



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 12th March 2025

RUBY MAE'S WISH FUN DAY

MUMS, DADS AND/OR CARERS ARE WELCOME TO PLAY GOLF WHILST THE KIDS PLAY

BBQ - SNACK BAR - FACE PAINTING
TODDLER PLAY AREA - HANDBALL - CRICKET
TUG-O-WAR - EGG & SPOON RACES - CONNECT 4
PICKLE BALL - TENNIS - TUMBLE TOWER
MUSIC - PRIZES & LOTS MORE!!!!

BARRABA GOLF CLUB

SATURDAY, 22ND MARCH 2025 FROM 1:30PM

Bring the whole family for a day filled with laughter, excitement, and unforgettable memories

GOLD COIN DONATION

Join Us for a Spectacular Family Fun Day!

About Ruby

Ruby left an impression on everyone she met with her smile and bubbly personality.

Ruby loved everything outdoors, she wasn't a kid to sit still. She had a lot of passions including playing her guitar singing, dancing, drawing, fishing, playing with her pets, painting, riding her bike, gardening, playing with Lego, cooking & water fights.

She loved fishing and going on the boat but would never touch the fish and wanted them back in the water straight away. We visited many aquariums with Ruby and had to do many laps around, she would get so excited that she would just run the whole way and was very upset when we couldn't get a pet penguin.

Ruby Mae's Wish
WWW.RUBYMAESWISH.COM.AU

CHARITY GOLF DAY

SATURDAY, 22 MARCH 2025
BARRABA GOLF CLUB

FAMILY FUN DAY WITH LOTS OF PRIZES UP FOR GRABS

Lucky Door Prize

TIME: PRE LUNCH @ 12PM WITH TEE OFF FROM 1PM
FORMAT: 4 MAN AMBROS + LONGEST DRIVE + NEAREST TO PIN
COST: \$100 PER TEAM OF 4
(IF YOU DONT HAVE A TEAM AND WANT TO PLAY LET US KNOW)

INCLUSIONS: 9 HOLES, PRE TEE-OFF LUNCH, PRIZES UP FOR GRABS
THEME: OP SHOP CREATIONS (BEST DRESSED TEAM & INDIVIDUAL)
REGISTER: VIA RUBY MAE'S WISH WEBSITE OR ON THE DAY
(PRE-REGISTRATION PREFERRED AS TEAMS ARE LIMITED)
FAMILY FUN: FACE PAINTING, GAMES, MUSIC & MORE
RAFFLE: TICKETS SOLD AND DRAWN ON THE DAY
AUCTION AMAZING ITEMS UP FOR GRABS STARTS @ 5PM

WOULD YOU LIKE TO ASSIST?
RAFFLE/AUCTION PRIZES ARE ALWAYS WELCOME
VOLUNTEERS TO HELP MAKE THE DAY RUN SMOOTHLY
IF YOU CAN HELP WITH ANY OF THE ABOVE, PLEASE REACH OUT TO
CARLY - 0400 267 258 OR JESSIE - 0418346020

We would ask Ruby what do you want to do when you grow up? Ruby would reply "I want to be a doctor or maybe a mermaid"? We are sure Ruby could have been whatever she wanted to be because she was so determined and always knew what she wanted.

We all have so many memories of Ruby she was always a pleasure to be around. In her short 4 years of life, she packed a lot in. If you ever had a bad day and came home, she would always brighten it up.

Our house will be forever too quiet now, we will always be longing to hear her singing on her Karaoke machine at 6:30 in the morning, playing doctors giving everyone their 100th Covid shot or riding the bike up and down the hallway chasing her sister and now brother.

Please let us know if you have any questions and thank you for your time and consideration.



**BARRABA RSL &
RECREATIONAL CLUB LTD**

Phone 67821379
For the information of
members and guests.

THIS WEEK

THURSDAY 13h MARCH

BINGO from 6pm

FRIDAY 14th MARCH

Meat Raffles, tickets on sale from 5.30pm.

ALL PROCEEDS TO RUBY MAE'S WISH

MEMBERSHIP DRAW \$1300

SUNDAY 16th MARCH

WEAR PURPLE IN HONOR OF RUBY MAE

ALL PROCEEDS TO RUBY MAE'S WISH

ANGLERS CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$2000

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

love
local

St Josephs awards for weeks 5 and 6

Week 5



Student of the week - Sophie, Harry, Makenna.

Captain's Award - Ava-Jane

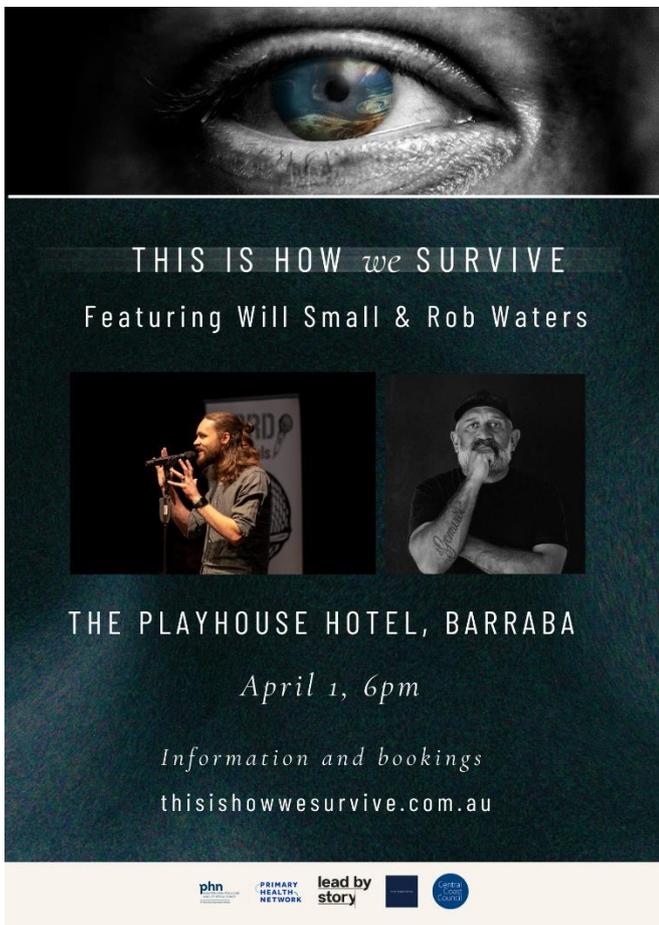
Week 6



Student of the week - Alfie, Logan, Angel-Lee, Nahla, Rose



Captain's award - Nahla



Award-Winning Poets Bring Powerful Performance to Barraba

The Playhouse Hotel will host an inspiring evening of storytelling and poetry on April 1st as acclaimed performers Will Small and Rob Waters bring *This Is How We Survive* to Barraba.

Through the performance Will Small weaves together spoken word poetry, short films, and live storytelling to explore themes of resilience, survival, and hope through real Australian stories.

Rob Waters, the 2023 Australian Poetry Slam champion, will also bring his powerful perspective as a First Nations storyteller to the evening. Together, these two artists will create an experience that celebrates human connection and collective strength.

The evening will begin with the performance at the Playhouse Hotel at 6pm, followed by a free BBQ dinner where audience members can connect and share their own stories. Both the performance and dinner are being offered free of charge, thanks to funding from the Hunter New England Central Coast Primary Health Network.

This is How We Survive has been described as “an extraordinary journey, “an unmissable experience”, “storytelling at its very best” and “beautiful, empowering and unique.”

Make sure you don’t miss this unique opportunity.

Event Details:

- Date: April 1st, 2025
- Venue: Playhouse Hotel, Barraba
- Time: 6pm
- Cost: Free (including bbq dinner)

More information and bookings via:

thisishowwesurvive.com.au/experience

Calling artists for nation-wide touring exhibition

The Tamworth Regional Gallery is seeking Expressions of Interest (EOI’s) from artists for a nation-wide touring exhibition.

The 6th Tamworth Textile Triennial (6TTT) will be on display in late 2026, but EOI’s are being called upon from 10am, 5 March to 5pm, 5 May 2025 to allow artists plenty of time to produce their works once selected. Director of Tamworth Regional Gallery and Museums, Bridget Guthrie says “This is a huge opportunity for emerging and established artists, not just in our region but right across Australia. The selected artists will have artworks in the exhibition that tours right across the country for two years”.

Curating the 6TTT will be Sydney based artist and curator Blake Griffiths. Griffiths says he is looking forward to being involved in this Triennial and exploring the ways in which artists interpret textile thinking. “I am thrilled to continue the legacy of the Tamworth Fibre Textile Collection. Making textiles have played a fundamental role in connecting our past with our future, and I am beyond excited to contribute to, and continue this investigation in the next edition of the Tamworth Textile Triennial”.

The Textile Triennial exhibition builds on the Tamworth Fibre Textile exhibitions that first began in 1973. Guthrie says “This exhibition has a special place with the Gallery as it builds on a tradition that is over 50 years old. Each triennial we receive an overwhelming number of entries, so we are looking forward to continuing that this year and working with Blake to bring another high-calibre exhibition to the Tamworth region”.

Expressions of Interest can be made by visiting <https://www.tamworth.nsw.gov.au/6th-triennial>

Barraba Show Shop Window competition

results:

Thank you again to all the Barraba Businesses who did a display promoting the Barraba Show. All displays were fantastic.

Judging has occurred and the judges had a very difficult time coming to a decision. Thank you to our judges and to Jenny for your photos.

Placegetters are:

1st: Barraba Post Office

Runner ups: Polkadot Coffee Shop & Barraba Potters & Craft Guild

Highly Commended: Barraba Caremore Pharmacy



Barraba Show Motorbike Barrel Race Results

Class 1 - Minis

First Nate Reidsmith

Second Jed Latham

Third Jock Cabot

Minis Encouragement Award: Myles Cordingley

Class 2 - Tweens

First Bryce Reidsmith

Second Will Russell

Class 3 - Seniors

First Nathan Todd

Second Scout Broekman

Third Brad Conomos

What an amazing event! A massive shout out to the sponsors and stewards. A very big thank you to Phil and Ally Denyer (and their amazing team) for their amazing contribution to the show and their dedication to help the Barraba Show be better than ever!



(all photos thanks to Terry Threlfall)

Well Barraba has had a lucky weekend, missing the forecast rain and allowing the markets and the show to go ahead. Hopefully we will get some rain during the week.

Most of the market stalls were present and did some trade - the most trade however seemed to be the plants - a constant stream of vegetable seedlings and decorative plants leaving the museum grounds. Several Tamworth Council Members were also in attendance and were kept busy with enquiries from a stream of locals.

This week I have again been asked about Barraba's first cemetery. At this stage I have no record of the date of commencement apart from the fact that the first known burial was Ralph McKid, brother of John McKid, who died on the 19th October, 1844, aged 27 years. An aged map of Barraba streets shows K. McKnightley as the owner the block, however there is no further information about him or the block of land. The Wesleyan Church owned the block across Edward Street.

The next grave, that we know about, belonged to John McKid's wife, Louisa, who died on 14th May, 1850, aged 34 years and leaving John with four children, a shop and wine shanty to look after. As stated in earlier notes, John went to visit his friends living at Goulburn and came home with a new wife and four orphaned children. Everyone settled at Barraba and there was a new baby McKid born about 1852.

On 14th June, 1854, John McKid died at the age of 46 years, leaving his wife with five McKid children and three adopted nephews and a niece. The next few years must have been very hard for the McKid family.

We have no further record of a burial in the old cemetery apart from Ellen Finn and her baby who died in a cart accident south of Barraba Creek on 10th August, 1861. There may be a death certificate for this accident but I have not seen it.

The new cemetery up on the hill was dedicated in 1870 and the McKid headstones were moved up there. If anyone knows of anyone else buried in the old cemetery please let us know - perhaps you have a death certificate that says they were buried in the Queen/Edward Street graveyard pre-1870 you could let the society know so we can update the records.

Richardson House

Invites you to attend our

Fashion Parade

Featuring fashion from Opportunity Knocks and a selection of vintage wedding gowns
Rhonda Sutherland's collection
(including some gowns worn by Barraba brides)

1:30pm Saturday 29th March 2025

Barraba Bowling Club

Cost: \$10 (afternoon tea included)

Raffle and Lucky Door Prizes

All proceeds to assist Richardson House purchase a much needed lifter for Residents

Tickets available from:
Saunders Fruit and Veg
Opportunity Knocks
or at the door

Sponsored by
Opportunity Knocks
Barraba Bowling Club Ladies



NOMINATE A VOLUNTEER TODAY

Nominations have now opened for the 2025 NSW Volunteer of the Year awards which recognise the outstanding efforts of the 4.3 million volunteers in NSW.

Member for Tamworth Kevin Anderson said volunteering is incredibly valuable to the region's communities, with a range of not-for-profits, community groups and sporting organisations relying on the hard work of volunteers.

"Volunteers contribute \$178 billion to the NSW economy, and I know here locally, our community just wouldn't work without the hard work and dedication of volunteers," Mr Anderson said. "If you know someone who deserves to be recognised as part of the 2025 NSW Volunteer of the Year Awards, I encourage you to get your nomination in now!"

The NSW Volunteer of the Year Awards are an annual program aimed at recognising the incredible dedication, effort and community service of our state's volunteers, volunteer leaders and volunteer teams. Nominations for the 2025 awards are now open and close on Friday 23rd of May 2025. To learn more about the awards, please visit The Centre of Volunteering website at [The NSW Volunteer of the Year Awards - The Centre for Volunteering](https://www.covolunteering.com.au/)

BARRABA UNITING CHURCH NOTICES

Sunday 16th 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

Sustainable energy solutions to light up New

Energy Expo this month

Narrabri's Crossing Theatre is set to welcome an influx of innovative thinkers from across the Northwest of NSW to the New Energy Expo on Wednesday 26 March, 2025 as the region counts down to the installation of its first community owned and operated, community battery.

Hosted by Narrabri-based not-for-profit Geni.Energy, the expo aims to assist farmers, businesses and regional communities to save money, diversify income streams and build resilience in a changing climate.

"Now is the time to start having open conversations about renewables," said Sally Hunter, Managing Director at Geni.Energy. "We often hear people talking about a transition away from coal and gas like it's decades down the track, but the transition is happening right now in Northwest NSW. It is important for regional communities to be involved and ensure the benefits of this transition stay locally. The expo will be highlighting some key projects whilst getting inspiration from big players in the renewables space."

One of these projects is the Narrabri Community Battery, due to be launched in the coming weeks. "The impending installation of the Narrabri Community Battery is an excellent case study in how renewables and storage can benefit communities in Northwest NSW," said Ms Hunter. "This project is one of only a handful of truly community-owned batteries in Australia and will hopefully pave the way for other communities, so we're excited to be showcasing it at the New Energy Expo."

Former Australian of the Year (NSW), award-winning social entrepreneur, broadcaster and campaigner, Jon Dee, will be presenting on how the renewables transition can save money for regional communities. "Things are tough for everyday Australians at the moment, but there are lots of opportunities coming out of the renewables sector and some really exciting projects already happening in Northwest NSW," said Mr Dee.

Exhibitors including Essential Energy, Energus, Unions NSW, ACE Power, University of New England SMART Region Incubator, Enervest, ENGIE, FRV and Hiringa Energy, will also be on site and talking to visitors about relevant projects and opportunities.

Tickets to the New Energy Expo are now available for a donation (\$5 minimum), which includes morning tea and lunch. They can be purchased online at <https://tinyurl.com/newenergyexpo> or through the [Geni.Energy website](#).

*In Loving
Memory*



In Memorial

15-3-21

Robyn Power

Loved partner of Doug

Hatch

Loved mother of Gina and

Yvette

R.I.P.

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 and Handyman**
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- Roof Welder

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BARRABA COUNCILLOR CATCH UP

Thank you to all the residents who came along to our Councillor Catch Up in Barraba on the weekend. It was a great opportunity to hear about positive ideas, concerns or issues affecting the community and how we, as a Council can help address them.



Manilla Show
 14TH, 15TH, 16TH MARCH, 2025

SCAN TO GET YOUR TICKETS

Manilla Kids Zone
 Free entertainment

FIREWORKS
 POULTRY
 PET SHOW
 DOG HIGH JUMP
 TROPPO BOB
 RIDES

FAMILY WEEKEND PASS \$30.00
 SINGLE WEEKEND PASS \$20.00
 DAILY ADULT \$15.00
 DAILY CHILD \$5.00
 UNDER 5 FREE

EL JAY ENTERTAINMENT
 RODEO

PAVILION
 YARD DOGS
 BEEF CATTLE
 HORSE EVENTS

 **2025 Bingara Show**
 22 - 23 March 

Working Dog Demonstrations
 Times: 9am, 1pm & 3pm (both days)
 Come and see the working dogs in action!!

 **John Peters from Ashville Working Kelpie Stud will demonstrate the handler's skill and the dog's natural instincts at work.**

 **Don't miss the working dog novelty event**

From The Conversation

Australian women will soon be eligible for a menopause health check. Here's what to expect.

Susan Davis, Chair of Women's Health, Monash University

The federal government has recently pledged to create a new Medicare rebate for menopause health assessments. It's due to be available from July 1.

The announcement featured in the government's response to the Senate inquiry into menopause, released last week, though was first flagged earlier this month as part of the government's pre-election funding package for women's health.

So what is a menopause health assessment? And how will it improve the health care women receive during this stage in their lives?

Why we need this

Outside reproductive health, women's health care has generally been modelled on the needs of men. A prime example is the government-funded midlife health check for people aged 45 to 49. This is intended to identify and manage risks to prevent chronic diseases such as diabetes and heart disease.

The recent Senate inquiry into issues related to menopause and perimenopause highlighted that the timing of this health check is not fit for purpose for women. This is because at menopause, which occurs on average at the age of 51 in Australia, women's health profiles change.

Women gain tummy fat, their cholesterol levels go up, and glucose (sugar) metabolism becomes less efficient. All these changes increase a woman's risk of heart disease and diabetes.

Vast numbers of women are given a clean bill of health at this midlife health check in their late 40s. But when they subsequently go through menopause, they can go on to develop heart disease and diabetes risk factors, which may go undetected.

Some women also go through early menopause: around 12% between the ages of 40 and 45, and around 4% before 40.

Those women who experience menopause before age 45 are known to be at significantly higher risk of heart disease than other women. But, by the time women with early menopause qualify for the midlife health check, crucial metabolic changes may have silently occurred, and the opportunity to intervene early to address them may be missed.



Changes that happen at menopause can increase a woman's risk of developing a chronic disease. Monkey Business Images/Shutterstock

What will a menopause health check involve?

The federal government has committed A\$26 million over two years to fund the new menopause health assessments, as part of a \$64.5 million package designed to improve health care for women experiencing perimenopause and menopause. Some \$12.8 million will also be dedicated to a menopause-related community awareness campaign.

My own research has shown women understand menopause means the loss of fertility, but often have little knowledge of the health changes that occur as part of the menopause transition. So increasing health literacy around menopause is much needed.

Similarly, for the introduction of these menopause-specific consultations to be effective, women will need to know what these health checks are for, if they're eligible, and how to access a menopause health check.

The new menopause health checks will be provided by GPs. Exactly what they will involve is yet to be clarified. But I would anticipate they will include a combination of the assessment and management of perimenopause and menopause, overall health and wellbeing, and assessment of risk and prevention of future ill health, notably heart disease, diabetes and osteoporosis.

Upskilling health-care providers

Equally, health-care providers will need to understand the impact of menopause on long-term health and how best to mitigate against disease risks, including the role of menopausal hormone therapy.

My research has shown health-care providers lack confidence in delivering menopause-related care, indicating a need for more education around menopause. In line with this, the Senate inquiry called for the upskilling of the medical workforce in the field of menopause through medical school training, postgraduate specialist programs, and ongoing education of clinicians.



Women in Australia will soon be able to access menopause health assessments. Sabrina Bracher/Shutterstock

While the government cannot mandate what is taught in medical schools or the content of specialist training programs, its response to the inquiry encourages these institutions to incorporate menopause in their curricula.

Further, part of the government funding will go towards expanding a professional development program on managing menopause offered by Jean Hailes for Women's Health.

A good start, but still not enough

The government's new funding, and the new menopause health checks in particular, recognises that women's health is strongly dictated by major biological events, such as menopause, as opposed to age.

This is good news. But we need to do more to equip health professionals to provide the best menopause care to women in these health assessments and beyond.

Adding new menopause modules to medical school and specialist training programs will ensure greater awareness of the impact of menopause on women's health and wellbeing. However, awareness alone won't ensure high-level training for the complex care many perimenopausal and menopausal women need. The opportunities for medical graduates to gain hands-on clinical experience in menopausal medicine are mostly limited to the select few who get to work in a hospital specialist menopause clinic during their training.

Notably, there's no credentialed training program in menopause medicine in Australia. Meanwhile, the North American Menopause Society does offer a credentialed program. The challenge has been that menopause does not belong to one medical specialty. This is why we need an accredited training program – for both GPs and medical specialists – to ensure a truly skilled workforce able to deliver gold standard menopause care.

But without further federal funding to set this up, it will not happen.

Hunter New England Health Bill submissions

open

Submissions are now open for the inquiry into the Health Services Amendment (Splitting of the Hunter New England Health District) Bill 2025.

The proposed Bill aims to dissolve the current Hunter New England Local Health District to establish two new districts - Hunter Local Health District and the New England Northwest Local Health District. We need to advocate better healthcare outcomes because the New England and Northwest regions are the ones who are crying out for better healthcare services. The inquiry allows the public to have input into the future of healthcare within the Hunter and New England regions.

To make a submission, visit;

<https://www.parliament.nsw.gov.au/committees/inquiries>



MAYORAL STATEMENT

Gwydir Shire's Mayor, Cr Tiffany Galvin, announced today that the Council has decided to appoint Mrs Leeah Daley as the Acting General Manager for 12 months from 5th July 2025.

Gwydir Shire's long-serving General Manager, Max Eastcott, is retiring on 4th July 2025 after over 24 years with this Council and the former Bingara Shire Council. The Mayor noted "Gwydir Shire is in the very fortunate position to have the option of not needing to rush into any final permanent replacement decision straight away". At the last election towards the end of 2024 seven new Councillors were elected out of 9 and this will allow these new Councillors especially to gain a greater insight into the organisation and its existing staff prior to making the important decision regarding a permanent appointment to the position of General Manager.

When asked for a comment Mrs Daley simply stated "I am looking forward to the challenges that the acting role will bring, and I am incredibly grateful for the show of confidence from the Councillors not only in me but all the Council's senior staff".

Sports Shear and Wool Handling.



WINNERS – OPEN SHEARING

Saturday 8 March 2025.

Merino Sheep

1. Bryce Drew
2. Zac Mallise
3. Luke Foster
4. Daniel McIntyre
5. Jeremy Newberry



Open Wool Handling

Saturday 8 March 2025

Merino Sheep

1. Eileen Evans
2. Rachel Hutinson
3. Tammy Mudford
4. Krystal Wetherall

SNAPSHOTS FROM THE 2025 BARRABA SHOW





(all photos thanks to Terry Threlfall)