



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 21st May 2025

Is Partnering with

YOUR OLD PHONE COULD SAVE A LIFE

Because every call for help should be heard.

For domestic and family violence victims, a safe phone is a powerful tool, amplifying their voices and empowering them to feel safe and stay connected.

At DV Safe Phone, we're committed to ensuring that every voice from every background is heard and supported.

You can make a difference.

By collecting and donating phones, fundraising, or donating funds, you'll ensure we can continue changing lives.

Join us in our mission to break the cycle of violence and create a future where everyone is safe and valued.

dvsafephone.org

How to Help

- DONATE OR COLLECT PHONES
- DONATE FUNDS
- FUNDRAISE YOUR WAY

SCAN TO FIND OUT MORE

Help the Barraba Rotary support this worthwhile initiative.

Bin your old phones at "Opportunity Knocks" or the Chemist

BARRABA BBQ

FRIDAY 23RD MAY
INLAND PETROLEUM
69 QUEEN STREET

5:00 PM

Call Cloe
0474 288 495

We're pleased to announce that applications are now open for the **2025–2026 Regional Events Marketing Support Program**.

This initiative provides eligible event organisers in the Tamworth region with funding support to boost marketing efforts and attract visitors to our area. If you're planning an event between **1 July 2025 and 30 June 2026**, we encourage you to apply. You can find full program details, eligibility criteria, and the online application form here: [2025–2026 Regional Events Marketing Support Program](#)

Applications close: Thursday 22 May 2025

Please feel free to share this opportunity with your networks and contacts, or anyone who may benefit from this support. If you have any questions or need assistance with your application, please don't hesitate to get in touch with Linda Bridges (l.bridges@tamworth.nsw.gov.au)

Warm & Woolly Exhibition

Barraba Claypan & Fuller Gallery
Friday 6th - Monday 9th June
10am - 3pm Daily



**BARRABA RSL &
RECREATIONAL CLUB LTD**

Phone 67821379

For the information of
members and guests.

THIS WEEK

THURSDAY 22nd May

BINGO from 6pm

FRIDAY 23rd May

MEAT RAFFLES

MEMBERSHIP DRAW \$2000 (3 draws)

SUNDAY 25th May

ANGLER CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1200

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



** Barraba Fuller Gallery and Clay Pan - Warm
and Woolly Exhibition & Tree Bombing Display is
on again over the Long Weekend 6th – 9th JUNE.**



A special feature this year will be a display by Guild Member, Gerda Gamper of her hand woven alpaca and lama rugs, wall hangings and hand spun knitted garments.

Weaving and spinning are passions of Gerda's and she has her own loom set up in the little shed in her back yard. She learnt how to weave at workshops at the Barraba Clay Pan.

The rugs are made from natural coloured fibres, varying from white, black and a wide range of browns. There is no dying involved. It takes on average 4 to 6 weeks to weave a rug or wall hanging.





*Gerda in her
weaving
studio.*



*Be sure not
to miss this
one-off
public
exhibition of
these
beautiful
handmade
articles!*



The weekend will also include woollen items, handcrafts, pottery, photos and paintings for sale in the Gallery.

Take some time out to relax in front of the fire and enjoy some homemade refreshments whilst looking at the exhibition.

  **Morning Tea** from 10am – “Bottomless” cup of tea or coffee with a plate of homemade Devonshire Tea - \$8pp

Lunch from 12md – Bowl of soup, bread roll and sweet biscuit - \$15pp  

(Only Saturday & Sunday)

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- Find and fix leaks early!

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Tamworth
REGIONAL COUNCIL

To get started scan me!

DEMOCRACY ON THE MOVE: NSW PARLIAMENT'S REGIONAL ROADSHOW COMES TO TAMWORTH

The Parliament of NSW is hitting the road throughout 2025 to amplify the voices and showcase the leadership of young people in regional communities. Tamworth has been chosen as one of six regional centres across the state to host a special outreach roadshow on Thursday, 22nd of May.

High schools in Tamworth and the wider region, have nominated outstanding students to participate in a Public Speaking Competition and a Youth Forum. The Public Speaking Competition gives senior students a platform to showcase their public speaking skills, while the Youth Forum invites discussion on key issues important to them. Together, these two events will provide the region's young people with an invaluable opportunity to develop skills, participate in democracy and build networks that will support them as future leaders in their community.

The NSW Legislative Council – the Upper House of the NSW Parliament – introduced the roadshows in 2024 during its Bicentenary. Last year's roadshow visited Lismore, Port Macquarie, Armidale, Bathurst, Wagga Wagga and Batemans Bay and highlighted the desire of young people to be heard and engage in the democratic process.

President of the Legislative Council, the Hon. Ben Franklin MLC, said the Regional Roadshows present a fantastic opportunity to engage youth across regional NSW in shaping the future of our state.

“Investing in our regional youth is investing in the future of our democracy in New South Wales. Our Regional Roadshows will empower tomorrow's leaders by providing the platforms and networks they need to advocate for their communities.” Mr Franklin said.

Member for Tamworth, the Hon. Kevin Anderson MP, added that the Tamworth region's youth deserved to have their voice heard.

“We are fortunate to have some very strong, bright young leaders throughout our communities who continue to astonish with their wisdom beyond their years.

This is an outstanding opportunity to amplify the voices of local youth, giving them a new platform to showcase their skills while making the case for the issues they are passionate about”.

NSW Parliament's 2025 Regional Roadshow has already travelled to Grafton and Queanbeyan. The next stops are Griffith, Cessnock and Orange.



History Notes

What a wonderful job and happy birthday to the staff and community of the Barraba News who have reached their 5th birthday. This is likely to be a year of birthdays as we have at least a couple more to celebrate this year.

Amongst a small pile of exercise books, I have found a Shell Exercise Book with Nandewar Historical Society Minute Book written on the label. It also states that it begins in July, 1965 and ends in October, 1971- a rare exercise book recording the beginning of a 50 year history- someone else can add up the number of weeks, minutes etc!

A public meeting was held in the Council Chambers (now the GoCo office) at 8p.m. on Tuesday 13th July, 1965. There was a special guest, Mr. Bax, President of the Royal Australian Historical Society in Sydney, who addressed the meeting re local historical societies preserving the local history of their town and district.

Two motions were then put to the meeting as follows: -

1. That a branch of the Historical Society be formed in Barraba and
2. The branch be named Nandewar Historical Society.

Mr. E. H. Carter was elected president of the Society with two vice presidents, Mr. R. McDouall and Mr. D. Coote also elected. Mrs. Betty Crowley and Miss Margaret Urquhart were elected Secretary and Treasurer, respectively.

There were also six committee members elected - Dr. P. Bass, Harry Crowley, Phillipa Wauch, Miss P. Capel and Mr. E. Pearce. Meetings were held each month, although there is no record of who attended unless they moved a motion. Miss Elsie Capel addressed the meeting on 23rd November, 1965.

In March 1966 it was decided to hold an exhibition in the Youth Centre on 28th May, 1966. In the meantime, a simple constitution was drawn up and adopted at the May meeting before the exhibition. I attended the exhibition and remember the huge number of collections on show- particularly the tea-towels. The guest speaker was also a great success - some people noted him as giving "cheese at the end of every verse" but he did give a most interesting speech.



Australia's Biggest Morning Tea

Hello Everyone +

You are invited to our Australia's Biggest Morning Tea. Let's get together and enjoy a cuppa so we can support those impacted by cancer.

Host Richardson House Residents and Staff

Where Richardson House

Date Monday 26th May 2025

Time 10am for 10:30 start.

Details GOLD COIN DONATION

Morning tea and great conversation in our garden.

RSVP by 23rd May - 02 6782 1563

Phone/Email activities@richardsonhouse.com.au



This Biggest Morning Tea is important to many of us at Richardson house, residents, staff, family, and friends have been touched by cancer in some form and we know cancer does not discriminate.

Richardson House would like to invite you to enjoy morning tea and great company on **Monday the 26th of May**. We intend on having great fun, good laughs, and delicious snacks.

A gold coin donation, a smile and warm jacket (if it's chilly) is all you need to bring with you.

Please RSVP by calling Richardson House or emailing your name and number of attendees to activities@richardsonhouse.com.au



Frank Sultana Live at The Playhouse Hotel – Saturday 31 May

On Saturday 31 May The Playhouse Hotel will host a special performance by acclaimed blues artist **Frank Sultana**. Known for his authentic, gritty sound that channels the spirit of pre-WWII Mississippi blues, Sultana brings a uniquely Australian perspective to the genre.

Sultana's musical journey began in 2011 with his debut album, *Blues from the Lost Motel*. Balancing music with a day job, he honed his craft over several years before committing full-time to his passion in 2018. His dedication paid off in January 2023 when he won the Solo/Duo category at the prestigious *International Blues Challenge* in Memphis, Tennessee, standing out among 148 acts from 40 states and 12 countries.

While in Memphis, Sultana fulfilled a long-held dream by recording at the iconic Sun Studio, resulting in his album *The Ghosts of Sun*, which spent ten months on the Australian Blues Roots Radio Airplay Charts.

Sultana's accolades include multiple Sydney Blues Society Music Awards, such as 'Best Songwriter' (2023 and 2024), 'Best Traditional Blues', 'Artists Choice', and 'Artist of the Year' (2024). His music, inspired by legends like Son House and Blind Willie Johnson, as well as songwriters like Bob Dylan and Tom Waits, resonates with audiences worldwide.

Joining Sultana on the New England leg of his 2025 "Down Home" tour is **Morton Choppers**, an accomplished singer-songwriter who last performed at The Playhouse Hotel in April 2022. The concert on Saturday 31 May will commence at 5.30 pm. The hotel bar will open at 4.30.

Concert tickets are \$35 and can be purchased online: <https://www.trybooking.com/events/landing/1370996> (If you can't access this link, just google 'Trybooking', 'Sultana' and 'Barraba'.)

If you prefer to book in person, simply call The Playhouse Hotel on **6782 1109**. Tickets will also be available at the door on the night.

After the concert, guests can enjoy an optional **two-course dinner** featuring handmade Italian pasta by chef **Suge Tredinnick**. The dinner is also **\$35 per person** and must be booked directly through the hotel on **6782 1109**.

Don't miss this opportunity to experience the soulful blues of Frank Sultana in an intimate setting.



TOMORROW sees the return again of the **BIGGEST MORNING TEA** Street Stall in the Queen Street Mall. Barraba Cancer Patients Fund Raising Group Inc. members will be there to

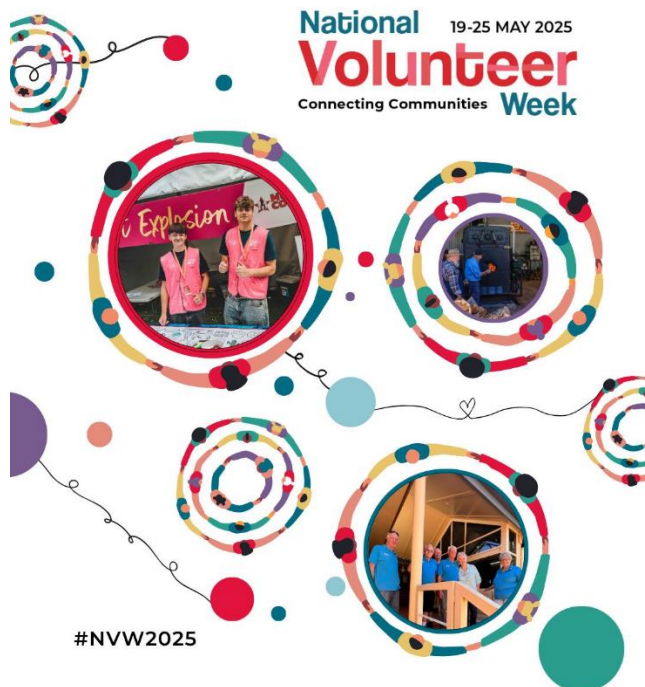
greet you with friendly smiles and tables of delicious items for sale - home baked or grown delights to tantalise your tastebuds, whilst enjoying a warm cup of tea or coffee and morning tea plate there too, if you chose.

The musicians will fill the Mall with cheery songs, and the 100 Club and Guessing Competition always see some lucky results - drawn around 11.30am.

Funds raised on the day are donated by the local Group, towards the NSW Cancer Council and other Australian Cancer related organisations. We are always welcoming of new members too, to assist throughout the year in our fundraising efforts. Feel free to chat about that with one of the current members, while you are supporting these worthwhile causes by purchasing some 'goodies'!

9am sees the Street Stall open, so why not make a morning of it to wander to the Queen Street Mall for the 2025 Barraba's Biggest Morning Tea.

**BARRABA CANCER PATIENTS FUND RAISING
GROUP Inc.**
Biggest Morning Tea Street Stall.
**THURSDAY 22ND MAY from 9am at the Queen
Street Mall**



It's National Volunteer Week!

Each year, Council recognises the volunteers in our community through the Local Legends Awards, Gift of Time Recognition and Australia Day Awards. But we know that the work never stops, so thank you to all of the volunteers in our region for constantly going above and beyond to help make our community great!

BARRABA UNITING CHURCH NOTICES

Service Sunday 25th May 10.45am

Please note change of time for next four months.

All welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef service 2nd Sunday in each month 11.30

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening

Mass 5pm

All other Sundays 9am

The Welcome Experience

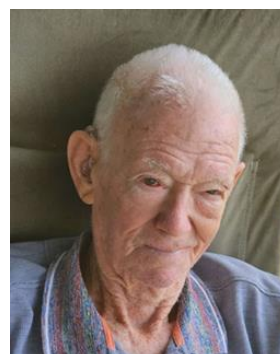
Have You Recently Moved To The Tamworth Region?

Join us for a free family-friendly New Resident Connection Event



Moving to a new town can sometimes feel overwhelming — but you don't have to navigate it alone! We're excited to invite you to our family-friendly New Resident Connection Event on Sat May 31st from 4pm - 7.30pm at the Tamworth Jockey club — a relaxed, welcoming gathering designed to help you meet fellow newcomers and locals, make meaningful connections, and start feeling at home, right here in Tamworth. For more information check out the new resident connection event on Eventbrite.

FUNERAL NOTICE



HARRY SUMMERELL

31st December 1929 – 16th

May 2025

Family and Friends are invited to attend the Funeral Service for Harry Summerell at St John's Catholic Church, 31 Savoy Street, Barraba on Friday 23rd May 2025 at 11.30am. Harry

passed away on Friday 16th May at the age of 95.

The Church service will be followed by internment in the Lawn Section of the Barraba Cemetery.

Following the internment, you are invited to attend the Barraba Golf Club where we will celebrate Harry's amazing and varied life.

The family would like to thank the staff at the Barraba Hospital, Dr Hein and the staff at the Barraba Medical Centre, the staff at the Barraba Pharmacy and the staff in the Radiation Section of Tamworth Base Hospital for the professional and compassionate care provided to Harry over the last 6 months, while he was battling cancer.

NSW Government delivers \$10 million to target high-risk weeds control and eradication

The Minns Labor Government is delivering \$10 million to local councils to target high-risk weeds across the state to protect the state's primary production and public land.

The NSW Government Weeds Action Program funds local councils, known as Local Control Authorities (LCA), to detect and respond quickly to incursions of new high-risk weeds. The program focuses on prevention and early intervention to stop the spread of problem weeds by providing practical resources and on-ground support to ensure a proactive and coordinated response by LCAs. Under the Minns Government the Weeds Action Program is focused on efforts to reduce the spread of invasive weeds to support healthy landscapes and strong agricultural productivity.

The NSW Government's program commissions LCAs to undertake services such as surveillance, and rapid response to prevent, eradicate or contain new infestations of priority weeds. In addition, the program funds training for LCA biosecurity officers so they can effectively respond to biosecurity emergencies across NSW.

LCAs make applications for funding under the program and need to demonstrate they are focusing on high-risk weeds to gain approved funding. This year the NSW Government has approved 92 funding applications from 86 LCAs.

High-risk weeds targeted by the NSW Government's Weeds Action Program include:

- Parthenium weed causes allergies and respiratory issues in people, liver damage in livestock and outcompetes pastures and crops. The program works to keep NSW Parthenium weed free through collaborative action and surveillance programs.
- Rubber vine can invade pastures, waterways and natural areas, climbing up to 30 metres high. A major threat to grazing industries can cause livestock deaths. Found in Queensland, it could become a major weed in Western NSW.
- Tropical Soda Apple (TSA), an aggressive, prickly, perennial shrub, invades open and semi-shaded areas in pastures, along rivers and in forests. It reduces biodiversity, displaces native plants and disrupts ecological processes. Its foliage is unpalatable to livestock. TSA is found on the North Coast, Mid-Coast, Hunter and New England areas.
- Alligator weed has been found in the Namoi Valley, Griffith and Woomargama areas. It's a significant risk to irrigation and poses a threat to the Murray Darling Basin.
- Harrisia cactus is a highly invasive weed which poses a serious threat to agriculture and native ecosystems.

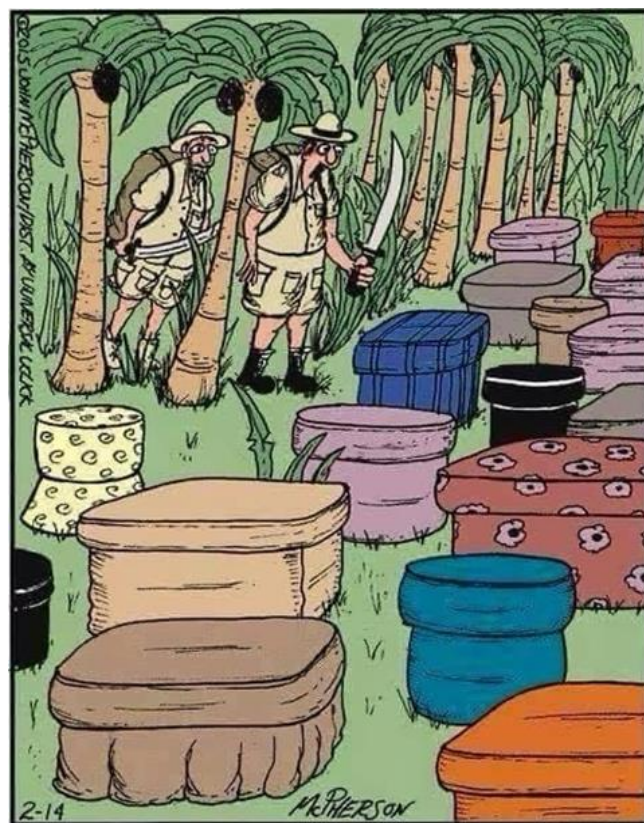
It reduces pasture productivity, hinders livestock movement and outcompetes native plants. Harrisia cactus is found in the North West and Hunter regions.

The program is funding significant face-to-face support from local councils to farmers and other land managers with expert advice, weed identification and management options. The Department of Primary Industries and Regional Development through its biosecurity and Local Land Services teams has a strong working partnership with the LCAs and communities, which supports protection of NSW's farmland, native bushland and waterways for future generations.

Minister for Regional NSW Tara Moriarty said:

"Weeds are a serious threat to our environment and economy, and our government is focused on investing this \$10 million to empower LCAs who work with community groups and farmers to protect their lands and livestock.

This investment helps communities tackle invasive weed species head-on by supporting local management efforts, improving detection of these weeds and then responding with know-how and strong coordination between government agencies, councils and landholders. The Minns Government is committed to supporting our primary producers and regional communities manage these high-risk weeds, so we keep our landscapes healthy and productive."



"Great Scott, Ingrey, it's the Ottoman Empire!"



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Bingara
BUSH BASH
2025 – 7th 8th and 9th JUNE

BINGARA BUSH BASH 2025

This year will be the 89th Anniversary of the Annual Bingara Tennis Tournament (now known as the Bingara Bush Bash).

It runs right through the June Long (King's Birthday) Weekend from Saturday 7th until finish of play on Monday 9th. A great tournament of friendships new and old, camaraderie, fun and laughter and of course TENNIS.

The Monday afternoon is traditionally set aside for a City versus Country Bowls match on the clubs' greens, for any players who don't have to race home and can stick around for a bit. It's a fun way to finish off the weekend.
NEW PLAYERS ARE WELCOME.

All registrations and payments are done online now at the following webpage:

www.92computing.com.au/bushbashentry.htm



Fast Glass and Glazing Pty Ltd

Nathan Benjamin

Glazier

0480504620

fastglassglazing@gmail.com

National Cutting Horse Association Futurity



25 May - 8 June

The National Cutting Horse Association (NCHA) Futurity is a premier event on the equine calendar, attracting over 15,000 spectators and 700 competitors from Australia, the USA, New Zealand, and New Caledonia. They compete for a share of AUD 900,000 in money and prizes at the Australian Equine Livestock Event Centre (AELEC) in Tamworth, NSW. Spanning fifteen days, the competition culminates in the Open Futurity Final, showcasing the top horses and riders in the sport of cutting. As the largest and richest performance horse event in the southern hemisphere, it features an action-packed cutting program, an extensive country/western trade display, and a Select Cutting Horse sale.

Starting from humble beginnings at the Moonbi Showgrounds with a prize purse of \$10,000 in 1974, the first official cutting Futurity ran over three days with 25 competitors. Now, 51 years later, this prestigious event is hosted in Tamworth, NSW, the Country Music Capital, and is a major drawcard for the region, contributing an estimated \$4.5 million to the local economy each year.

Join us today for the LARGEST Cutting Event in the Country!

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email news@barrabacommunitynews.org.au

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main street businesses



Council Meeting Update.

**Here is an overview of outcomes from the Ordinary
Meeting of Tamworth Regional Council held on Tuesday
13 May 2025.**

❓ The community will have to chance to give feedback about Council's suite of Draft Integrated Planning and Reporting Documents for 2025/2026 during their public exhibition for 28 days. Councillors agreed to place the 2025/2026 Operational Plan and Budget, Delivery Program 2025/2029, Resourcing Strategy 2025/2036 and Draft Fees and Charges 2025/2026. These documents outline Council's proposed program of services and projects it will deliver in the next financial year.

The Statement of Revenue Policy includes the Ordinary Rate Policy for 2025/26 which sets out an increase of 15% from the current year which comprises the second and final increase allowed by the IPART-approved Special Rate Variation Rate (inclusive of the 3.8% rate peg).

Community members can give their feedback through the MyTRC Online Community at <https://haveyoursay.tamworth.nsw.gov.au>. All feedback received will be included in a report for Councillors to discuss at an Extraordinary Meeting on 30 June 2025.

❓ Councillors tonight considered a request to name the Bendemeer Sportsground the "Ken Brett Memorial Sportsground" and agreed to put the proposal on public exhibition. The request came from Bendemeer locals Jackson Walden and Michael Osborne to recognise the dedication and volunteering commitment of the late Ken Brett over many decades.

❓ To attract and grow sporting visitation to the region, Councillors tonight approved a funding request of \$30,000 to host the International Tennis Federation World Tennis Tour Men's 25 event in Tamworth. Council's sponsorship will support Tennis Australia to host more than 2,000 tennis fans, athletes and officials for the September 2025 event. The tournament is estimated to deliver an economic impact of more than \$1.3 million dollars to the Tamworth region.



Well of course the Interschools Run is over and I am happy to say the SES didn't need to give first aid to any of the competitors. This meant that no injuries were sustained by anyone. The other good news was, we had a relaxed day and enjoyed the well-run event. Thank you to the organizers and participants alike.

As I previously mentioned and will continue to mention, we need your help to grow YOUR SES unit here in Barraba. This can only be done if you volunteer. All training is paid for by the SES and in most cases the qualifications are generally nationally recognised and can work in your favour if seeking employment.

For more information please contact Greg Forder (Unit Commander) on 0421 919 789 or come and see us at the Unit each Wednesday evening from 6:00 pm to 8:00 pm. We are located in Maude Street in the same building as the RFS which is over the road from the Medical Centre.

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.

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Contact

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From The Conversation

What happens to teeth as you age? And how can you extend the life of your smile?

Arosha Weerakoon, Senior Lecturer, School of Dentistry, The University of Queensland and General Dentist., The University of Queensland

A healthy smile helps us live long, well and happy lives. But just like our bodies, our teeth succumb to age-related changes.

So, what happens to teeth as you age? And what can you do to ensure your smile lasts the distance?

First, what are teeth made of?

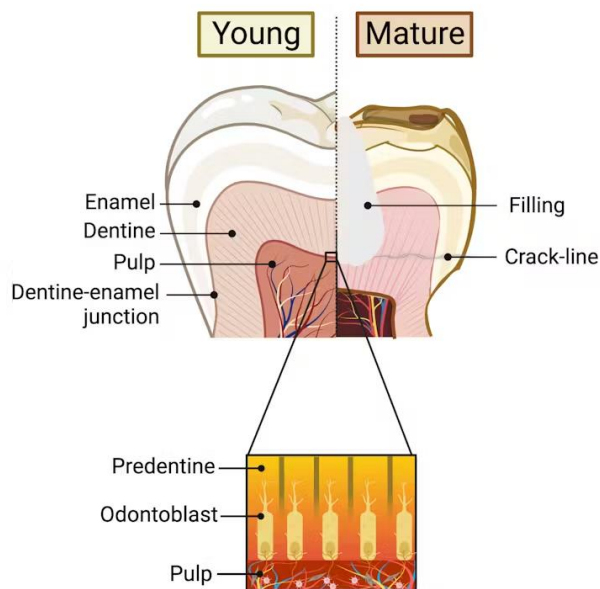
The tooth crown is covered by a hard enamel coat that surrounds softer, brown dentine, which protects a centrally located pulp. Enamel is a complex weave of brittle, honeycomb-clustered strands that interact with light to make teeth appear opalescent (a pearly, milky iridescence). Dentine under enamel forms most of the tooth crown and root, and is made of collagen, mineral, water and proteins. Collagen strands are woven to stretch and spring back, to prevent teeth from cracking and breaking when we grind and chew. The pulp has blood vessels and nerves that communicate with the rest of your body. Enmeshed in the dentine mineral and collagen are small, interconnected tubules formed by specialised cells called odontoblasts that settle around the pulp, once our teeth completely form. Each tooth contains a finite number of odontoblasts, unlike the constantly replenished special bone cells that renew.

How do our teeth change as we age?

Unable to renew, our teeth become brittle, and prone to fracture as dentine loses its spring. This is more common in teeth with existing crack lines, large fillings or root canal treatments. With time, the outer surface of enamel thins to reveal the relatively opaque dentine that darkens as we age.

The dentine darkens because the collagen weave stiffens and shrinks, and the fluid in the tubules fills with mineral.

The odontoblasts continue to form dentine inside the tooth to reduce the translucent pulp space. The increase in dentine makes our teeth appear opaque and insulates from hot and cold sensations. This is why X-rays are useful to detect cavities we may not feel.



Created with BioRender.com

Food and drink particles fill micro-gaps and age-related fine crack lines that run up and down enamel to discolour and stain. These stains are easily managed by tooth whitening. How else can you extend the life of your teeth and brighten your smile? Here are seven tips to avoid dental decline:

1. Avoid unnecessary forces

Avoid using your teeth to hold things such as working tools or to open packaging. Take measures to avoid forces such as grinding or clenching by wearing a night guard. If you have large fillings or root canal-treated teeth, speak to your dentist about specific filling materials or crowns that can protect your teeth from cracking or breaking.

2. Share the load

If you are missing molars or premolars, distribute chewing forces evenly to prevent overloading your remaining teeth. Replace missing teeth with bridges, implants or well-fitted dentures to support your bite. Get your dentures checked regularly to ensure they fit and support adequately, and replace them at least every ten years.

3. Preserve your enamel

Reduce further enamel and dentine loss by selecting soft-bristled tooth brushes and non-abrasive toothpastes. Certain whitening toothpastes can be abrasive, which can roughen and wear the tooth surfaces. If you are unsure, stick with toothpastes that are labelled "sensitive". Reduce your exposure to acid in food (think lemons or apple cider vinegar) or illness (reflux or vomiting) where possible to maintain enamel and prevent erosion.

4. Enhance your saliva

Saliva protects against acid attacks, flushes our teeth, and has antibacterial properties to reduce erosion and decay (holes forming). Saliva is also important to help us chew, swallow and speak. But our saliva quality and quantity reduces because of age-related changes to our salivary glands as well as certain medications prescribed to manage chronic illnesses such as depression and high blood pressure. Speak to your doctor about other medication options to improve your saliva or manage reflux disease to prevent erosion.



Some medications can reduce your saliva production.
Shutterstock

5. Treat gum disease

Aesthetically, treating gum disease (periodontitis) reduces gum shrinkage (recession) that typically exposes the relatively darker tooth roots that are more prone to developing holes.

6. Manage and prevent senescence

Cellular senescence is the process that changes DNA in our cells to reduce our ability to withstand physical, chemical or biological damage. Cellular senescence enhances new cancer formation, the spread of existing cancers and the onset of chronic illnesses such as Alzheimer's disease, diabetes, osteoporosis and heart disease. You can prevent cell damage by managing lifestyle factors such as smoking, uncontrolled diabetes and chronic infections such as gum disease.

7. Adapt and ask for help

Ageing can affect our cognition, hand dexterity and eyesight to prevent us from cleaning our teeth and gums as effectively as we once could. If this describes you, talk to your dental care team. They can help clean your teeth, and recommend products and tools to fit your situation and abilities.

Barraba District Hospital



The original hospital building in the 1890s

Barraba District Hospital was begun in 1889 by the donation of 5 acres of land and 1500 pounds by Arthur Swift Darby the owner of "Campo Santo". This was conditional on the district raising another 500 pounds within 6 months.

An additional 572 pounds was raised by Dec 1889 and the hospital was functioning by April 1892.



The hospital basically unchanged after a Committee meeting in 1901.

BARRABA HOSPITAL AFTER A COMMITTEE MEETING.

In the foreground there are standing H. Dawson (Hon. Secretary), Mrs. Adams (Matron), S. J. Lillies (Vice-President), and Dr. Foggioli. The group left I. Berry, Miss Thompson, Otto Rabe, and Nurse Tobin. On the right of the gate are W. Douglas and G. Cutmore. The hospital is well to do in the matter of fair sun to its credit.



The hospital and separate Isolation wards in pre 1910.

Three photos in the Historical Museum files from the early days posted by Brian Coote and scanned by Adrian Hagan.