



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 2nd April 2025



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379
For the information of members and guests.

THIS WEEK

THURSDAY 3rd April

BINGO from 6pm

FRIDAY 4th April

Meat Raffles, tickets on sale from 5.30pm.
MEMBERSHIP DRAW \$1600

SUNDAY 6th April

AIRCOOLED ASSEMBLY RAFFLES
Raffles on sale from 12pm, drawn 1.30pm
MEMBERSHIP DRAW \$2000 (4 DRAWS)

HAPPENING SOON

Good Friday - Easter Egg Raffles

Club will be closed Easter Monday

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

Bistro will be closed Easter Saturday and Easter Sunday

Doctor's Surgery Notice

The Medical Centre will be closed for the following dates. Thursday 10th April to Wednesday 16th April, re-opening Thursday 17th April at 9am.

Please ensure that you have enough medications for the closure period. If you require scripts please phone the surgery to make an appointment.

The surgery will also be closed for the Easter public holidays.

Barraba Medical Centre Staff



Garage Sale

4/04/2025

7am onwards

17 Maude Street

Many & varied items.

Ecological Burn Notice

Please be advised that Whitehaven Coal will be undertaking burn preparation and cool season Ecological Burns on the following Biodiversity Properties "Neranghi North", "Bimbooria", "Long Gully", "Greenwood" and "Nindethana" between 7th April and 13th June 2025. For further information, please contact Whitehaven Biodiversity on 0488 407 000.

THE FUTURE OF THE REGION IS IN YOUR HANDS!

Have your say and shape the future of the Tamworth region.

Tamworth Regional Council needs your feedback on the draft Community Strategic Plan before Thursday 24 April.

It's "the people's plan" – capturing the community's vision for our region over the next 10 years. It will influence all other strategies Council produces.

Scan the QR code or head to haveyoursay.tamworth.nsw.gov.au to give us feedback which will be considered by Councillors before endorsing the plan.

 Tamworth REGIONAL COUNCIL



We want to hear your feedback on the Draft Community Strategic Plan 2025-2035 which aims to map out the path community members want our region to take over the next 10 years. The draft has come together based on what you have told us during consultation last year.

Now here's another chance to have your say, go to our "Have Your Say: Community Strategic Plan" web page link below and share your thoughts by 5pm on Thursday 24 April, 2025. All feedback received will go before your elected representatives in May as they consider endorsing the draft plan. <https://bko6.short.gy/csp>

Race & Chase – Barraba Library



17 April @ 2:00 pm - 3:00 pm Free

Race and Chase challenges kids to build a pulley driven car out of simple materials.

They will need to understand gear ratios, payload and drag.

They will then test it out using our simple powered testing equipment and race other designs.

Registration required.

The Facts

Travel expenses:

- Our financial reports use the line 'travel expenses' to account for the costs of vehicles and equipment staff use to work.
- It includes expenses like fuel, tyres, servicing, and registration across Council
- Our Council covers a road network of over 3,334kms – one of the largest in NSW – making these costs significant
- Different Councils categorise expenses differently, so one might list something as a travel expense while another may classify it elsewhere. If you have a question about our reports, we encourage you to ask by emailing trc@tamworth.nsw.gov.au
- Our employee travel expenses are accounted for within the Employee Benefits expenses note while Councillors are within the Councillors associated expenses.
- As part of the Special Rate Variation, Council identified savings in our plant and vehicle fleet with the aim to reduce these costs, hence the reduction from 2022-23 to 2023-24.

All Council financial statements are Audited by the NSW Audit Office, and are available on our website: www.tamworth.nsw.gov.au/financialreporting

 Tamworth REGIONAL COUNCIL



Starts
28
April



Tech Savvy Seniors

- Introduction to Cyber Safety
- Introduction to Smartphones
- Introduction to sharing photos and other attachments
- Introduction to computers
- Introduction to the Internet Part 1

Barraba Campus - 47 Fitzroy Street
Freecall 1800 952 264



Fundraising for Richardson House residents

Well, what a day, maybe the rain helped! Such amazing support from so many for the Richardson House fundraiser to enable the purchase of a new lifter for residents.

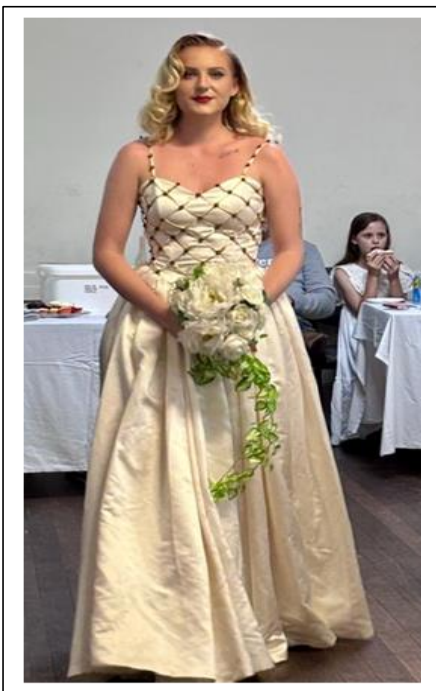
There are many thankyou's to so many people who helped in the effort to raise some funds. Everyone did a fantastic job with whatever their task was to help make the day a success. 109 people came along on a very wet day and nearly \$2000 was raised at the function with several more donations coming in later in the afternoon. This, together with the \$2000 already donated by the Bowlo Fishing Club, means we're halfway to the target. It's not too late, if you missed donating on Saturday you can still help, just contact Helen Rixon in the office at Richardson House 67821563. Donations over \$2 are tax deductible.

Raffle winners were:

- 1st. Emily Elphick - wood donated by Abi at Richardson House
- 2nd. Chris Benson - \$50 voucher donated by Cobbadah Flowers
- 3rd. Kerry from Bingo - \$40 voucher donated by Barraba Caremore Pharmacy
- 4th. Bec McNeill - \$30 voucher donated by Jodi Dodds for Frocks & Locks

Lucky Door prizes donated by Opportunity Knocks and Richardson House, winners were: Kerrina King, Abby Johnson, Charli Lumby, Deb, Carol Lewis and Karen Drew.

A huge team effort who deserve thanks for their work include Rhonda Sutherland and her team of models and helpers, the Opportunity Knocks team and their models, Barraba Bowling Club and their lady bowlers, Richardson House staff and board, donors of raffles and lucky door prizes and photographers Evi and Sandra who did an excellent job of recording the models and the gowns.



Photos by Sandra Allen

Last week we dealt with Barraba Creek Station's foundation and this week I will attempt to list those who actually lived at Barraba Creek.

Unfortunately, there were a number of different names and then several deaths and finally a serious court case before the Lillis family became involved.

John Hoskisson was a very astute businessman who could neither read nor write but, when he died in 1874, he had property to the value of one hundred and fifty thousand pounds in Windsor and northern NSW. His will, consisted of six foolscap pages and was signed with a cross.

The eldest son, Thomas, was given Barraba Creek Station. While young John took up Yaggaba on the Gwydir river, Samuel, the youngest son also spent time on the properties but resided in Windsor.

Thomas, actually lived at Barraba Creek Station with his wife, Margaret nee Cameron. They were married in Maitland in 1852 and became the parents of six children - Sarah, John, Thomas, Mary Ann, Margaret, and Jane. Sadly, Thomas died as a toddler in 1862 and was buried on the bank of Barraba Creek. In 1868 their mother died from breast cancer and was also buried on the bank of the creek.

The story now becomes even more complicated as Thomas, left with 5 young children, married again in 1873 at Muswellbrook. His wife was Caroline Davis, 30 years his junior. They had two sons -James Davis Hoskisson who married Emily Hagan and Thomas Joseph Davis Hoskisson.

Thomas Hoskinson died in January, 1880, and left his brother-in-law, Joseph Davis, as trustee of his estate. This turned out to be a dreadful mistake as Joseph had a drinking problem, spent most of his time in town and did almost nothing on Barraba Creek Station. Caroline, Joseph's sister, and Thomas' widow married S. J. Lillis and the following year there was a long and complicated court case ending with the Lillis family taking over the property. Joseph Davis died in Tamworth a couple of months later leaving a young wife and two babies - it is quite likely that drinking was the cause of his death.

I hope this has not been too complicated for readers. The Cameron story is not as complicated and I hope to supply that next week. The Davis family remained in the Windsor area with the exception of Caroline who lived at Barraba Creek Station and in Barraba for many years.

From Barraba Historical Museum



Barraba Historical Society held a successful street stall yesterday. The winner of the raffle was Bryan Barrass. Many thanks to everyone for your support! Pictured are Lesley Grigg, Carolyn Faint and Margaret Currell.

Mobility Scooters for Sale.

Are you thinking of buying some form of mobility scooter? Why pay retail price come around to Dave's at 17 Henry St Barraba and pay wholesale. I am importing Scooters direct from China prices start from as little \$1700.

Details of scooter: it's lightweight, folds up for transport, it has a strong night light, warning buzzer, extra child seat, powerful three speed motor, large rear basket and front basket, also reverse gear, 25 to 40-kilometre range, six hr battery recharge. Come and test one home most days, just ask for Dave.



BERYL HENSHAW'S STORY – Part one

Story and photo by Terry Threlfall



I heard that Beryl was leaving Barraba soon, having lived here for over forty years. I knew she was English, having arrived in Australia with her parents as a child – one of the “ten pound pom” families, encouraged to migrate from England to Australia after WW2. What is her story?

Beryl was born in 1934 – her family lived in a village called Cleadon, in Northern England, near the city of Newcastle; she was the youngest in the family, with an older brother and sister. Her father was a draughtsman, employed locally. She was at school during the Second World War – she remembers having to always carry a gas mask, having air raid drills, and the air raid sirens going off. There was rationing, and food shortages, but her mother appeared to cope pretty well keeping the family fed and happy.

I asked Beryl why the family came to Australia – what triggered the momentous decision to up-sticks from what seemed a very stable situation in England, sailing half-way round the world in very trying conditions, to lots of unknowns?

But it wasn't like that for Beryl's family – her father's family had already migrated to Australia in the 1930's. His mother and father, brothers and sisters, were all established here. As Beryl said: “The only one who didn't go was my Dad. He didn't go as he was courting my Mum at the time; I think it was understood he would follow after they were married, but then the War intervened.” Beryl grew up with the expectation they would move to Australia one day.

They left in 1948 when Beryl was 13 years old – no jumbo jets then, getting you to Australia in a few days. Travel was by ocean liner, and those liners were not like the modern cruise ship we see advertised. Beryl describes the voyage: “We were in dormitories, female and male. Twelve bunk beds to a room, no cupboards, suitcase at the bottom of your bunk. Mum, my sister and I were in one dormitory with other women and girls, Dad and my brother in another dormitory

with other males. We showered in saltwater in bathrooms across the corridor. And my poor Mum was seasick for all the six weeks!” Nevertheless, she enjoyed the adventure; no school, seeing many different places and visiting foreign ports.

Sailing in to dock at Sydney's Woolloomooloo Beryl remembers a great sight; instead of grimy industrial wharfs, they were greeted by open green parkland. Because her father's family was already established in Australia, housing was arranged. The family moved to a house in the Sydney suburb of Five Dock, where Beryl's mother and father settled permanently. Her father went to work as a draughtsman with Sydney City Council, where he stayed until retirement. Beryl enrolled at the local High School; she found those years “difficult”. She struggled with a very different curriculum, her English schooling being a long way behind in some subjects. Though she found the other students welcoming enough, she was very conscious of her different accent and background. In England, she was very aware of her northern English accent, but also aware of the different accent at her Birmingham School. In Australia, should she switch from the “school” accent to her “home” accent when she went from one place to another? Being bamboozled by Australian social conventions (such as “bring a plate” actually meant “bring food”, not an actual plate to supplement the host's crockery supply!), Beryl and her mother tended to decline invitations rather than attend and be socially embarrassed.

Part 2 of Beryl's story next week

Falling flu vaccinations and potential horror flu season a recipe for more deaths

Falling influenza immunisation rates due to vaccine fatigue and misinformation, combined with the risk of a horror flu season like the one experienced in the Northern Hemisphere, could result in more lives lost from flu and other respiratory diseases this year.

Australian Medical Association President Dr Danielle McMullen said there had been a fall in the number of Australians receiving their flu vaccine in 2024 compared to the previous year, and that we can't afford to continue the decline.

“We know there's some vaccine fatigue out there following the pandemic, and some wildly misleading and damaging information on social media, and this is contributing to fewer people getting their shots,” Dr McMullen said. “I can't be too blunt about this: thousands of people die each year from respiratory disease including flu, COVID-19 and RSV. Older people, immunocompromised people, babies, young children, pregnant women and people with underlying medical conditions are particularly vulnerable to some of

these respiratory viruses. People should get their flu vaccine each year, as the formulation is updated annually to match circulating strains, and the protection from a flu vaccine only lasts a season. This is also a good time to think about a COVID-19 booster, particularly if you are aged over 65 or at higher risk of severe COVID-19. Cases of flu pop up all year long, but our peak season is usually from June to September, and the best time to get your flu vaccine is from April onwards. People need to start booking appointments now with their GPs, who are trained to ensure that people, including vulnerable cohorts, such as the elderly and children, receive their vaccinations in a safe and timely manner.”

Dr McMullen warned there is potential for a horror flu season in Australia following a severe season in the Northern Hemisphere. Dr McMullen said it was critical that people were not dissuaded from getting their flu vaccine or other vaccines because of misinformation about vaccines spread on social media, vaccine hesitancy or complacency. “If people have any concerns, they should speak to their GP who can spend time with them and answer questions,” she said.

The Australian Government recommends everyone over the age of six months has an influenza immunisation every year. Flu is the most common illness that can be prevented with a vaccine. Information about the flu, COVID-19 and RSV vaccines, including who should get vaccines, can be found on the Department of Health and Aged Care’s website.

The influenza vaccine is free under the National Immunisation Program for: Aboriginal and Torres Strait Islander peoples aged six months and over; children aged six months to under five years; pregnant women at any stage of pregnancy; people aged 65 years or over, and people aged six months or over who have medical conditions that mean they have a higher risk of getting serious disease.



BreastScreen campaign targets under screened women

BreastScreen NSW has relaunched a campaign encouraging women to have a lifesaving mammogram and join the more than 55,000 women who screened across Hunter New England Local Health District in 2024.

Kairsten Marley, Hunter New England Local Health District BreastScreen NSW Manager, said with almost 900 women in our district expected to be diagnosed with breast cancer this

year, now is the time to book in a free, life-saving breast screen. “For women aged 50-74, a breast screen every two years is the best way to detect breast cancer early before it can be seen or felt,” Kairsten said. “The message is clear – put yourself, and your health first and make breast screening a priority.”

First launched in late 2023, the ‘Breast Cancer Doesn’t Wait’ campaign has been refined to reach even more women, now including targeted advertising in local government areas with the highest numbers of under screened women. The campaign encourages women to prioritise their two-yearly breast screening, which is the best way to detect breast cancer in its earliest stages. New data from Cancer Institute NSW shows around 3,100 additional cancers would be detected if every eligible woman had a regular mammogram.

The ‘Breast Cancer Doesn’t Wait’ campaign is now running across a range of mass media channels. The broader campaign targets priority populations including Aboriginal women aged 40-74 years through the ‘Stay Healthy for You and Your Mob’ component, and Cantonese and Mandarin speaking women aged 50 to 74 years.

Professor Tracey O’Brien AM, NSW Chief Cancer Officer and CEO of the Cancer Institute NSW said the Breast Cancer Doesn’t Wait campaign is part of efforts to spread awareness of the life-saving power of a mammogram.

“More than 1,000 women are expected to die in NSW this year from breast cancer and we are determined to support women to detect and treat breast cancer as early as possible,” Professor O’Brien said. “Early detection not only significantly increases a person’s chance of survival to 98 per cent, it can also greatly reduce the need for invasive treatment like a mastectomy. I know it can be hard for women to set time aside for themselves in their busy schedules, but breast screening needs to be a priority - an appointment only takes 20 minutes every two years and could save your life.”

Breast cancer is the most common cancer in women, with age and being female the biggest risk factors – not family history. Aboriginal women are recommended to start screening at 40 years, with evidence showing that they are diagnosed with breast cancer at a younger age, have more advanced cancer at diagnosis and poorer survival rates compared to the overall female population. Any woman who has noticed a change in their breasts, like a lump, should see their doctor without delay.

For more information and to make an appointment at a local BreastScreen NSW clinic or mobile van, call 13 20 50 or book online at www.breastscreen.nsw.gov.au.



2025 BUDGET – A BALMAIN BUDGET BRAIN BURP

Like the tie you put on as you race out the door, is the 2025 Labor Budget.

If only the Labor Government would care for those dealing with a cost-of-living crisis like they care for those wheeling and dealing in the intermittent power swindle.

What is the hope offered for the grandmother who can no longer afford to stay in her house?

There is no real attempt to deal with the structural disaster of the supply of power, which in turn has taken money from her wallet and walked her to the front door. Minister Bowen militantly continues his crusade against the great unwashed who should know better, to him.

This is the budget one has when they did not think they would have to provide a budget. For the New England, we got no dams, no new roads, no new mobile phone towers and no new medical facilities. But we are getting new intermittent power precincts littered all over our land.

Labor has no new funding for the Stronger Communities program, Local Roads and Community Infrastructure program, Growing Regions Program, and the Regional Precincts and Partnership program, all of which are critical to building community infrastructure in regional Australia.

“Barraba is a town full of committed community members who care deeply for their community and are incredibly proud of the town.

“Every time I’m in Barraba, I’m impressed by the community spirit, and the willingness of the local community to band together and solve the town’s problems.

“I’m always looking for ways to give a helping hand, and that’s why I recently visited Barraba to meet with a few locals who had contacted me with their issues.

“Anything was on the table, and I’d like to thank everyone who provided their feedback and updated me on the concerns of the local community.

“There’s work to do, and I look forward to continuing to work with the local community to resolve local issues.”

Issues raised with Mr Anderson on his visit included:

Health worker accommodation

The local fire station

Grant opportunities

Issues with trees in Queen Street

Mr Anderson also recently had the opportunity to recognise the Barraba Potters Guild in Parliament, recognising the work the guild does on behalf of the community, and thanking the guild’s members.

“I thank Annette Brittain and all the other members of the guild for their contributions to the Barraba Community,” he said. Text of Mr Anderson’s speech in parliament is available online at:

<https://www.parliament.nsw.gov.au/Hansard/Pages/HansardResult.aspx#/docid/HANSARD-1323879322-151161/link/81>



KEVIN ANDERSON’S VISIT TO BARRABA

The Member for Tamworth Kevin Anderson has thanked the Barraba community for their hospitality, and their feedback on a recent visit.

Mr Anderson said he had a jam-packed day with meetings and looks forward to continuing to work with the community to tackle local issues.

STATEMENT FROM MEMBER FOR TAMWORTH HON. KEVIN ANDERSON MP

Not negotiable – QantasLink to cut flights

QantasLink have announced that they will cut four flights a week between Tamworth and Sydney. I have met with QantasLink twice in Parliament over the past fortnight to push for more flights, for cheaper flights, and for those flights to be retained. It’s so important for us to have access and flexibility when we travel. We want more options not less. I want our community to move forward not backward.

QantasLink must reinstate these flights as soon as possible. I’m keeping the pressure on them to maintain our flight schedule.

BARRABA UNITING CHURCH NOTICES

Sunday 6th April

All welcome

From Sunday 6th services will return to 8.45am

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

IN LOVING
memory

Tony John Chester

In loving memory of our dear
son and brother, Tony.

Accidentally killed 4.4.1980.

Aged 19 years.

As time goes by without you,
And another year passes by,
The loss we felt when you left us,
Has never gone away.

Only we, who knew and loved you,
Know how much we lost.

But precious memories of your loving
ways, will be with us forever.

Loving you always,
So sadly missed by
Dad, Mum and Craig.



Golf Notes

Carding an 88 off the stick Peter York and Amanda Koopman retained the L and V Bridges

Memorial Mixed Foursomes Championships on Sunday. Runners up were Craig Rutley and Lib Thompson on 89. The Lions Club best net trophy winners were Bill Simpson and Lyn Simpson on 78.38

Fifteen players contested an Individual Stableford for Bill and Gail Simpsons trophy. Chris Sweeney continued his good form to take out the trophy on 34 points with balls going to Kieren Darlington 33, Stephen Summerell 31, Daniel Anderson 29, Shane Middlemiss 27 and Rob Sweeney also 27. NTP to Kieren Darlington on the 3rd.

Next Sunday the 6th April we have a Individual Bisque Par for the Ian and Brenda McColl trophy. On Sunday 13th April is a 4BBB Stableford for the John and Toni Waugh and Firmen Allan trophy.

A gentle reminder that this Saturday 5th April 8 am we are having a Working Bee to oil the greens.

On Sunday the Club held its AGM with a good turnout of members. President Will Sedgwick, who was again re-elected, highlighted the many initiatives and projects undertaken by the club in the past year. The club was able to purchase a new mower which has allowed our volunteers to keep ahead of the grass. Will acknowledged the continued support of the Barraba community and in particular the success of the Ruby Mae Wish Fundraiser. He also acknowledged the ongoing work of our many club volunteers. Returning Treasurer Amanda Koopman gave an overview of the clubs pleasing financial position.

BARRABA COMMUNITY NEWS

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5 April @ 8:00am - 12:00pm
12 April @ 8:00am - 12:00pm
Le Pruneau Organic Markets

Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council Tuesday 25 March, 2025:

Councillors have agreed to place the draft Community Strategic Plan 2025-2035 on public exhibition for 28 days from Thursday 27 March to seek further feedback from the community. The Community Strategic Plan is Council's the key strategy and is intended to capture the vision local community members have for the future of the region. It influences all other strategies Council produces and is updated every four years after an election. Community members can see a copy of the draft plan by going to the MyTRC Online Community at <https://haveyoursay.tamworth.nsw.gov.au/> The page includes an easy-to-use feedback form. Council also resolved tonight that all feedback received will be included in a further report in May when they will consider the plan's formal endorsement.

Councillors tonight approved a three-year sponsorship of RSL NSW to host its Annual State Congress in Tamworth in 2025, 2026 and 2027. The annual event will bring more than 400 delegates to Tamworth each year to shape the direction of RSL support for veterans and their families in NSW. The three-year sponsorship total of \$60,000 is estimated to deliver an economic return of more than half a million dollars to the local economy.

Council will accept an invitation from the Mayor of Gore District Council, New Zealand for Mayor Russell Webb, Councillor Matt Sharpham and General Manager Paul Bennett to represent the region at the 50th Country Music Festival at the end of May 2025. Tamworth and Gore have enjoyed a strong Sister City relationship since 1992, and this year plan to discuss ag tech applications across both cities. Funding will be provided from the existing 2024-25 Sister City Budget and is estimated to cost \$3,650 in total.

A proposal to name the batting tunnels at the Tamworth Baseball fields after the late David McMurray will be placed on public exhibition for community feedback. Mr McMurray was involved with Tamworth Baseball for the majority of his life, having played an influential role in securing grants and overseeing refurbishments and ultimately helping to advance the sport in the region.

Le Pruneau 83 Bridge Street, Tamworth, NSW, Australia

8am to 12pm with fresh, local and organic produce available for purchase to stock up the pantry for the week ahead! On the veranda and in the Market Room, you'll find stocked a supply of fresh fruit and vegetables, sourced locally and from organic suppliers whenever possible, various house made smallgoods, meats and cheeses.



Tamworth Regional Council Welcomes New Manager Entertainment Venues


Tamworth Regional Council is pleased to announce the appointment of Roz Pappalardo as the new Manager, Entertainment Venues. In April, Ms Pappalardo will relocate to Tamworth from Darwin, heading up the team that oversees Tamworth Regional Entertainment Conference Centre (TRECC), Capitol Theatre Tamworth, Tamworth Town Hall and Tamworth Community Event Centre.

Ms Pappalardo will replace Peter Ross, who has worked for Entertainment Venues for 16 years, initially as the Director of the Capitol Theatre from 2009 to 2012 and then as Manager. It comes following Mr Ross's progression to Executive Manager – Creative Communities & Experiences at Tamworth Regional Council.

With a career in the arts spanning more than two decades, Ms Pappalardo brings a wealth of experience in cultural leadership and event management. Her diverse skill set stems across festival management, event programming, creative production, touring, and original content development.

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From The Conversation

What’s the difference between freckles, sunspots and moles?

*Mike Climstein, Associate Professor, Faculty of Health,
Southern Cross University*

*Jeremy Hudson, Adjunct Associate Professor, Faculty of
Health, Southern Cross University*

*Michael Stapelberg, Adjunct Associate Professor, Faculty of
Health, Southern Cross University*

*Nedeljka Rosic, Senior Lecturer, Human Sciences, Southern
Cross University*

You’ve got a new brown spot on your face, but is it a freckle or a sunspot? Or perhaps you’ve found a spot on your back that looks like a mole but is flatter than your other ones – is it a mole or a dark freckle? Here’s how to tell the difference between freckles, sunspots and moles – and when you need to get a spot checked to see if it’s skin cancer.

Freckles

Freckles, known as ephelides, are small, flat, light brown spots that appear on people with fair skin, or red or light-coloured hair. These people are more likely to have the MC1R gene, which leads to freckles forming. Freckles are caused by sun exposure and are more noticeable in summer. When sunlight hits the skin, cells called melanocytes produce melanin, the pigment that gives skin its colour. In people prone to freckles, the melanin doesn’t spread evenly. Instead, it clumps together, creating freckles.



*Melanin doesn’t spread evenly in people prone to freckles.
Chermiti Mohamed/Unsplash*

Freckles generally appear in childhood and may fade with age, especially if sun exposure reduces. As we age we produce less melanin, or it can break down or disperse, resulting in lighter or fewer freckles. Using sunscreen and wearing protective clothing can help prevent new freckles from developing, especially on the face and arms. While freckles are completely harmless, they are a sign that someone is genetically at higher risk of developing skin cancer.

Sunspots

Sunspots are also called age spots or actinic keratoses (or liver spots, but they have nothing to do with the liver). They are larger than freckles: sometimes the size of a small coin, and appear as flat brown spots. Sunspots develop over time due to long-term sun exposure, which leads to excessive melanin production. They tend to appear on skin with greater sun exposure, such as the face, hands, shoulders and arms.



Sunspots develop after years of sun exposure. Zay Nyi Nyi/Shutterstock

Unlike freckles, which tend to get lighter with less sun exposure, sunspots will not fade with time, and may further darken with continued sun exposure. However, some people try to remove their sunspots for cosmetic reasons using either a laser, chemical peel or a prescription topical cream. While sunspots are not dangerous, they do increase your risk of other skin cancers in that area. It's also important to monitor them, as slow-growing melanomas may initially look like sunspots. If you see the spot changes in size, shape or colour, see your doctor to rule out skin cancer.

Moles

Moles are often dark, raised or flat skin growths that can appear anywhere on your body. Although moles can exist from birth, they typically grow during childhood, adolescence and early adulthood (including during pregnancy, when hormones are changing), until around the age of around 40. Moles can increase in size, and new ones can also appear. Most adults have between ten and 40 moles on their body. A person with a high mole count has 50 or more, while someone with a very high mole count has 100 or more. Moles form when melanocytes grow in clusters instead of spreading evenly throughout the skin.

Moles can either be raised or flat, depending upon their type, depth and age. Raised moles, referred to as compound nevi, have both flat and raised portions and typically have pigment that is deeper in the skin.



Some moles are raised while others are flat. Pixel-Shot/Shutterstock

Dermal nevi are skin-coloured or light brown moles that are also raised. Most moles are harmless. Some may have hair growing from them and some may disappear, whereas other moles may darken or alter with age or hormonal changes. However, some moles can develop into melanoma, a dangerous form of skin cancer.

When to see your doctor

While freckles and sunspots are completely harmless, moles do require more attention, especially if they change in size, shape, colour or texture. If a mole shows any of the following warning signs, see your doctor, who will use the ABCDE rule to detect if a lesion is a skin cancer:

- asymmetry: if one half of the mole looks different from the other half
- border: if your mole is shaped irregularly, jagged or has poorly defined edges
- colour: varied shades or sudden changes in colour of the mole
- diameter: if it is larger than 6 millimeters (about the size of a pencil eraser)
- evolving: if your mole has any changes in its size, shape, colour, or sensation such as itching or bleeding for more than a few weeks.

Our research shows only 21.7% of people can correctly identify melanoma on their own, so professional checks are essential.

How to prevent skin damage

Since freckles, sunspots and some moles are influenced by exposure to the sun, you can protect your skin by:

- avoiding the sun when ultraviolet rays are strongest
- wearing sunscreen with SPF 50 every day, even when it's cloudy. Apply it 20 minutes before going outside and reapply every two hours
- wearing protective clothing, including a wide-brimmed hat to cover your face, neck and ears, and long-sleeved shirts and pants to protect your arms and legs.

NEW ACNC GUIDELINES ON CAMPAIGNING AND ADVOCACY

Edited from a Birchgrove Legal presentation

DISCLAIMER This is information and does not constitute legal advice on your specific circumstances. While every effort has been made to ensure the accuracy and completeness of the information presented, it is not a substitute for tailored legal advice. Readers can consult with Birchgrove Legal for advice regarding their specific legal issues or concerns.

With a federal election on the horizon, your charity may be considering how it can engage in advocacy and campaigning without affecting its charitable status. In February 2025, the ACNC updated its guidance on campaigning and advocacy. The purpose of this information is to help clarify what your charity can and can't do.

An organisation is charitable if it is a charity. An entity is a charity if

- (a) It is a not-for-profit;
- (b) All of its purposes are charitable² (or incidental or ancillary to a charitable purpose);
- (c) None of the purposes are disqualifying purposes.

"disqualifying purpose" means:

- the purpose of engaging in, or promoting, activities that are unlawful or contrary to public policy; or
- the purpose of promoting or opposing a political party or a candidate for political office.

WHAT IF YOUR CHARITY DOES NOT MEET THESE REQUIREMENTS?

You risk losing your charitable status from the date that these requirements were not met. Consequences of losing charity status include:

- **Loss of Tax Exemptions and Concessions:** Charities in Australia can benefit from income tax exemptions, GST concessions, and fringe benefits tax (FBT) rebates. Losing charity status means losing access to these benefits.
- **Ineligibility for Deductible Gift Recipient (DGR) Status:** Many charities rely on DGR status to attract donations, as it allows donors to claim tax deductions. Without charity status, the organisation may also lose its DGR status if applicable.

- **Reduced Funding Opportunities:** Grants and funding from government bodies, foundations, and corporate sponsors often require the recipient to be a registered charity. Losing charity status can severely limit funding opportunities.

- **Damage to Reputation:** Being deregistered or having charity status revoked can harm public perception, damaging donor trust and community support.

PROMOTING OR OPPOSING A POLITICAL PARTY OR CANDIDATE

A charity can campaign if it is satisfied that:

- what it is doing is advancing its charitable purpose;
- its governing document (its constitution or rules) does not prevent the activity;
- it does not have a purpose of advancing a particular political party or candidate or campaigning against a particular party or candidate; and
- it does not constitute an activity that is unlawful or against public policy.

THE DON'TS

Distribute How-To-Vote Cards. A charity must not distribute how-to-vote cards for a particular candidate or political party on election day. This could be seen as actively promoting one party or candidate, which would be a violation of the ACNC guidelines.

Endorse Candidates or Parties Charities should not produce materials that explicitly support or endorse a particular candidate or party. If a charity produces material endorsing a specific party or candidate, it risks being found to have a disqualifying political purpose.

Donate to Political Parties Charities cannot donate to political parties or candidates, as this would be seen as supporting a political cause or candidate. Such actions risk compromising the charity's non-political status.

Exclusively Invite Political Figures. A charity should avoid inviting only one candidate or party to events, as this could give the appearance of bias. Instead, inviting representatives from multiple political parties helps maintain impartiality.

Personal Support from Responsible Persons Charity directors or committee members must ensure that their personal political support is clearly stated as being in their personal capacity, not as a representative of the charity.