

# BARRABA COMMUNITY NEWS

## COMMUNITY OWNED AND EDITED

## ANZAC DAY 2025

The commemoration of ANZAC Day in Barraba will commence with our dawn service which will be held at the Memorial Clock in Queen Street.

This service will assemble at 5:45 am with the service to commence at 6.00AM.

At the conclusion of this service breakfast will be provided by the Barraba RSL & Recreation Club Limited.

The main service will assemble in Queen Street opposite Andy's Guest House at 10:45 and then march to the Memorial Clock with the main service to commence at 11:00am.

Over the last few years, we have seen increasing conflict in the world with the continuation of the war in Ukraine and tensions arising with China with its aims in the Indo Pacific regions.

Conflict in other areas of the world seem never ending but these do not seem to gain much traction given the twenty four hour news cycle.

Recent events have created more uncertainty with many wondering if we can rely on what were considered our allies. Now more than ever we need to remember that freedom is never easily won, and we remember those who have lost their lives in defence of this fundamental right. We particularly remember those who have served from Barraba and District.

Again, we remember those that continue to serve in ongoing conflicts and thank them for their commitment.





## Barraba Netball AGM

Wednesday 16<sup>th</sup> April 2025, 6pm at the Barraba Bowling Club. Everyone Welcome.

Remember - No Committee

No Netball - Vacant Positions to be filled!

## **TRUNK SHOW**

18<sup>th</sup> May 2025 10am At the Tamworth Regional Craft Centre Marius Street Tamworth. \$15 cash entry For more information and for numbers please reply to Di - 0419 604 500 by 10<sup>th</sup> May 2025

## **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 7<sup>th</sup> April and 13<sup>th</sup> June 2025. For further information, please contact Whitehaven Biodiversity on 0488 407 000.

## Wednesday 16<sup>th</sup> April 2025



## BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379 For the information of members and guests.

## THIS WEEK

THURSDAY 17th April BINGO from 6pm

GOOD FRIDAY 18th April EASTER EGG and MEAT RAFFLES

Tickets on sale from 5.30pm. MEMBERSHIP DRAW \$1800

## SUNDAY 27th April

ANGLER CLUB

Raffles on sale from 12pm, drawn 1.30pm MEMBERSHIP DRAW \$2000 (6 DRAWS)

## 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** 

Advertise in Barraba Community News and reach 750 households in our local area.

Contact

news@barrabacommunitynews.org.au for the best advertising rates in the region



## FEDERAL ELECTION – 3 May 2025

Below are the candidates for our electorate (New England).

This is the order they will appear on the Ballot paper on election day.

1. Barnaby JOYCE National Party of Australia - N.S.W.

2. Wendy WALES The Greens NSW

3. Natasha LEDGER Independent

4. Laura HUGHES Australian Labor Party (N.S.W. Branch)

5. Holly MASTERS Family First Party Australia

6. Todd Charles JUCHAU Trumpet of Patriots

7. Brent LARKHAM Pauline Hanson's One Nation

Our Local Polling Places on Saturday 3 May are -Voting Centres will be open: 8 am to 6 pm

Bicentennial Community Centre 15 Bridge St, Barraba

Manilla Small Town Hall 191 Manilla St, Manilla

The Roxy Theatre 72-80 Maitland St, Bingara

Bundarra School of Arts Hall 29 Bendemeer St, Bundarra

If you unable to vote in Barraba on Election Day (Saturday 3 May) —

You can vote at any polling place in NSW on polling day. Polling places are usually located at local schools, churches and community halls, or public buildings.

In addition, you can vote at an early voting centre – details will be published closer to the election.

## The Plaque listing the Servicewomen from Barraba district in WW11.

These ladies served in all three services, Army, RAAF & Navy and fortunately they are so well commemorated on this large plaque. The data for the Barraba Military plaques was collated by our local military historian Robert Sweeney. Posted by Brian Coote.



#### 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.



## BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

## Published by Community College Northern Inland Inc.

Cnr. Alice and Fitzroy St Barraba Contacts: Bronwyn 0447 165 008 Office: 02 67821662 Email <u>news@barrabacommunitynews.org.au</u> Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses

#### Shining a light on regional and rural artists



Market Day on Saturday was another successful day with the usual numbers of patrons together with most of the usual attendants. Congratulations to David York who secured the fruit box. One of our visitors on Saturday came to see the Museum after almost ten years absence and was impressed with the Museum as it is today - we look forward to another visit from her later in the year.

This week we have had an enquiry about the 'old chemist shop' on the corner of Alice and Queen Streets - it is now a private home. I find that this building has been ignored in most history books apart from Maurie Conway's history book and the Retirement Homes souvenir book.

Richard Blackall was the chemist for many years from the 1890s until the First World War. His chemist shop was probably on the eastern side of Queen Street and was taken over by his son, Harry Blackall in 1916. I suspect that Harry also lived in the old Blackall home behind the western side of Queen Street.

It is unknown when the shop on the corner was built but is likely to have been around 1920 after Harry and his wife settled into running the chemist's shop. We are very short on details about this building and there are few photos of the shop-perhaps someone has an early photo, even in the background of a town photo could assist.

Harry ran the new chemist shop for many years moving into the main block of shops at some stage. He married and his only child, Wanda, grew up in Barraba. She was a good friend with several Barraba people born in the early 1920s and used to come back for visits after leaving Barraba.

In 1949 Harry Blackall died aged 61 years and he is buried in the Barraba Cemetery beside his brother, John. Mrs Blackall sold the business to Ken Stanton and she and Wanda left Barraba.

From various records it seems that the old chemist shop on the corner was empty for many years until well into the 1950s before the library moved in. Mrs Blanche Perry was in charge of the library for many years but not always in that building. If anyone has any further information about the library in Barraba we would like to hear about it. As most people know there is usually someone at the Museum on Friday and Saturday mornings so just call in for a chat or a suggestion about Barraba's library history.

Tamworth Regional Gallery is thrilled to present two captivating exhibitions with Overhead and Underneath -Lessons in Observation and The Good by Anna Louise Richardson.

Overhead and Underneath will feature artworks from 23 regionally based artists from the New England and Riverina areas. Each of these artworks invite onlookers to take a moment to look overhead or underneath their feet and appreciate the exact moment in time.

Director Tamworth Regional Gallery and Museums Bridget Guthrie says "We are very proud to be showcasing the work of regional artists from our local area and the Riverina area. With the natural landscape being such a major part in regional lifestyle, it is wonderful to see how these artists have created works in their individual ways to respond to the natural environment around us."

This exhibition and accompanying programs have been developed by the Tamworth Regional Gallery and was made possible by the Australian Government's Regional Arts Fund which supports arts in regional and remote Australia. This funding has also allowed the opportunity for a new mural to be painted in Manilla. This will be designed and painted by Newcastle based company PlayState. The local community will have the chance to meet and speak with the artists creating this mural on Saturday 12 April from 10am-1pm near the Council office in Manilla.

Also, on display at the Tamworth Regional Gallery is The Good exhibition. Anna Louise Richardson's works in this are large-scale charcoal drawings that focus on rural life and exploring intergenerational exchange, parenthood and identity.

There will be a joint official opening on Friday 11 April from 6:00pm for both of these exhibitions. This event is free to attend and will feature a live performance by local Bluegrass band, The Peel River Ramblers. For full exhibition and program details, visit the Tamworth Regional Gallery's website.





# Get ready Barraba! Muddy MAYhem is fast approaching.

**WHAT:** Barraba's first mud run 'Muddy MAYhem" brought to you by Aircooled Assembly

WHEN: Friday 2nd & Saturday 3rd May

WHERE: Barraba Showground

**WHAT:** We have been blown away with PRE-1980 vehicle entries from all over New South Wales keen to get muddy at Barraba for its first Muddy MAYhem. This is a spectator event also, you don't have to have a car to enjoy the weekend

**ENTRY:** General Entry is \$25 over 16 years old (under 16 FREE) and gets you access for the entire event. General Entry ticket holders are able to ride passenger should the opportunity arise (must have helmet, long shirt+pants and closed in shoes) Both Friday & Saturday track action is set to keep the crowd entertained as over 20 cars/drivers take to the muddy flat track to fang and fling around the markers with as much fair as possible while having an absolute blast. After the track closes at 5pm, the night is ready to enjoy with a <u>LIVE band on stage both Friday & Saturday</u>. There will be table raffles both nights as well as major raffles on Saturday night with really cool one off items available as well as fire pits, prize packs, esky, tools and even a set of rims!

**FOOD:** Food and drinks are permitted from outside the grounds. NO GLASS. Rotary will be on site from lunch time on Friday through to Saturday night with food.

**CAMPING:** Camping available with powered and unpowered sites.

We are so happy with the support shown towards this new event by our sponsors, Opportunity Knocks & Ampol Barraba - their sponsorship alongside all the donations for the raffles and entries of cars and spectators make this event possible.



Photo Credit. Brads custom entry Cool Az



The Great Moscow Circus

11 April - 27 April, Old Athletics Track, Jack Smith Drive, South Tamworth

Australia's favourite! An all new extreme show, featuring some of Australia's top BMX & Scooter riders, exciting Trampoline, Russian Swing and the world's best dare devil motorcycle Cage Riders. Breathtaking Aerial performances and much much more. A circus not to be missed!

Friday 18th April Easter Friday 3:00 pm

Saturday 19th April Easter Saturday 3:00 pm and 7:00 pm Sunday 20th April Easter Sunday 11:00 am and 3:00 pm

**Monday 21st April** Easter Monday 3:00 pm and more until Sunday 27th April



## Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council on the 8<sup>th</sup> April 2025:

Councillors endorsed the writing of a letter to all candidates for New England in the Australian Federal Election outlining a list of priorities for our region, including securing the water supply for Tamworth, Kootingal and Moonbi, affordable housing construction incentives, commitments in principle and financially to a Performing Arts Centre in Tamworth and the expansion of the Australian Equine and Livestock Events Centre (AELEC), the acceleration and significant increase to road funding construct identified road network projects, restoring Federal Assistance Grants to 1 per cent of GDP, interventions to address the shortages in medical staff in the region, measures to address socio-economic disparities in our region, and addressing gaps in communications networks.

During tonight's Council Meeting Councillors ? received and noted the minutes from 11 of Council's Section 355 Committees. Councillors also endorsed the appointment of a number of new committee members in various positions to each of these committees. Section 355 Committees have specific responsibilities which can include managing a facility, organising an event, or providing advice and recommendations to Council. Council staff are currently working on a revised committee model in the hopes of improving the experience for community volunteers and creating a more manageable governance procedure, which is often viewed as 'red tape'. The report highlighted some great results from the MyTRC Volunteer Program, with nine new volunteers joining various community initiatives and 55 volunteers taking part in the Tamworth Country Music Volunteer Program.

Councillors tonight agreed to remove the "Reduction in Water Consumption Charges Policy" from the General Policy Register, following an online community consultation process from mid-February to mid-March. Customers will be able to make a claim under the existing policy for water consumption invoices sent out as a result of the March 30 2025, automatic meter reading. The Policy will be withdrawn as of 1 July 2025, and no further claims could be made for meter readings made on or after 30 June 2025. Local residents, including renters and businesses, are encouraged to register to access the MyTRC Water Portal to track their water usage and set up alerts for leaks and highusage - mytrcwater.tamworth.nsw.gov.au

Council approved several road closure recommendations across the region ahead of Anzac Day later this month. The Tamworth Regional Local Traffic Committee minutes outline closures to support the safety of those attending marches and services in Tamworth, Barraba, Manilla, Attunga, Somerton, Kootingal, Bendemeer and Nundle.

The Tamworth Gymnastics Club will be hosting the Country Capital Cup in June and Council have agreed to subsidise the fees associated with the hire costs of using the Tamworth Regional Entertainment and Conference Centre. With the event expected to attract over 1100 competitors from across Australia and a projected economic boost of \$1,557,512.00, a subsidisation of \$12,000 from Council's Sport Event Subsidisation Policy will be granted to help cover the \$20,894 of venue hire fees.

## **BARRABA UNITING CHURCH NOTICES**

Easter Services Good Friday 18<sup>th</sup> April 10.30am Easter Sunday 20<sup>th</sup> April 8.45am All welcome

## ANGLICAN CHURCH TIMES St Laurence's Barraba

Sunday service at 10.00am Woodsreef service 2<sup>nd</sup> Sunday in each month. Good Friday: 10am St Laurence's Easter Sunday: 10am St Laurence's Easter Sunday: 4pm Bereen - Bring a plate to share. We'd love to celebrate Easter with you! Come along on Good Friday to share in the Lord's supper and enjoy hot cross buns afterwards.

Easter Sunday includes a kids spot and all are welcome to join us for a BBQ lunch following the service!

## **CATHOLIC CHURCH TIMES**

Barraba 1st Sunday of the month, Saturday evening Mass 6pm All other Sundays 9am Holy Week Program, adjusted times:

Holy Thursday, Mass 5.00pm Good Friday, Stations of The Cross 10.00am Easter Sunday, Mass 9.00am



## **The Servant King**

"Power tends to corrupt; absolute power corrupts absolutely". As we look around our world at the moment, this quote rings very true. People in high leadership positions with lots of power seem to be using that power for their own good and selfish gain.

We have become so used to power being abused that we rarely trust those with power. The election coming up in a few weeks is testament to the fact that we can't trust anyone too long and that we need the right to change who is in power every 3 years.

But what if I was to tell you that there is one person who has more power than anyone who has ever lived, and yet he uses his power not for himself, but for the good of the world.

Chapter 18 in the Gospel of John outlines the night before Jesus' death on that very first Easter. We see Jesus arrested by soldiers, interrogated by the high priest and put on trial before the Roman governor Pontius Pilate.

In all these moments, it seems like Jesus doesn't have much power. He is taken with no resistance, he is beaten and flogged, he is rejected by his own friends, and he is sentenced to be crucified.

But when you look a bit closer, you see what power Jesus really has. For Jesus knew all along that these things would happen to him:

John 18:4 – Jesus, knowing all that was going to happen to him, went out and asked them, "Who is it you want?"

John 18:32 – This took place to fulfill what Jesus had said about the kind of death he was going to die.

Jesus is the promised eternal king. He knew he would be arrested and beaten and sentenced to death. And he had the power as the creator of the world to stop it.

When Jesus was being arrested, his friend Peter tries to fight back, and he cuts off the ear of the high priest's servant. But instead of joining in the fight, Jesus says to Peter - **"Put your sword away! Shall I not drink the cup the Father has given me?"** 

Although Jesus had all the power to stop these things happening, he willingly goes to his death. Why? To drink the cup his father had given him. The cup is the symbol of God's anger, and Jesus says that his whole purpose was to come and drink that cup. Jesus had come from heaven with a specific task – not to crucify his enemies, but to be crucified for them, not to issue punishment on the world but to take the punishment for the sins of the world.

There is a cup of God's anger set aside for this world, and it is getting bigger and bigger as people continue to sin and sin. There at the cross, Jesus grabs the cup of God's fury and drinks it all up until finally there is nothing left. All of God's wrath has been spent on his son, so that God's justice could be satisfied, and our sin could be forgiven.

That is why it's called Good Friday. Jesus took the cup of Gods judgement, the cup of hell that you and I had to drink were it not for him. Jesus uses his power not so that he would be served, but to serve others, and to give his life as a ransom for many.

Then after Jesus dies, he rises back to life, proving his power over sin and death, proving he can offer life to all who trust in him.

Jesus says "I am the good shepherd. The good shepherd lays down his life for the sheep".

Isn't that the king you want to follow, isn't that the king you can trust?

If you want to know more about this servant king, then please join us at Barraba Anglican church this Easter, we'd love to see you there!

Matthew Hearne, Minister of Barraba Anglican.

## In Memoriam

In loving memory of my son

#### **Robert John Rumsby**

Passed away on the 20<sup>th</sup> April 2023

Sadly missed, I think of you every day son, I love you very much.

Love Mum, Anne, Eric and family



For further event details, local attractions and accommodation visit www.visitgwydir.com.a

# ANZAC DAY IN THE GWYDIR SHIRE

25 April 2025

#### Warialda

Dawn Service to be held in Captain Cook Park at 6:00am March in Hope Street at 10:30am Wreath Laying Ceremony at Warialda Memorial Hall at 11:00am Commemorative Service at Warialda Memorial Hall at 11:15am

#### North Star

Assemble at ANZAC Park at 10:45am for an 11:00am Service Followed by lunch at the North Star Sporting Club

#### Bingara

Dawn Service in the Memorial Garden at 6:00am Gunfire Breakfast at the Bingara RSL Club at 6:30am March from the corner of Cunningham and Maitland Streets at 10:30am Service in Memorial Garden at 11:00am

#### Gravesend

Assemble at Moffett Park at 8:45am to March at 9:00am to the Cenotaph Service commences at the finalisation of the March Followed by morning tea at the Old RSL Club House

## Crooble

Assemble at Crooble War Memorial Hall at 8:00am Service to start at 8:30am

## At a glance: The draft Community Strategic Plan 2025-2035

Council is currently seeking feedback on our Community Strategic Plan 2025-2035, and we want to explain why it's an important document for you to have your say on, and the areas that are most important to you as a resident for the next 10 years (see the comments).

The plan is open for feedback until 5pm Thursday April 24

# At a glance

- The draft Community Strategic Plan (CSP) 2025-2035 is owned by you, the community.
- It captures your future vision for our region, based on community consultation in late 2024.
- The CSP will influence all other strategies Council produces, and is also referenced by other levels of government, agencies and groups.
- The plan is reviewed every 4 years as we work towards achieving your vision for the Tamworth region.
- You can read the draft plan at trcnews.au/ CommunityStrategicPlan and give your feedback.
- Councillors will receive all your feedback in May as they consider endorsing the plan.

Ta worth REGIONAL COUNC

## LIVE SHOW REVIEW

*You'll Miss The Tide Productions:* "The Rest is Silence"

Capitol Theatre Tamworth. 11 – 13 April 2025

People who didn't get to the Capitol Theatre in Tamworth to see the performance of "The Rest is Silence" missed something really special. Andrew Sharp was very convincing as the complex and eccentric character of Dr Hughes as was Ben Simpson (also with Barraba origins) playing Dan. There were twists and turns and surprises for the audience as the plot thickened! Congratulations to everyone involved in this production.

Julie Williams 14 April 2025

## Rod Bonner Your local Plumber, Drainer, Gasfitter and Handyman Lic No. L8791 <u>plumberdrainer@gmail.com</u> Text is best 0447 052 140





Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358 wardsplumbing@bigpond.com

# Me: "I'm still tired from all the crossfit this morning."

# Friend: "It's pronounced 'croissant' and you ate 4 of them."



Congratulations to Liam Johnston and Jesse Phillips who today finished runners up in the Net Event of the 2025 Men's NSW Sand

Green Fourball Championship played at Cobar over the weekend. A great effort against a field of 94 teams from across NSW.

Locally Bill Simpson and Mike Artis carded 39 Stableford points to win the John and Toni Waugh and Firmen Allan 4BBB trophy. Runners up on 38 points were Mandy Koopman and Peter York on a countback from Shane Middlemiss and Bevan Benson also 38 points. NTPs went to Mike Artis on 6th and Peter York on the 18th.

Next week Sunday 20th April is a Stableford for Gary Allen's trophy. On Sunday 27th April is a 3 Person Ambrose for Bevan Benson and Craig Ruttleys' trophy.

With the recent welcome rain and glorious autumn weather special mention must go to Bill, Sam and Shane who have chased grass all this week. It's a great problem to have particularly as we look to have our course in readiness for our annual Barraba three days of golf. Commencing Friday 2nd May is the Annual Barraba Veterans Open. An Individual Stableford format there is also a 3-person team event for the Burke Shield held in conjunction.

On Saturday 3rd May is the Barraba Mixed Open 4 BBB whilst on Sunday 4th May is the Barraba Annual Open Fourball.



#### From The Conversation

## 3.5 million Australians experienced fraud last year. This could be avoided through 6 simple steps

Gary Mortimer, Professor of Marketing and Consumer Behaviour, Queensland University of Technology

About 14% of Australians experienced personal fraud last year. Of these, 2.1 million experienced credit card fraud, 675,300 were caught in a scam, 255,000 had their identities stolen and 433,000 were impersonated online.

According to the Australian Bureau of Statistics latest Personal Fraud Survey, between July 2023 and June 2024, Australians lost A\$2.1 billion through credit card fraud. This was up almost 9% from the previous year. Even after reimbursements, the loss was still \$477 million.

These figures do not include financial loss through identity theft, or phishing, romance, computer support and dodgy financial advice scams.

#### Why the increase?

Research shows the more frequently we use technology, the more likely we are to be scammed. Monica Whitty from the Cyber Security Centre, University of Warwick, found victims of cyber-frauds were more likely to score high on impulsivity measures like 'urgency' and engage in more frequent online routine activities that place them at great risk of becoming scammed.

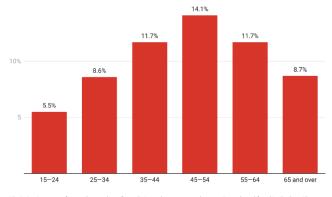
We communicate via email, we shop online, use dating apps and allow technicians to remotely access our computers. Meanwhile, amazing "get rich quick" opportunities are apparently being liked by our friends on our socials almost every day.

But too many of us do not stop and think, "is this legitimate?" It is no wonder we see personal fraud and scams increase every year.

While the Australian Bureau of Statistics figures suggest older Australians (aged 45 and over) are more exposed to card fraud, research has found demographics are not a significant predictor of fraud victimisation.

#### Card fraud victimisation rates by age, in 2023-24

The average card fraud victimisation rate increased from 8.7% in 2022-23 to 9.9% in 2023-24



Victimisation rate refers to the number of people in each age group who experienced card fraud in the last 12 months, as a percentage of all people in the age group Chart: The Conversation - Source: Australian Bureau of Statistics - Created with Datawrapper

#### **Taking risks**

Being too trusting, drives complacency, which produces gullibility. Think about an online dating sites. The site uses a multi-factor authenticator, it requires you to authenticate your photo, password protect your profile and read the scam warnings.

A site's apparent legitimacy increases your trust. Research has found if you perceive a platform to be legitimate you could be exposed to romance fraud. Fraudsters may be operating within a site, even if it is legitimate.

Another strong predictor of exposure to online fraud is selfcontrol. Self-control theory predicts individuals with low self-control tend to pursue their own self-interest without considering the negative consequences. Simply, if the investment scheme looks "too good", they will mostly likely click on the link and get scammed.

#### Giving away too much

Some individuals are prone to self-disclosing personal information online – and scammers love personal information. Self-disclosure is defined as the amount of information a person decides to make common knowledge.

Sometimes, we disclose, even when we don't intend to. A common phishing technique on social media is status updates that read, "Your porn star name is your first pet's name and the first street you lived on."

They're interesting, funny and bring on a healthy dose of nostalgia, but the answers to those questions that you tap in for all to see are also most likely to be your security questions on your bank accounts.

#### The most common scams in 2023-2024:

Buying or selling scams (1.4% or 308,200)

Information request or phishing scams (0.7% or 148,800)

#### What is the government doing to protect me?

#### **Mexican Chicken Tray Bake**

The Australian government recently passed legislation which targets scams. It places increased responsibilities on banking and finance, telecommunications and digital platforms organisations to protect customers.

Suspicious numbers can now be accompanied a warning of "potential fraud" on your smartphone screen. Banks are also informing customers about the latest scams. Some banking transactions can verify the identity of the payment recipient, to ensure the details you have match the actual account holder.

While these will not stop all scams, they are a step towards reducing the number of victims and the amount of money lost to fraudulent approaches.

#### Six steps to protect yourself

There are some small but powerful steps we can all take to reduce the likelihood of financial harm.

**1. Passwords**: it is important to have strong, unique passwords across your accounts. Using a password manager can help with this.

**2.** Multi-factor authentication: many platforms will allow you to add extra layers of security to your account by using one-time passwords, authenticator apps, or tokens.

**3. Review privacy settings**: be aware of the different settings on your accounts and ensure you are in control of what information you provide and what can be accessed by others.

**4. Be vigilant:** know what you see and hear may not be real. The person or company you are communicating with may not be authentic. It is okay to be sceptical and take time to do your own checks.

**5. Money transfers**: never send money you are not willing to lose. Too often, people will send money before realising it is a scam. Never feel rushed or forced into any financial decision. It is OK to say no.

**6. Credit monitoring**: if you know or suspect you have been scammed, you can enact a credit ban, meaning no one can access your details or take further action in your name. This can be a good short-term solution.

#### And if you are scammed ...

Anyone can report money lost in a scam to ReportCyber, the Australian online police reporting portal for cyber incidents. If you have received scam texts or emails, you can report these to Scamwatch, to assist with education and awareness activities. From the Free Range Butcher



Chicken breast is a staple in every household. Create this simple dinner that the whole family will enjoy

#### Ingredients:

- 1kg Chicken breast, diced
- red capscium, sliced
- yellow capsicum, sliced
- red onion, diced
- 2 to 3 gloves garlic, minced
- chunk of ginger, grated
- 6 to 8 shallots
- 1/2 bunch coriander
- Mexican Spice Mix (double this recipe and use it all)
- To serve, tortillas, rice, salad, guacamole and garlic dip or sour cream

#### Method:

- Mix all your ingredients (except shallots and coriander) in a bowl and allow to marinated for 30 minutes or more.
- Pre-heat oven to 180 degrees.
- Place chicken ingredients into a roasting dish and spread it out flat so that it cooks evenly.
- Once your roasting dish is in the oven, set timer for 15 minutes and then stir your chicken dish. Spread it out flat again and roast for another 10 to 15 minutes, depending on your oven.
- Whilst your chicken is cooking, slice up your shallots and chop the coriander.
- Remove chicken from oven once cooked and sprinkle with shallots and coriander and place roasting dish on the table.
- Add your sides eg tortillas, guacamole etc and allow everyone to help themselves.
- Leftovers are great on rice or salad leaves as well.

## From Brian Coote



A great fresh in the river 29<sup>th</sup> March 2025



"Still draining away" 30<sup>th</sup> March 2025