gifts, Records,
 Sewing, BBQ, Refreshments, Music, Calendars, Books
 TRC Council Catch Up National Broadband Network

Tamworth Regional Councillors

*Cr Brendon North, Cr Charles Impey, Cr Matt Sharpham,
 Cr Steve Mears and Cr Ryan Brooke will be at:*

Barraba Historical Society Markets

On SATURDAY 8 MARCH – 10 am to 11 am

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Published by Community College Northern Inland
 Inc.**

Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447165008 Office: 02
 67821662 Email

news@barrabacommunitynews.org.au

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



Your
Council News

Get news on the latest projects, services and events across
 our region delivered to your inbox

Pick up a copy at
 your local Council
 branch today



**SUBSCRIBE
 NOW!**



**CONNECT
 WITH COUNCIL**



17th
March



Food Handling (Level 1)

SITXFSA005 Use hygienic practices for food safety

Food handlers must be trained in food safety and be able to show they understand:

- safe handling of food
- food contamination
- cleaning and sanitising equipment
- personal hygiene.

This unit describes the performance outcomes, skills and knowledge required to use personal hygiene practices to prevent contamination of food that might cause food-borne illnesses. It requires the ability to follow predetermined organisational procedures and to identify and control food hazards.

The unit applies to all organisations with permanent or temporary kitchen premises or smaller food preparation or bar areas. This includes restaurants, cafes, clubs, hotels, and bars; tour operators; attractions; function, event, exhibition and conference catering; educational institutions; aged care facilities; correctional centres; hospitals; defence forces; cafeterias, kiosks, canteens and fast food outlets; residential catering; in-flight and bowls during the course of their daily work activities.

This includes cooks, chefs, caterers, kitchen stewards, kitchen hands, bar, and food and beverage attendants, and sometimes room attendants and front office staff.

When: Monday 17th March 2025

9:00am - 3:00pm

Where: Barraba Community College

47 Fitzroy St BARRABA, NSW 2347

Cost: \$160

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

This training is delivered by Community College Northern Inland Inc. (CCNI) RTO 90027. On successful completion of the training, the nationally recognised Statement of Attainment **SITXFSA005 Use hygienic practices for food safety** will be issued to students assessed as competent by CCNI.



0438 546 519



COMMUNITY COLLEGE NORTHERN INLAND INC. RTO 90027

ccni.nsw.edu.au



17 & 18
March



Food Safety Supervisor

SITXFSA005 Use hygienic practices for food safety
SITXFSA006 Participate in safe food handling practices

NSW and Australian food laws require certain businesses in the hospitality and retail food sector to appoint at least one trained Food Safety Supervisor (FSS) per business premises who:

- is qualified
- can give advice to employees who handle food
- is reasonably available.

These laws include the **NSW Food Act and Regulation** and the **Food Standards Code**.

Food Safety Supervisors oversee day-to-day food handling operations and ensure risks are managed.

Food Safety Supervisors must undertake Food Safety Supervisor training delivered by a Registered Training Organisation (RTO).

They must be certified within the past 5 years and have skills and knowledge in food safety, especially around high-risk foods.

The aim of the requirement is to prevent individuals from becoming ill from food poisoning as a result of incorrect handling and preparation of food. Appointing an FSS gives food businesses a better level of onsite protection for food safety.

When: Monday 17th & Tuesday 18th March

9am - 3pm

Where: Barraba Community College

47 Fitzroy St BARRABA, NSW 2347

Cost: \$260

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

This training is delivered by Community College Northern Inland Inc. (CCNI) RTO 90027. On successful completion of the training, the nationally recognised Statements of Attainment **SITXFSA005 Use hygienic practices for food safety** and **SITXFSA006 Participate in safe food handling practices** will be issued to students assessed as competent by CCNI.



0438 546 519



COMMUNITY COLLEGE NORTHERN INLAND INC. RTO 90027

ccni.nsw.edu.au



Here is an overview of outcomes of the Ordinary Meeting of Tamworth Regional Council on Tuesday 25th February:

☐ In an effort to improve community safety, Councillors endorsed an amended Notice of Motion to prioritise the installation of security lighting in the Town Hall Carpark facing the Fitzroy Street Café for workers in our community that use and access the car park late at night.

☐ Councillors endorsed the establishment of Special Entertainment Precincts (SEPs) and agreed to prepare a Night-Time Economy Strategy to support ongoing employment, tourism and live music opportunities across the region including events such as the Tamworth Country Music Festival. A SEP is an area, street or single venue where sound conditions and trading hours are set by Council in a Precinct Management Plan. The proposed SEPs would cover the Tamworth Central Business District, as well as the Tamworth Sports and Entertainment Precinct, which includes The Longyard Hotel. Council will apply to the NSW Government's Special Entertainment Precinct Kickstart Grant Program to support the implementation and development of the SEPs.

☐ Council has agreed to endorse the business case for new stables, an eastern wing and western wing extension of Tamworth's Australian Equine and Livestock Centre (AELEC). The business case was fully funded through a \$170,000 grant under Steam One: Regional Significance through the Regional NSW – Business Case and Strategy Development Fund. The endorsed business case puts the preferred proposed enhancement of the AELEC to cost about \$48.6 million. Funding opportunities through State and Federal Governments will be pursued with no financial commitment from Council at this stage. The proposed project is aligned to the vision of the Community Strategic Plan for the AELEC "to remain the national leader in the equine industry by providing world-class facilities".

☐ Councillors reaffirmed the region's commitment to the Tamworth-Nashville Protocol in authorising Mayor Russell Webb and the Executive Manager, Creative Communities and Experiences, Peter Ross, to visit the US Sister City in June this year. Tamworth and Nashville, both global hubs of country music, signed a Sister Cities Protocol in Nashville in June 2013. The agreement set out a series of formal delegation visits between the two cities. A Nashville delegation visited Tamworth this year during January's

Country Music Festival and Tamworth's return visit for will coincide with Nashville's CMA Fest. The Sister City relationship not only builds potential music industry opportunities but also across the tourism and education sectors. The visit will be funded through Council's existing Sister City budget allocation with no additional funding required. The delegation will be hosted in Nashville for a maximum of three nights and four days. The cost of the visit will include airfares, some meals and transport.

☐ Councillors were pleased to appoint 46 community members to seven community committee and working groups. They include the Disability Access Working Group, Tamworth Regional Council Heritage Working Group, Tamworth Region Arts Advisory Committee, Tamworth Region Inclusive Culture Advisory Committee, Tamworth City Centre Working Group, Tamworth Regional Community Safety Working Group (CSWG) and the Urban Street Tree Advisory Group. The community members will provide advice to Council around these speciality areas from a variety of perspectives which will help shape strategies and more. The strong number of applications for these committee positions was encouraging and shows a strong desire for community involvement and interaction which will only enhance our region.

Signature Grey Fergie Tractor Muster rolling into Bendemeer

One of most anticipated events on the Bendemeer calendar is back, with the Grey Fergie Tractor Muster and Land Rover Gathering starting on Saturday 22 March. Located at the Bendemeer Sports Ground, the event will feature an impressive collection of vintage Ferguson and Massey Ferguson tractors, with some dating back to the 1950s.

The Grey Fergie Tractor is celebrated at Bendemeer every three years, honouring its revolutionary impact on farming Post WWII. The event launched from an idea in 2003, to celebrate Bendemeer local, Winston Doak's Fergie tractor's 50th birthday and participants were invited from all over Australia. The response was above all expectations, with 155 Little Grey's participating. Land Rovers, both new and old will also be on display across the weekend event.

Along with the tractor muster, locals will host the iconic Grand Parade down Caroline Street, the main street of Bendemeer on 22 March at 1pm, with an opening ceremony to follow. While markets, live music by Lance Birrell, a free jumping castle and face painting for children will also add to the atmosphere. The signature event costs just \$5 for adults, while children under 12 are free and is expected to attract visitors from all over the New England North West, interstate and as far away as Darwin.



Upper Horton Landfill

Published on 25 February 2025



Gwydir Shire Council has recently upgraded the infrastructure at the Upper Horton Landfill. The gates at the facility are now locked and require an access code to enter the site. If you require an access code to the site, please visit Council’s website and download the Upper Horton Landfill Terms of Use Agreement form via the following link

<https://www.gwydir.nsw.gov.au/Council/Council-Forms>

For further information on the Upper Horton Landfill infrastructure upgrade, please contact Council’s Waste Services Department on 02 6729 3000.

Australians at risk: how deceptive online tactics are manipulating us

Australians are being manipulated online every day through digital tactics designed to trick them into handing over personal data, making unintended purchases and engaging with online platforms in ways they had never intended.

A new report by the University of South Australia reveals that these deceptive patterns – also known as ‘dark patterns’ – are found in 95% of the world’s most popular apps, and more than 11% of major online shopping platforms. They are widespread across social media, e-commerce and mobile

applications, posing significant risks to consumers’ autonomy, privacy and financial security. The report, commissioned by the Federal Treasury, highlights the deceptive patterns that influence and manipulate consumer behaviour. These include misleading countdown timers that create a sense of urgency, hidden fees, pre-selected consent options, and obstacles to unsubscribing from services and websites.

Lead author of the report, Dr James Baumeister from UniSA’s Australian Research Centre for Interactive and Virtual Environments (IVE) says that deceptive patterns have become a major consumer protection issue, with Australians spending more time and money online.

“These tactics are designed to manipulate users into actions they wouldn’t normally take, whether it’s making an unintended purchase, giving away more data than necessary, or simply struggling to cancel an unwanted subscription,” Dr Baumeister says. The report reveals that no one is immune to deceptive patterns, but some groups are more vulnerable than others.

Older Australians and those with lower digital literacy are at higher risk, often failing to recognise misleading online tactics. Teenagers are also targeted through social media platforms, where deceptive engagement techniques keep them scrolling for hours longer than intended.

“The financial impact is substantial,” Dr Baumeister says. “One in four Australians report difficulty understanding promotional price tags in physical stores and this issue is exacerbated online, with hidden fees and misleading sales tactics leading to unexpected costs.”

Report co-author, UniSA Enterprise Fellow Dr James Walsh, says companies are using artificial intelligence profiling to predict and manipulate user behaviour with increasing accuracy.

“Fake reviews, manipulative cookie consent pop-ups, and misleading product recommendations are all being enhanced through AI technologies, making consumers even more vulnerable,” Dr Walsh says.

The report argues that awareness alone is not enough to protect consumers. Regulatory reform and enforcement are urgently needed to curb deceptive practices and hold companies to account. “While Australian consumer laws address some blatant deceptive patterns, many subtle tactics still fall through legal loopholes. We need a multi-faceted approach. Regulators must act, companies need to be held accountable, and consumers should be equipped with the knowledge and tools to protect themselves,” Dr Walsh says.

BARRABA UNITING CHURCH NOTICES

Sunday 9th March 2025 at Barraba

8:45am for all services.

All Welcome.

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

No Woodsreef service in March

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening

Mass 6pm

All other Sundays 9am

WORLD DAY of PRAYER 2025. The Cook Islands

When: Friday 7th March at 10 a.m.

Where: St. John's Church, cnr of Savoy and Fitzroy Streets.

All denominations most welcome to come and participate.

Your friendly
local **professional**

Rod Bonner

Your local Plumber, Drainer, Gasfitter
and Handyman

Lic No. L8791

plumberdrainer@gmail.com

Text is best 0447 052 140



 BINGARA SCRAPHEAP ADVENTURE RIDERS

 **sh** sportsman's hotel BINGARA

KEV WILLIAMS MEMORIAL

DIRT POKER RUN

March 15th - 16th 2025

Leaving Bingara (Sportsman Hotel) 9:30am.



\$25 per person - Includes barbecue dinner

Please bring cash for ride entry or pre book

R.S.V.P required for catering

All bikes welcome, must be registered

Lunch available on ride, at riders expense

Support trailer available

Live entertainment & raffles



Returning to Bingara, followed by a night of live entertainment and fundraising at the Sportsman's Hotel

 Down Syndrome Australia

RSVP: SMS Debi 0467322865 or Jamie 0497637530



Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358 wardsplumbing@bigpond.com

love  local

Rifle Club Notes

Well our 2025 shooting calendar has been underway now for a few weeks, (our publicity officer has been slack).

The first week we had four shooters to start our 2025 year. Scores were close between a few of our shooters especially in AA Grade, with Casey taking the win and Garry & Ron not far behind.

The next shoot saw five shooters brave the heat, with a few possible shot. Congratulations goes to Casey, Andrew, and Brendan with Casey shooting two possible. Garry & Ron were up there in the high 90's.

This last weekend saw four brave the heat again and to try and shoot that possible, unfortunately, there wasn't any shot, but the scores were very close among everyone.

1.2.25

Unlimited 100m

A. White 98.5, 98.7, 98.3 = 294.15

AA Grade 100m

C. White 95.3, 87, 99.5 = 281.8

G. Urquhart 95.2, 95.1, 89.1 = 279.4

R. Bridges 91.1, 91.2, 93.1 = 275.4

Unlimited 50m

A. White 91.2, 94.4, 95.4 = 280.10

AA Grade 50m

C. White 95.5, 95.2, 94.1 = 284.8

R. Bridges 86.1, 72, 79 = 237

G. Urquhart 35, 41, 77 = 153

15.2.25

Unlimited 100m

A. White 96.4, 96.3, 100.1 = 292.8

B. McIlrick 93.2, 100.6, 98.5 = 291.13

AA Grade 100m

C. White 100.7, 100.5, 97.2 = 297.14

R. Bridges 97.4, 97.3, 98.3 = 292.10

G. Urquhart 94.2, 94.2, 83 = 271.8

Unlimited 50m

A. White 94.2, 96.5, 94.4 = 284.11

B. McIlrick 87, 18, 19 = 124

AA Grade 50m

C. White 93.1, 90.2, 88.2 = 271.5

R. Bridges 87, 84, 86 = 257

G. Urquhart 83, 70, 67 = 220

Centrefire

A. White 89, 89 = 178

1.3.25

Unlimited 100m

A. White 99.4, 93.2, 99.5 = 291.11

AA Grade 100m

C. White 96.1, 97.1, 99.2 = 292.4

G. Urquhart 98.3, 98.2, 94.1 = 290.6

R. Bridges 96.2, 97.3, 93 = 286.5

Unlimited 50m

A. White 95.2, 95.2, 98.4 = 288.9

AA Grade 50m

C. White 94, 90, 88.1 = 272.1

G. Urquhart 90.1, 83, 90.2 = 263.3

R. Bridges 80, 68.1, 87 = 235.7

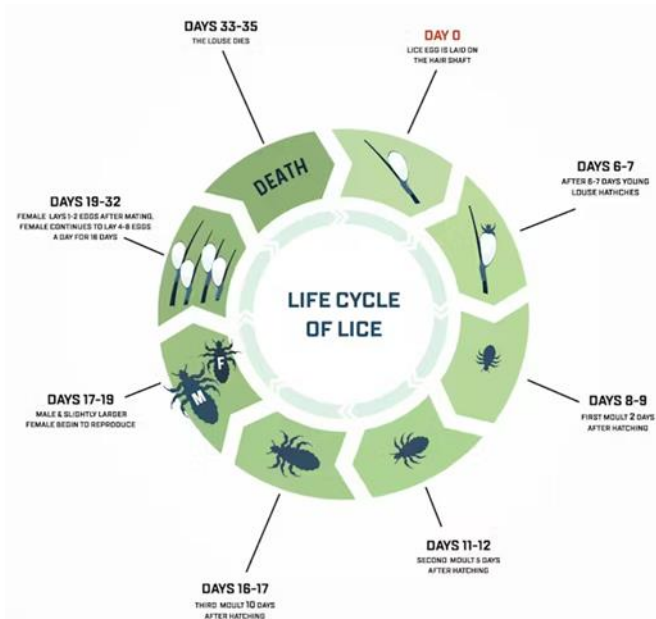


Cameron Webb, Clinical Associate Professor and Principal Hospital Scientist, University of Sydney

Wrangling head lice, and the children they infest, must be up there with the most challenging duties a parent or carer has to face. And the job is getting harder. Commonly used chemical products aren't working as well as they once did, meaning head lice are harder to kill. You can still rid your children of lice – but it's likely to take some patience and persistence.

Remind me, what are head lice? And nits?

Head lice are tiny six-legged insects that are only found in the hair on a human's head – most commonly in the hair of primary school-aged children.



Head lice live for around a month. logika600/Shutterstock

Head lice have been a constant companion for humans throughout their millions of years of evolution. Lice love living in our hair. But they scoot down to our scalp up to a half dozen times a day to drink our blood. Their claws are perfectly designed to scuttle up and down shafts of hair. But while they're nimble on our hair, once they're off, they don't last long –they're clumsy, uncoordinated and die quickly.

The term “nits” actually describes the eggs of head lice. They're often the first sign of an infestation. And with one louse laying more than 100 in their month-long lifespan, there can be a lot of them.

Can they spread diseases?

No. Head lice are annoying and their bites may cause skin reactions. But Australian health authorities don't consider lice a health risk. There is no evidence that head lice can spread pathogens that cause disease. The stigma of head lice infestations can be greater than any direct health consequences for infested children.

Why do my children always pick up lice?

From child care through to primary school, it's likely your child has had a head lice infestation at least once. One Australian study found the infestation rate in Australian classrooms ranged from no cases to 72% of children affected. Girls are more likely to be carry head lice than boys. Long hair means it's easier for the head lice to hitch a ride.



One study found that in some classrooms, almost three in four children had head lice. CDC/Unsplash

Head lice don't jump or fly, they move from head to head via direct contact. Head lice come home with your children because they spend time in close contact with other children, hugging, playing or crowding around books or screens. Any head-to-head contact is a pathway of infections. Rules differ slightly between states but in New South Wales and Queensland, children don't need to be kept home from school because of head lice.

How can I keep my home free of head lice?

Keeping the house clean and tidy won't keep head lice away. They don't care how clean your bed sheets and towels are, or how frequently you vacuum carpets and rugs.

There may be a risk of head lice transfer on shared pillows, but even that risk is low. There's no need to change the child's or other family member's bedding when you find lice in a child's hair. Research-based recommendations from NSW Health are that “bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option”.

I've used nit solution. Why isn't it working?

A wide range of products are available at your local pharmacy to treat head lice. Australia's Therapeutic Goods Administration assesses products to ensure that they are both safe and effective.

The problem is that most of these products are insecticides that kill the lice on contact but may not kill the eggs. Also, if treatments aren't completed as directed on product labels, some head lice won't be killed. Head lice also seem to be fighting back against the chemicals we've been using against them and it's getting harder to clear children of infestations.

So how can you get rid of them?



*You'll need conditioner and a nit comb.
riopatuca/Shutterstock*

Don't expect any miracle cures but health authorities in Australia generally recommend the "conditioner and comb" or "wet comb" method. This means you physically remove the lice without the need for chemical applications.

There are three key steps:

1. immobilise the lice by applying hair conditioner to the child's damp hair and leaving it there for around 20 minutes
2. systematically comb through the hair using a fine toothed "lice comb". The conditioner and lice can be wiped off on paper towels or tissues. Only adult lice will be collected but don't worry, we'll deal with the eggs later
3. repeat the process twice, about a week apart, to break the life cycle of the head lice.

Repeating the process after a week allows the remaining eggs to hatch. It sounds counter-intuitive but by letting them hatch, the young lice are easier to remove than the eggs. You just need to remove them before they start laying a fresh batch of eggs and the infestation continues.

While children are much more likely to have head lice, the reality is that everyone in the household is just as likely to host a head louse or two. You don't necessarily need everyone to have a treatment but "grown ups" should be on the lookout for lice too.

RECENT ANNIVERSARIES

- the first first-class game of cricket played in Australia. It was Tasmania v Victoria in Launceston (1851)
 - a 20.2kg lobster being caught off Nova Scotia - the heaviest crustacean ever caught (1977)
 - Nelson Mandela being released from prison in South Africa after 27 years (1990)
 - the death of Captain James Cook (1779)
 - the release of the original Dracula film starring Bela Lugosi (1931)
 - the patenting of the first microchip (called "micro on a chip") by Texas Instruments (1978)
 - the production of the wartime propaganda poster 'We Can Do It!' featuring Rosie the Riveter (1943)
 - the first draft of the complete human genome is published in Nature (2001)
 - Pope Gregory the Great decreeing "God bless you" as the correct response to a sneeze (600)
 - the deaths of 21 Australian nurses in the Banka Island Massacre in WWII (1942, and today's the 80th anniversary)
 - the birthday of Banjo Patterson (1864)
 - the world's first superhero The Phantom making his first appearance in comics (1936)
 - the sinking of the SS Gothenburg after hitting the Great Barrier Reef, killing approximately 100 (1875)
 - Russia invading Ukraine as President Vladimir Putin declares a "special military operation" (2022)
- Anniversary of:
- the death of legendary Aussie cricketer Don Bradman (2001)
 - the first known European landing in Australia by Dutch navigator Willem Jansz at Cape York (1606)
 - the world's first women's magazine Ladies' Mercury published in London (1693)
 - Pope Benedict XVI stepping down due to illness, becoming the first leader of the Catholic church to resign since 1415 (2013)
 - Francis Crick and James Watson discovering the chemical structure of DNA (1953)
 - Egypt gaining independence from the United Kingdom (1922)
 - the flooding of northern NSW communities, including Lismore (2022)
 - Titanic becoming the first movie to gross US\$1 billion
 - Yellowstone becoming the world's first national park (1872)
 - Henri Becquerel's discovery of radioactivity (1896)
 - Winx setting a world record for Group 1 wins by taking home the Chipping Norton Stakes in Sydney (2019)

DON'T MISS YOUR LOCAL SHOW!



2025 BARRABA SHOW

You are invited!

- RODEO | SPORTS SHEAR | CATTLE
- WOOL | LIVE MUSIC | HORSES
- CIRCUS FUN | POULTRY | CAMPDRAFT
- YARD DOGS | PAVILLION | WOOL HANDLING | PET SHOW

FRIDAY-SUNDAY - 7, 8 & 9 MARCH, 2025
GATES OPEN 6AM
Barraba Showgrounds

FAMILY 3 DAY PASS AVAILABLE AT GATE

Pensioner, child rates – all entry by wristband

NO WRISTBAND – NO ENTRY

THREE DAYS OF COMPETITION!

THREE DAYS OF ENTERTAINMENT!

Featuring: Two days of top class shearing

Amateur and Professional Rodeo

Circus fun for kids



Event Schedule

- FRIDAY**
 - 6am - Gates Open
 - 7:30 - Junior Judging Registrations
 - 8am - Junior Judging Starts
 - 9am - Dressage
 - 9:30am - Wool Judging
 - 11am - Wool Judges comments
 - 3:30pm - Junior Beef Cattle Judging
 - 3pm - Campdraft Start
 - 4pm - CirqueUm Navigate Entertainment
 - 5pm - Pavillion Opens
 - 6pm - Grand Opening/Junior Young Woman
 - 7:00pm - Motorbike Barrel Race
 - 8:00pm - Extreme Broncs
 - 11:30pm - Bar Closes
- SATURDAY**
 - Daylight Start - Campdraft
 - 6am - Gates open
 - 7:30am - Yard Dog Trails
 - 8am - Sport Shear and Wool Handling Comp
- SATURDAY CONTINUED**
 - 8:30am - Show Jumping and Cattle Judging
 - 9am - Pavilions Open
 - 9:30am - Poultry Judging
 - 10am - Light Harness and Car Show
 - 12pm - Registration for Sporting Events ringside and CirqueUm Navigate Entertainment
 - 2pm - Sporting Events
 - 4pm - Timed Rodeo Events
 - 5pm - Six Bar Jump
 - 7pm - Junior Rodeo
 - 9pm - live music
 - 11:45pm - Bar Closes
- SUNDAY**
 - Daylight Start - Campdraft
 - 7am - Sports Shear/Wool Handling Comp
 - 8:30am - Horse events
 - Ring 1
 - Ring 2
 - Ring 3
 - Australian Stock Horse
 - 10:30 - Pet and Dog Show