



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 4th June 2025

LETTER TO THE BARRABA COMMUNITY ABOUT THE POOL

Dear Readers

My name's Gary Johnson and I oversee the operation of Council's swimming facilities. About this time last year, we were looking for a local person to take on the role of Barraba Pool Supervisor. Soon after we advertised the job, Miroslav Klacko was the successful applicant. For those who swam last summer, I'm sure you'll agree that he's proven to be a wonderful custodian of the facility. He's also been a great addition to our wider pools team. His attention to detail, cleanliness, practicality and customer service have been nothing short of amazing. When Roy's happy, I'm happy 😊

The Barraba Heated Pool has reopened after a short period of maintenance. We've altered the hours this winter to better suit our swimmers who enjoy the peace and quiet prior to the end of the school days, whilst still being available for swimming lessons after school. The pool will be open this winter from 1-5pm Monday, Tuesday, Wednesday & Friday. The pool is closed on Thursdays. This will allow Miro to attend meetings and continue to undertake his formal training in pool operation, plant rooms & water chemistry. The most common question Miro and I get is; What's happening with the waterslide? When buildings or structures are built, they meet the standards of the day. When the same structure needs a major upgrade, it's required to meet the standards of now, not when it was built. This is one of the challenges.

The catch pool of the slide is situated on a patch of ground that has always suffered from poor drainage. After three wet seasons following the last drought, the catch pool decided it had had enough and split beyond repair. The pool doesn't comply with current standards so we looked into installing a new, larger pool. A larger pool was only available in concrete and this proved to be financially unviable. Given this and the safe operation of the slide while at Barraba, we now need to go back to our insurer and have a conversation about the possibility of replacing like for like. The stairway also doesn't comply and needs a fair amount of work.

We've also engaged a structural engineer to conduct a condition assessment on the fibreglass flume. This was supposed to happen the other week but the weather beat us. This is to make sure that if we do consider spending a large sum on a new catch pool and stairway, that the fibreglass is also at a reasonable standard for longevity.

As you can appreciate, there aren't many water slide specialists in our neck of the woods and getting them here is expensive. For this reason, we're trying to use local services and expertise where we can, to get to a point where we can determine some options to move forward, and what the cost of those will be.

The slide hasn't been forgotten, I apologise for how long it's taking. I wish there was a simple fix.

A special thanks to the people I caught up with recently from About Barraba, The Claypan, Fuller Gallery and our own Customer Service Team. Always happy to catch up and provide an update on anything going on at the pool.

Thanks again.

Barraba heated pool opening hours

The opening hours have recently changed to Monday, Tuesday, Wednesday and Friday 1pm-5pm. Closed Thursdays.

Ta  worth
REGIONAL COUNCIL





Warm and Woolly Exhibition this June Long Weekend

Warm and Woolly to be held over the June Long Weekend is looking like a jam packed weekend starting with the Yarn Bombing of the trees and seat in front of the Barraba Fuller Gallery and Clay Pan.

- The trees will be bombed on Friday morning 6th June and the Gallery will be open each day for everyone to look at from 10am until 3pm on the 9th June. This year a special theme of Sunflowers has been incorporated into the colourful squares covering the trees in front of the Gallery.
- Janice Smith from Narrabri will be conducting two demonstrations, Needle Felting and Freeform Knitting on Saturday 7th June at 11am – 12md & 1pm – 2pm.
- Our second demonstration will see Mandy and Jenny at the spinning wheel, spinning wool on Saturday.
- The Clay Pan will also have Gerda's hand woven lama and alpaca rugs, wall hangings and hand spun knitted garments on display all weekend.
- The weekend will also include woollen items, handcrafts, pottery, photos and paintings for sale in the Gallery.
- Guild members have also been busy potting plants, baking and making items for sale on the stall, to be held on Saturday and Sunday.

The fire will be burning for you to warm up in front of while looking at the gallery display or enjoying morning tea or lunch with family and friends. We look forward to seeing you all at the Gallery.

☕ Morning Tea from 10am – “Bottomless” cup of tea or coffee with a plate of Devonshire Tea - \$8pp
 Lunch from 12md – Bowl of soup, bread roll and slice - \$15pp ☕
 (Only Saturday & Sunday)

These 2 free-form knitted articles, by Janice Smith, are currently on sale in the Gallery.



Barraba Museum Markets — June Long Weekend



Saturday June 7th 9.00am – 12noon
Come and enjoy
Food, drinks, gifts, plants, music, BBQ,
Tea, Coffee, Books, Gift Cards, Honey, Raffles

Museum Gardens, 71 Queen Street, Barraba



Barraba High
Country Music
Musta
Sunday 8th June
2025. 12 to 4pm.
FREE ENTRY.
Walk-up artists
welcome.



BARRABA RSL &
RECREATIONAL CLUB LTD

Phone 67821379
For the information of
members and guests.

THIS WEEK

THURSDAY 5th June
BINGO from 6pm

FRIDAY 6th June
MEAT RAFFLES
MEMBERSHIP DRAW \$1100

SUNDAY 8th June
ANGLER CLUB RAFFLES
Raffles on sale from 12pm, drawn 1.30pm
MEMBERSHIP DRAW \$1400

MONDAY 9TH JUNE—CLUB CLOSED

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 Bowling Club.



Tycolah Stud will hold an Open Day along with the Cottage Stud at Tycolah 104 Horton Rd Barraba on Friday the 27th June from 9.30 am to 4pm

On display will be our 2025 Sale Bulls.

On offer will be 55 Poll Hereford Bulls and 3 Lahford Bulls

For further enquiries please contact Ben Crowley
0419832270 or Dave Crowley 0428294977

Sale Date is Friday 18th July

NSW Health
Excellence in
Nursing and Midwifery
Awards 2025



Nominate a nurse or midwife for the Healing Heart

Consumer Award



Patients, families and carers
Acknowledge the exceptional care and compassion a nurse, midwife or team has provided you or your family.

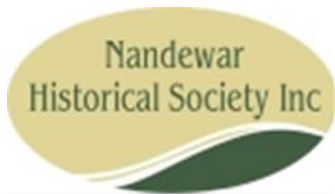
Nominations are open
5 May – 12 June

health.nsw.gov.au/einma



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History Notes

Conversation around the morning tea table at the Museum this week turned to our Museum's history. So after quite a time reading the old minute books, the earliest reference to a possible museum appears in 1972. The old home opposite St. Laurence's Church in Fitzroy Street attracted some attention and even an inspection before requesting a valuation from the owner, Miss King.

Considering all the repairs that would be needed the Society turned it down. Thankfully it was sold and has been done up now.

The next possibility was the old Stock & Station Office to rent which was definitely not available from the garage owner. Four months later the garage owner offered the building to the Society at \$10 a month which was not accepted.

In the meantime, the Society had been talking to the Shire Council and the two ladies who actually owned the garage and the stock and station office. It was decided to buy the stock and station office at valuation as it would be cheaper to buy without a substantial building. In the end the council was to purchase the land and lease it to the Society. The double block could be separated and the back section added to the garage block.

There were more suggestions put forward and changed as time went by. In November 1975 a letter was received from the Department of Education officially donating the Dean Room at the Central School to the Historical Society. The timber for the fence was brought to town from "Araluen" and quotes for a front fence were tabled.

I have read the Minutes up to February 1977 without finding an exact date the museum block was handed over to the Society, apart from a letter from Mr. Peter Gilmore, Solicitor, to say that the sale of the back land to Hiscock had been completed in June 1976, and that the Society still owes the Council \$6.47 - the only payment listed in the minutes.


In July 1975, a letter was sent to the Council re the old Council chairs and a bench in the hallway after council moved into the new chambers. I wonder where those chairs are today! Thus, the Minutes information does not tell us a lot but perhaps the President's Report for 1976 might help if I can find that folder.


At a glance


- Dolly Parton's Imagination Library brings the magic of a library into homes across Australia, with the gift of a book every month before school begins.
- The aim of the program is to support parents become teachers in their very own home, which is a proven first step towards much more in a child's life.
- The program also hopes improve poor early childhood literacy, education, employment and socio-economic outcomes
- Books are mailed to each home to a child aged between 0 and 5
- A guide on how to share each book is included for parents to help them learn how to share read with their child
- To sign up for the program or donate, visit tamworth.nsw.gov.au/dpil



Dolly Parton's Imagination Library is proudly supported by our community! Donations from organisations and individuals help deliver a FREE book each month to children across the region.

 Tamworth children are read to 27% more often and for 97% longer than the national average. They have 76% more books at home.

 Daily reading significantly improves early literacy skills.

 Globally, children not read to at home are six times more likely to struggle with language and thinking skills.

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.

Service NSW Business Bureau

A partnership made for business

Clarity begins with one easy conversation.

The NSW Government is here to help. Service NSW Business Bureau provides a wide range of services and tools:

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Visit service.nsw.gov.au  Business





COMMUNITY DEMANDS ACTION ON CRIME

The voice of 22,015 people will be heard when the *Time for Change* petition is debated in the NSW Parliament tomorrow. Member for Tamworth Kevin Anderson will be presenting the petition on behalf of the community, taking the voice of concerned residents directly to the Labor Government.

“Serious and escalating incidents of crime have left many in our community angry and afraid in their own homes,” Mr Anderson said. “I’ve spoken to many local victims of crime who are fed up with having their homes broken in to and treasured valuables and cars stolen. We have a right to feel safe in our own homes, which is why locals have had enough and been calling for tougher laws and consequences for actions.”

Tamworth’s Phebe Furneaux recently started the *Time for Change* e-petition which has had an overwhelming response from the local community, quickly surpassing the 20,000 signatures required to be debated in the NSW Parliament.

“Tomorrow, the petition will be debated, and I will be taking our region’s voice forward, calling on the Labor government to do more,” said Mr Anderson

The *Time for Change!* Petition calls on the government to:

- Strengthen bail laws to prevent violent young offenders from re-offending.
- Provide increased resources and support for police officers to effectively apprehend and prosecute offenders.
- Review the judicial system to prioritise community safety.

“I’ll be speaking on behalf of our community who have contacted me, distressed, upset, and concerned about their safety. This petition is an opportunity for the government to stand up and listen to the 22,015 people who have called for change, and I’ll be making sure our region’s voice is heard.”

The petition was debated at 4pm Thursday 29th and can be streamed on the [NSW Parliament website](https://www.parliament.nsw.gov.au).

NAIDOC WEEK 2025


COME CELEBRATE NAIDOC WEEK WITH US, ALL WELCOME.

The Barraba Multi-Purpose Service and Richardson House invite You to join us to celebrate NAIDOC Week 2025.

WHEN: Wednesday 2nd July 2025
TIME: 1030am
WHERE: Barraba MPS Day Centre.

There will be a Welcome to Country, presentations from the local school children and Story Telling followed by morning tea. Join the Elders to celebrate the rich history of the First Nations people in our district.

If possible, a call to the Administration Office at the Barraba Health Service, (02) 67822500 for catering purposes.



THE NEXT GENERATION: STRENGTH, VISION & LEGACY
6-13 JULY 2025



Opportunity to help restore heritage buildings

Tamworth Regional Council's 2025-2026 Heritage Assistance Grant is now open with a share of \$50,000 available for the restoration of Heritage buildings or those with heritage significance.

Tamworth Regional Council Heritage Working Group representative Councillor Marc Sutherland said "This grant is a Council initiative to assist owners of heritage properties make improvements to their buildings and continue the heritage legacy". The grant was established over thirty years ago and continues today with the assistance of the NSW Government. It is available for both residential heritage buildings as well as commercial buildings. The grant covers work such as external painting, structural works, maintenance, repairs and replacement of certain features like verandahs, roofs, fences and decorative detail.

"I encourage owners of all properties either residential or in commercial precincts, right across our region to apply for this grant. It can provide great financial assistance to carry out these works which in the end help preserve our region's heritage and character" Cr Sutherland said.

The grant will be shared amongst eligible applicants with funding up to dollar-for-dollar awarded. Applications will be assessed by Council's Heritage Working Group and successful applicants will be notified by mid-August, with projects to be completed by the end of April 2026. Eligible applicants must be able to demonstrate their ability to complete (technically and financially) the project in the given timeframe.

Successful applicants with works completed will also be nominated for the 2026 Tamworth Regional Heritage Awards that will take place as part of the 2026 Tamworth Regional Heritage Festival. Applications for the grant close on Friday 11 July at 5:00pm. To find out more visit – www.tamworth.nsw.gov.au/heritage-grant

Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council held Tuesday 27th May 2025:

☐ The Quarterly Budget Review was considered by Councillors at tonight's meeting, revealing an improvement in Council's financial sustainability. The report shows the Operating Result Ratios for the General Fund, Water Fund

and Sewer Fund for the quarter ending 31 March 2025 have improved compared to the quarter ending 31 December 2024. The Operating Result Ratio measures Council's ability to operate within its means and cover its expenses. Council's Manager Financial Services Sherrill Young said of the General Fund: "The forecast for the Operating Ratio has improved this quarter, going from a year end forecast of negative 8% in the second quarter to negative 6% year end forecast." Ms Young explained the draft 2025-26 Operational Plan and Budget currently on public exhibition is forecasting "improvements in this ratio which is set to get back into positive territory with a forecast of 2.56% for the 2025-26 financial year". The report said the main reason for the improved ratio is the expected full IPART Special Variation being implemented from 1 July, 2025. Ms Young cautioned the Special Variation "is not a magic panacea that will ensure the financial stability of Council's General Fund for years to come. The Special Variation is predominantly being spent on asset maintenance and renewal," she said in the report. "Attention needs to be now turned to sustain vigilance in controlling the operational budget as well as ensuring that any new additions to the budget have an appropriate, and where relevant, sustainable funding source."

☐ Under the Sports Events Subsidisation Policy, Council has agreed to subsidise \$9,040 out of the total \$19,601 in venue hire fees for One2Boxing to host the "Future Stars Pro Am Fight Night" at the Tamworth Regional Entertainment and Conference Centre this July. The event featuring local and national boxers will be televised around the country and is expected to inject around \$250,000 into the local economy.

☐ Councillors approved the Traffic Committee's May minutes which included road closures for community events including a horse-drawn carriage event in Moonbi in June, the NAIDOC March on Friday 11 July, and the Young Drivers Expo in August. The committee also approved the installation of a new barrier line along Browns Lane in Oxley Vale to improve driver safety and the formal installation of new parking bays, a bus zone and a loading zone, around the Treloar Tennis Club in East Tamworth.

☐ The Trial of Bulk Mulch Sales at Selected Rural Transfer Stations was endorsed at tonight's council meeting. The trial will see the implementation of a quarterly bulk mulch sale at Barraba, Manilla and Nundle rural waste sites during the 2025/2026 financial year. The councillors approved the trial, including the mulch sale price of \$50 per cubic metre for the trial.

☐ Councillors endorsed a Notice of Motion put forward by Councillor Marc Sutherland to support a Tamworth Cultural Watering Place Case Study that was

made in collaboration with local Kamilaroi community members and the NSW Department of Primary Industries and Regional Development. Councillors agreed to allocate staff resources to develop a draft action plan for the implementation of the Yarliin Culture Fish and Flows Galala Case Study. Galala, also known as Paradise Weir, is located on the Peel River in Tamworth.

☐ Tonight, Councillors agreed to endorse the proposed upgrades for Council's current CCTV system which plays a vital part in Council's commitment to protecting our community assets and keeping our community safe. The upgrade will ensure the system remains functional and will provide a more efficient ways of analysing footage. The upgrade is estimated to cost \$275,000 and is largely able to be funded by the existing Information Technology budget, which is a significantly more cost-effective solution than replacing the CCTV system, which was anticipated to cost \$1-2 million.

'Think Country' Campaign Launched

Great food, arts and culture, nature, and experiences are at the heart of Tamworth Regional Council's brand-new tourism campaign, coined 'Think Country', which will aim to drive further overnight visitation to the region.

Launched this week, the campaign has kicked off with a brand-new television commercial and accompanying digital content, filmed by local videography company Alpine Films. The TVC showcases some of Tamworth Region's incredible sites and venues. These include the Big Golden Guitar, the Australian Equine and Livestock Events Centre (AELEC), Oxley Lookout, Tamworth Mountain Bike Park, Tamworth Regional Gallery, Goonoo Goonoo Station; local hospitality businesses such as The Workshop Kitchen and Sonny's Bakery; and attractions right around the region such as the Barraba Silos, Hanging Rock, Dungowan Station and Nundle. But this is just the beginning, with many more to feature as the campaign rolls out.

Marketing and Communications Officer Neive Roebuck says extensive research and planning went into developing this campaign, to ensure the right markets would be targeted and encouraged to visit Tamworth Region.

"Market research prior to our launch indicated that travellers want experiences that help them connect and escape their current reality. This campaign encourages visitors, such as "nature seekers" and young families and couples looking for a "getaway" to associate travelling to the country with our region", Neive says.

Tamworth Regional Council is very proud of the region's Country Music Capital branding, and this campaign builds on that, to include other elements that make up the perfect country experience, including nature, good food and entertainment.

The tagline 'Think Country' was created to leverage on our existing 'Capital of Country' positioning statement and promote the many tourism offerings Tamworth Region has to offer, complementing events like the Tamworth Country Music Festival, which the region is widely known for. These include so many authentic country experiences, wide open spaces that allow visitors to unwind and escape through activities such as bushwalking and mountain biking, as well as diverse food options and a range of cultural experiences.

The new campaign has been developed as part of Council's Visitor Economy Plan, which was adopted in 2022. The document, also identified the launch of the new place brand – *Tamworth Region – Capital of Country*, which combines all towns and villages within the Tamworth Local Government Area. Since then, the 'What's On' Campaign has been widely celebrated across the region, giving local businesses multiple platforms to promote and share their events, while the re-imagined Tamworth Region website acts as a one-stop-shop to explore and plan a trip to Tamworth.

Coordinator – Visitor Economy, Linda Bridges says "By promoting the whole region, we're not just attracting visitors, we're creating opportunities for all towns, businesses, and communities to share in the economic and social benefits of tourism."

Data by Destination Country and Outback NSW (2024) gathered between 2019 – 2023 shows that the New England North West averaged the highest volume of visitors (3.37 million), which was 58% of its total network area. Of those, 55% of overnight visitors undertake Culinary tourism activities, while 21% will undertake nature activities.

"Think Country" aims to leverage on these tourism patterns and broaden the regions reach to additional target demographics. In turn, local businesses will benefit from the increase in visitation.

The first phase of the campaign will roll out across the Mid North Coast and Central West regions with intentions to expand into the broader NSW market in September.



Save water and money!

Sign up to:

- Track your water usage anytime, anywhere
- Save water, save money
- Better water management for a sustainable future
- Find and fix leaks early!

MyTRC WATER PORTAL

Sign up online

mytrcwater.tamworth.nsw.gov.au

Tamworth
REGIONAL COUNCIL

To get started
scan me!



BARRABA UNITING CHURCH NOTICES

Service Sunday 8th June 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

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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Inland Inc.**

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main street businesses

IN MEMORIAM

Patrick James Brady

11-2-35 to 6-6-2020

Loved and remembered every day

Judy and the family.

Message from the Editor

At Barraba Community News we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

Advertise in News at a competitive cost and reach 750 households in our area who receive a free copy each week.

Contact news@barrabacommunitynews.org.au or drop into the Community College on the corner of Alice and Fitzroy Sts.



EMISSIONS Explained

Carbon Farming Fundamentals

This event is designed to help livestock landholders understand and anticipate market requirements for measuring and recording on-farm emissions, as well as strategies for avoiding or reducing them. Attendees will gain valuable insights to enhance their knowledge and confidence in emissions management. Light meal provided - bookings essential for catering

12 JUNE 2025 4.30 - 8.00
Imperial Hotel, Bingara

Clare Edwards - DPIRD
Development officer (Carbon)
Carbon Farming Fundamentals
An informative session on all things that are happening in this space.

Contact Us
0474 987 882
smcdouall@nsia.net.au

On-Farm Carbon Advice

What's all this talk about measuring our carbon emissions? Why do we need to do it? And how will this benefit me as a producer? If you have been pondering these questions yourself, come along to our FREE pub chat at [The Imperial Hotel & Motel](#) Bingara . To book go to <http://tix.yt/emissions-explained-bingara> . Light meal provided, bookings essential for catering purposes.



Bingara and District VISION

INVITES YOU TO COME CELEBRATE THE ACHIEVEMENTS OF THE LAST

24 YEARS!

GWYDIR SHIRE'S LONGEST SERVING GENERAL MANAGER, MAX EASTCOTT, IS RETIRING. MAX WILL SHARE HIS EXPERIENCE OF HOW THIS SHIRE HAS EVOLVED INTO OUR CURRENT THRIVING COMMUNITY.

WE WILL ALSO WELCOME OUR NEW MAYOR TIFF GALVIN TO SHARE THE FUTURE VISION FOR THE SHIRE.

JUNE 11TH 6PM
UPSTAIRS AT THE ROXY



Myall Creek Massacre Memorial
25TH ANNIVERSARY
2025 ANNUAL GATHERING EVENTS CALENDAR

Dhiirranhi ngiyani ganunga WE REMEMBER THEM

FRIDAY 6 JUNE	SATURDAY 7 JUNE	SUNDAY 8 JUNE
MYALL CREEK 25TH ANNIVERSARY SYMPOSIUM: TRUTH-TELLING, LORE, LAW AND GOVERNANCE	CERAMIC BREAK SCULPTURE PARK 'MYALL CREEK' ART EXHIBITION AND 'GATHER & TRADE' ABORIGINAL ARTISANS MICRO MARKETS	MYALL CREEK MASSACRE MEMORIAL 25TH ANNIVERSARY COMMEMORATION
WHEN Friday 6 June 2025 TIMES 8.30am-5.00pm WHERE Oorala Aboriginal Centre, UNE Boooloominbah Drive Armidale, NSW or via Zoom	WHEN Saturday 7 June 2025 TIME 10.00am-5.00pm WHERE Ceramic Break Sculpture Park, 2535 Alan Cunningham Road, Warialda, NSW	WHEN Sunday 8 June 2025 TIMES 9.00am – Morning tea at Myall Creek Hall 10.30am – Gathering at Myall Creek Precinct 12.30pm – Return to hall for lunch 3.00pm – AGM WHERE Myall Creek Hall, Reserve Creek Road then proceed up to the Myall Creek Precinct cnr Bingara-Delunga Rd and Whitlow Rd Myall Creek, NSW
RSVP Lunch is provided at no cost, please register for catering purposes. tcullen6@une.edu.au Use QR code to register for the Symposium or live-streamed Zoom link.	ENTRY Gold coin donation Lunch and refreshments are available to purchase. cbreaksculpturepark.com.au	WHERE Myall Creek Hall, Reserve Creek Road then proceed up to the Myall Creek Precinct cnr Bingara-Delunga Rd and Whitlow Rd Myall Creek, NSW Lunch is available to purchase at the hall. CASH ONLY!

For further information or to make a donation
myallcreek.org



THE ROXY

Alice in Wonderland
Don't be late' Don't be late'

For this very important date!

June - Four Shows
Bookings: 02 6724 0066
On-line: www.visitgwydir.com.au/nwtc
Performed by the North West Theatre Company



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Nathan Benjamin

Glazier

0480504620

fastglassglazing@gmail.com

Barraba Central School
2025 PRIMARY FUNDRAISER

Can & Bottle Drive

Fundraising to support our BCS students attend our 2025 School Excursions.
4/5/6 Aussie Bush Camp
5/6 Canberra

Drop-off Locations:
Barraba Central School Primary Site
Access via Lockrey Lane
Drop off area at back gate

NO SORTING NECESSARY. JUST DROP AND GO!

Or we can get them at your house. Please give us a call:
0429165899

DONATIONS CAN ALSO BE MADE WHEN YOU TAKE YOUR OWN CANS & BOTTLES TO THE COMMERCIAL HOTEL BARRABA.

Thank you for supporting our students with your donation!

WINTER SPECIAL

MITSUBISHI HEAVY INDUSTRIES AIR CONDITIONING

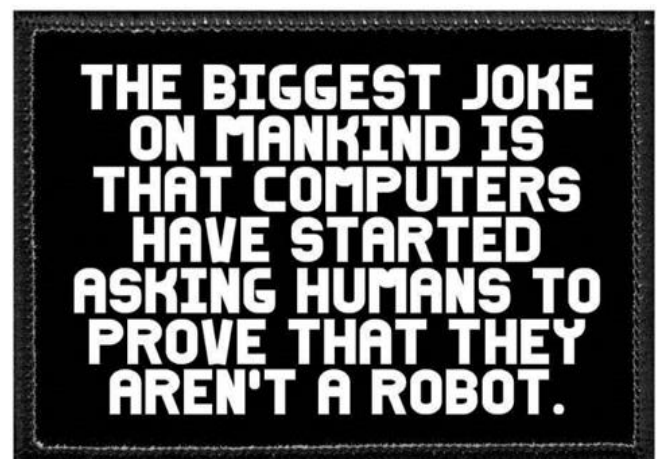
KEEP WARM THIS WINTER

PH: 0410 522 967
BARRABA BASED AND WILL TRAVEL TO SURROUNDING AREAS

BK ELECTRICAL + AIR CONDITIONING
ONE TRADESMAN WITH BOTH ELECTRICAL & REFRIGERATION LICENSES

2.5kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$2270	5 kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$2870	7.1kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$3350
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**Your friendly
local professional**



Boredom gets a bad rap. But science says it can actually be good for us.

*Michelle Kennedy, Youth Mental Health Researcher,
University of the Sunshine Coast*

*Daniel Hermens, Professor of Youth Mental Health &
Neurobiology, University of the Sunshine Coast*

We have all experienced boredom – that feeling of waning interest or decreased mental stimulation. Eventually we lose focus, we disengage. Time seems to pass slowly, and we may even start to feel restless. Whether it be watching a movie that disappoints, a child complaining that “there’s nothing to do”, or an adult zoning out during a meeting – boredom is a universal experience.

Generally defined as difficulty maintaining attention or interest in a current activity, boredom is commonly viewed as a negative state that we should try to avoid or prevent ourselves from experiencing. But what if there’s another way to view boredom, as a positive state? Could learning to embrace boredom be of benefit?

The brain on boredom

The brain network is a system of interconnected regions that work together to support different functions. We can liken it to a city where suburbs (brain regions) are connected by roads (neural pathways), all working together to allow information to travel efficiently.

When we experience boredom – say, while watching a movie – our brain engages specific networks. The attention network prioritises relevant stimuli while filtering out distractions and is active when we commence the movie.

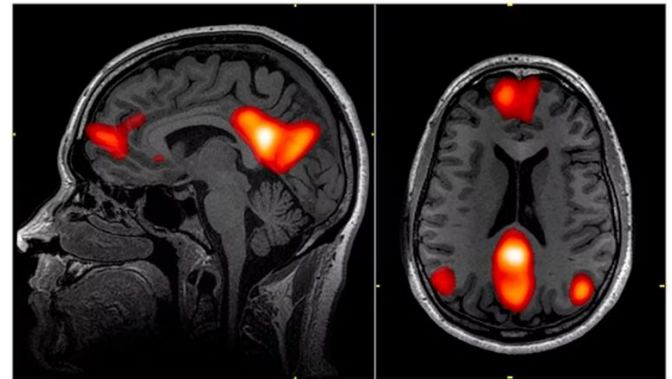
However, as our attention wanes, activity in the attention network decreases, reflecting our diminished ability to maintain focus on the unengaging content. Likewise, decreased activity occurs in the frontoparietal or executive control network due to the struggle to maintain engagement with the unengaging movie.

Simultaneously, the default mode network activates, shifting our attention toward internal thoughts and self-reflection. This is a core function of the default mode network, referred to as introspection, and suggestive of a strategy for coping with boredom.

This complex interplay of networks involves several key brain regions “working together” during the state of boredom. The insula is a key hub for sensory and emotional processing. This region shows increased activity when detecting internal body signals – such as thoughts of

boredom – indicating the movie is no longer engaging. This is often referred to as “interoception”.

The amygdala can be likened to an internal alarm system. It processes emotional information and plays a role in forming emotional memories. During boredom, this region processes associated negative emotions, and the ventral medial prefrontal cortex motivates us to seek alternative stimulating activities.



The default mode network in our brains (highlighted here) shifts our attention towards internal thoughts and self-reflection when we’re bored. John Graner/Wikipedia

Boredom versus overstimulation

We live in a society that subjects us to information overload and high stress. Relatedly, many of us have adopted a fast-paced lifestyle, constantly scheduling ourselves to keep busy. As adults we juggle work and family. If we have kids, the habit of filling the day with schooling and after-school activities allows us to work longer hours.

In between these activities, if we have time to pause, we may be on our screens constantly organising, updating, or scrolling to simply stay occupied. As a result, adults inadvertently model the need to be constantly “on” to younger generations.

This constant stimulation can be costly – particularly for our nervous system. Our overscheduling can feed into overstimulation of the nervous system. The sympathetic nervous system which manages our fight-or-flight response is designed to deal with times of stress.

However, when we are constantly stressed by taking in new information and juggling different activities, the sympathetic nervous system can stay activated for too long, due to the cumulative effects of repeated exposure to different stressors. This is sometimes referred to as “allostatic overload”. It is when our nervous system becomes overwhelmed, keeping us in a heightened state of arousal, which can increase our risk of anxiety. Eliminating the state of boredom deprives us of a simple and natural way to reset our sympathetic nervous system.



When we are constantly taking in new information, our nervous system can become overwhelmed.
Gorodenkoff/Shutterstock

Could boredom be good for us?

In small doses, boredom is the necessary counterbalance to the overstimulated world in which we live. It can offer unique benefits for our nervous system and our mental health. This is opposed to long periods of boredom where increased default mode network activity may be associated with depression.

There are several benefits of giving ourselves permission to be occasionally bored:

- improvements in creativity, allowing us to build “flow” in our thoughts
- develops independence in thinking and encourages finding other interests rather than relying on constant external input
- supports self-esteem and emotional regulation, because unstructured times can help us sit with our feelings which are important for managing anxiety
- encourages periods without device use and breaks the loop of instant gratification that contributes to compulsive device use
- rebalances the nervous system and reduces sensory input to help calm anxiety.

Embrace the pause

Anxiety levels are on the rise worldwide, especially among our youth. Many factors contribute to this trend. We are constantly “on”, striving to ensure we are scheduling for every moment. But in doing so, we are potentially depriving our brains and bodies of the downtime they need to reset and recharge. We need to embrace the pause. It is a space where creativity can prosper, emotions can be regulated, and the nervous system can reset.

Barraba Rams Show Grit in Narrow Loss to Quirindi

The Rams travelled to Quirindi for what was always expected to be a tough clash—and it delivered on all fronts. Barraba got off to a flying start, capitalising on an early Quirindi error which allowed Liam Mack to cross the line in the 5th minute, giving the Rams a well-earned early lead.

However, the early setback seemed to spark the home side into action. Quirindi responded with determination, exploiting quick ruck ball and finding space out wide to run in three tries before halftime. The Rams were under pressure, and the scoreboard read 19–7 in Quirindi’s favour at half time.

The second half began on the back foot for Barraba, with Quirindi capitalising on a mistake to extend their lead in just the second minute. But credit to the Rams—they didn’t drop their heads. The team regrouped and Nick “Spoonfed” Sweeney powered over for a well-earned try in the 8th minute, and later, replacement winger Soren Stoddard produced a spectacular finish in the corner in the 68th minute, capped off with a brilliant sideline conversion.

Barraba kept fighting right to the final whistle but ultimately fell just short, going down 26–21 in a hard-fought contest.

Special mentions go to Noah Theofanou for his relentless efforts in both attack and defence, Corey Jordan on a solid run-on debut, and the entire forward pack for their growing dominance in the scrum as the game wore on. The lineouts were also a real strength throughout.

A huge thank you to our loyal supporters who made the trip to Quirindi—we felt your presence every step of the way.

Men's points:

3 Noah Theofanou

2 Jacob Clarke

1 Nick Sweeney

1 Cody Townsend

Pp shared between

Cody Townsend

Noah Theofanou

Liam Mack

There is no game this weekend due to the long weekend, but the Rams will be back in action at home on Saturday June 14th for our Annual Ladies Day and clash against Pirates. So, grab your girlfriends, mums, aunts and mates and join us for an amazing day. Tickets are available now through our Facebook page - Barraba Rugby Union Football Club.
