



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 6th August 2025



Barraba United Hospital Auxiliary Happenings

Barraba United Hospital Auxiliary general meeting and AGM was held on the 1st of August. 12 people attended with two new members, Elizabeth King and Clare Taylor. Welcome ladies and we hope you enjoyed your morning.



New members Elizabeth King & Clare Taylor

Office bearers for 2025/26 are:

President: Joan McCarthy
Vice President: Lib Croll
Secretary: Julie Williams
Treasurer: Jenny Simpson
Assistant Secretary: Lib Croll
Publicity Officer: Patti Crowley

We also welcomed Sally Cronberger, State President, to the meeting. Sally thanked the members for their ongoing support of the Health Service clients, residents and staff by

provided equipment and improvements to areas where needed. The Regional Forum will be held in Tamworth on the 14th of March 2026.

Discussion regarding the upcoming fashion parade to be held at the Bowling Club on the 11th of October. Thank you to Rhonda Phillips at Frocks N Locks for her organization of the day and for providing the fashions. It should be a very enjoyable afternoon.

Thank you to everyone who has supported the Auxiliary throughout the year, we look forward to your continued support into the future.




NOTICE OF ANNUAL GENERAL MEETING

The AGM of the Barraba Showground Management Committee will be held on Thursday 14th August 2025 starting at 6.30 p.m. at the Barraba Bowling Club. A General Meeting will be held following the AGM.

D. Roberts
Secretary

Rotary Clubs of New South Wales **mherv** men's health education rotary van saving lives in regional australia

FREE men's health checks! at Barraba



5 minutes now could save your life FREE

Wed 13 Aug 9.30am - 4.15pm
at Barraba Mall, 110 Queen St Barraba

It doesn't seem to matter how old they are ...most blokes in country NSW don't pay much attention to their health - 'she'll be right!'... But treatable high blood pressure and diabetes often go unnoticed until it's too late... If you don't remember when you last had a checkup... It's time!

Get checked ... see mherv ... its a gift!

Free health checks at the Men's Health Education Rural Van include:
Blood pressure just to check the heart isn't too stressed... Blood sugar levels... just a prickle in the finger, to make sure there's no type two diabetes... which is manageable even if there is... Cholesterol... just to see if levels are high and need attention.

Sponsored by: Rotary Clubs of New South Wales, Eulah Creek, NSW

The very successful 'Health Check' organised by Barraba Rotary is on again this year. Great participation by local men last year identified some unknown health issues which could be addressed before it's too late. It's not only men's health, women are also invited to take the opportunity for a free check

If you have any questions contact Dave Penna on 0400821899, or you can speak directly to the nurse who will be here on the day Richelle Stewart 0427274489.

in association with Manilla Vintage Machinery Group invites you to...

Eulah Creek Vintage Machinery Day

15 min from Narrabri NSW

Food: BBQ canteen
Devonshire Tea & Scones
Coffee cart

3rd August 2025
Gates open 10am

Admission: Adults \$5, Children under 15yrs FREE *Cash only

Cast Iron Chef Competition on Saturday 2nd August

Tractors
Motorbikes
Vintage Cars - Street Rods
Shearing - Kids corner
Working Stock Horse Showcase
Heavy Horses - Blacksmith
Market Stalls

POSTPONED! TO 21ST SEPTEMBER 2025

For more info: www.eulahcreekhall.com.au
@eulahcreekhall

EMERGENCY SERVICES CONTACT LIST

Ambulance	000
Fire	000
Police	67900360
VRA	000
Barraba Police Station	67821003
Barraba Fire Brigade	02 57328415
Barraba Health Service (Hospital)	67822500
Barraba Medical Centre (GP)	67821621
Barraba Vet Service	0429192265
Essential Energy	132080
Beyond Blue	1300224636
Lifeline	131114
NRMA	131122
SES Barraba	132500
Tamworth Regional Council	
Emergency Number	1300733625
Council Office	67821105

JPs in Barraba

Mrs Pamela Kathryn Mary Urquhart 0267821480
Mrs Patti Elizabeth Crowley 0267821795
Mrs Elizabeth Ann Sawyer 0267825334
Mrs Sonia Gaye Simpson 0267831382
Mr Owen David Rigby 0400020307
Mr Neville Alexander Moore 0418251280
Mrs Tanya Mary Clarke 0427949127
Mrs Patricia Merris Currell 0428268632
Mrs Janene Helen Randall 0428832282
Mrs Pauline Ann McIver 0429671294
Mr Stephen Laurence Ely 0438427033
Ms Marilou Simpson

You'd think the part of the brain that used to remember phone numbers would take over and start remembering passwords. But NOOOO!

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History Notes

The family project to research and publish the Adams/Witten family has now concluded and most of the interested family members have a copy of the books. However, I still hear questions re Wittens living at Barraba Station - not Adams - so it seems a bit of early history is needed.

Alfred Augustus Adams arrived in Australia in July, 1839, aboard the "Strathfieldsaye". Some of his fellow passengers were George and Walter Galley, Dr. Adams (no relation), the Sinden family with their child, William, and Henry Parkes.

Alfred found employment with James King of "Illawong" and Captain Caswell of "Trilba" while his father's estate was wound up in England. He met his future wife working at "Thilba" and they married in 1844.

Barraba Station appears in the 1848 Government Gazette as well as other government records - 45 square miles on the Manilla River and owned/leased by Armitage J.T. and C. who were in charge there in 1840. It is known that A. A. Adams had visited the area several times before he bought the station.

Alfred and Jane moved to Barraba in July, 1845 - she and Mrs. Mckid were the only white women in this area at that time. Sadly, Jane's sister died in the late 1840's and Jane went to the Hunter Valley to collect the two orphaned daughters with just a teenage boy to drive the cart. They arrived safely back in Barraba and settled into the Adams family. Jane's first two children were born in 1850 and 1852 in the old slab hut which was their first home in Barraba.

Thoughts about a new home had to be put aside for some years as A. A. Adams partner, who managed Gineroi, was killed in a horse accident just north of Bingara in 1854. A. A. Adams bought George Galley's share in Gineroi and moved his family to live at Gineroi. The new house at Barraba was built a few years later and was used by the managers and their families until Arthur Witten married Mary Jesser Adams and her father settled them on Barraba Station in the mid 1870's. Thus, there were Adams from about 1845 until 1854 and then Wittens. A. A. Adams came back to live at Barraba Station with his daughter and her family for a few years before he died in 1907.

UNE TamTalks
 Special Edition: Farm Succession

**12 August
 12:00 pm -
 1:00 pm**

Free

une University of New England | **Tamworth**

**UNE
 TamTalks:
 Farm
 Succession**

**12 August
 12:00 pm -
 1:00 pm**

Free

UNE Tamworth, 24 Fitzroy Street #Level 2, Tamworth

UNE Tamworth is proud to present a TamTalks event, with a special focus on Farm Succession, featuring two experts in this field who are local to the New England North West region.

Guests will hear from UNE Academic, Dr Lucie Newsome, who lectures in management and economics and has extensive experience in gender equality research and program development. She will speak about her research into Farm Succession and what prompted her to create Australia's first farm succession survey.

Dr Newsome will be joined by experienced farm succession planner, Isobel Knight, from the Tamworth Region.

Isobel is a succession planning specialist and has been the owner and a director of Australia's leading family farm succession planning business Proagtive for more than two decades. She'll discuss the importance of planning ahead for the future and how it's never too early to start.

Light refreshments will be provided



26 August - 29 August

Tamworth Regional Council is excited to announce the return of the Young Drivers Expo in 2025!

This important event will take place from **26–29 August 2025** at the **Tamworth Regional Entertainment and Conference Centre (TRECC)**.

The **Tamworth Young Drivers Expo** is an invitation-only event, designed specifically for high schools across the region. Schools are invited to bring their year 11 and year 10 students who may be concluding their studies at the end of the year. Please check with schools to confirm if they are participating this year.

For more information, please contact **Melanie Jenkins** at trc@tamworth.nsw.gov.au.

THE FACTS: OLD VELODROME SITE

We're aware of community concerns regarding the presence of asbestos at the former velodrome site in Tamworth, currently being developed by Council in partnership with UNE. Here are the facts:

The Facts

Old Velodrome Site - Tamworth

- Council was unaware of the asbestos prior to works commencing.
- The asbestos predates the velodrome, which was built in the mid-1990s.
- Demolition and earthworks were managed by Council's Civil Construction Division, with a contracted dozer operator completing most of the earthworks.
- Suspicious material was found near the Murray Street end as earthworks neared completion.
- Upon confirmation of asbestos, further testing was conducted by specialist geotechnical consultants to confirm the extent of the contamination which informed the development of a Remediation Action Plan (RAP).
- The asbestos is bonded asbestos contained within pieces of fibre sheeting buried in soil, which while remaining insitu and undisturbed, poses no risk to workers or the public.
- Council will continue remediation of the site to ensure the site is suitable and fit for purpose for the UNE development.
- Remediation costs, including velodrome removal, were already budgeted for by Council, with all additional works expected to stay within budget.



Step closer to aquatics facility construction start

A key step towards construction starting on Tamworth's proposed Aquatic, Education and Health Centre of Excellence will be taken at next Tuesday's Ordinary Meeting.

A report to Councillors in the closed part of the meeting will seek to commit working with a specialist construction company for an Early Contractor Involvement contract for stage 1 of the facility, which has a total budget of \$45 million. It is funded through \$15 million from the NSW Government, \$9 million from the Australian Government and a \$21 million Council contribution.

The facility's first stage will be built at the Tamworth Sports and Entertainment Precinct on Jack Smyth Drive opposite the Sports Dome. Tamworth Region Mayor Russell Webb said using an Early Contractor Involvement project delivery approach will minimise Council's financial risk for the project. "It is a proven method in getting a high degree of confidence in project affordability as the engaged contractor is required to work with Council and other engaged consultants to finalise the project scope before committing to a Design and Construct Contract," he said.

"Council will be able to provide its funding partners with important construction industry insights to assure them the project is guided by experts with understanding of current market conditions. The contractor will provide technical advice about buildability, construction methods, cost planning and value engineering to ensure the design is practical, efficient and aligns with the budget as well as the expectations of Council, stakeholders and the local community. These are all critical factors for successful project delivery."

The Mayor said five years of solid planning and design work has already gone into the facility to bring this proposal to reality for the community. "Council's project team has undertaken extensive work to investigate best industry practice to limit the construction cost while maximising the functionality and use of the available budget," he said.

While Council will not break ground on the construction until early next year, the project is already an award winner – it won the Strategic and Master Planning Category at the NSW/ACT Parks and Leisure Australia Awards. It is now in the running for a national award in November.

Construction of the facility is scheduled to be completed in mid-2027 to align with the funding agreements with the NSW Government and the Australian Government.



SPORTS GRANT AVAILABLE

The region's sporting clubs will be lining up to take advantage of the NSW Office of Sport's Local Sport Grant Program.

Member for Tamworth Kevin Anderson said the grant invested in the essentials for local sporting clubs, boosting participation and keeping people active. "Sport is one of the great Australian pastimes enjoyed at all levels on weekends, weeknights and recreationally," Mr Anderson said. "We love our sport and we love our sporting club volunteers who provide opportunities for local families to keep active and live healthy lifestyles. This program helps boost participation in sport by offering grants that allow grassroots clubs to grow their presence and offer opportunities to budding local sporting stars."

The Office of Sport's Local Sport Grant Program offers grants of between \$2,000 and \$20,000 to support grassroots sporting clubs to increase participation, host events, improve access and enhance sport and recreation facilities. Every electorate in NSW is allocated \$50,000 to share between sporting clubs and organisations.

"This is a fund that guarantees investment in our region and has been successful in boosting participation in sport across our community. A range of projects could be eligible, and the program has funded a diverse range of projects in the past including training events, sporting equipment, upgrades to accessibility and more. Any local club interested in applying should do so as soon as possible."

The Local Sport Grants Program is open now and closes on 18 August 2025. For more information, including eligibility guidelines, visit <https://www.sport.nsw.gov.au/grants/local-sport-grant-program>



SLASH THE COST OF LIVING WITH SERVICE NSW

Residents across the region are encouraged to take advantage of more than 70 rebates and vouchers designed to help reduce the cost of living. Member for Tamworth Kevin Anderson said vouchers and rebates from Service NSW could go a long way to helping household budgets.

"I know many in our community are under pressure this winter with the cost of living affecting many of our local families," Mr Anderson said. "Every dollar counts, which is why the Service NSW Savings finder is a useful tool to see if you're eligible to save a bundle. Whether it's energy relief for low-income households and families, council rate rebates for pensioners, the Housing Pathways program for renters, or the Revenue NSW Unclaimed money service, there may be money to be saved for everyone."

The Service NSW Savings Finder Tool works by asking a few tailored questions to help individuals find rebates and vouchers they may be eligible for. "It's disappointing that cost-of-living measures that would have made a real difference to our communities like the Regional Seniors Travel Card, energy rebates, energy efficient appliance rebates, and First Lap swim vouchers have been cut by the Labor Government," Mr Anderson added. "Despite these cuts, there are still more than 70 rebates and concessions available, and I am encouraging everyone to jump online to the Service NSW Savings Finder and check their eligibility.

The tool can be found online at

<https://www.service.nsw.gov.au/campaign/savings-finder>

or by contacting Service NSW on 13 77 88 to book a free 45-minute appointment with a Savings Finder specialist either at the nearest Service NSW branch or over the phone.

JOB CUTS A THREAT TO LOCAL COMMUNITY

The Minns Labor Government's planned public sector job cuts will be devastating to hard-working local families and the economy.

Member for Tamworth Kevin Anderson said the shocking planned cuts to jobs at TAFE, Transport for NSW, and Department of Primary Industries and Regional Development (DPIRD) are deeply concerning for local families.

"The Minns Labor Government are planning to slash jobs in regional NSW, devastating hard-working locals who now face an uncertain future," Mr Anderson said. "To grow our local economy, the government must invest in regional jobs and economic development, and instead, the government are ripping jobs away from our regions and relocating them in the city. The impacts of this decision will be significant, and I am deeply concerned about the uncertainty and worry the government's cuts are having on our community. The Labor Government must urgently come clean about what jobs will be affected and must not cut jobs for hard working people in our region."



Barnaby Joyce, Opinion Piece

30/07/2025

The Government this week lauded the fact that “they” had paid off 20% of University Student’s HECS debt. They? So, have the current Labor sitting Members of Parliament reached into their own pockets and forked out 16.21 billion dollars? Did they whip the bin around the chamber and fill it to the brim with \$100 dollar notes of their own? No, they paid one person’s debt with another person’s money. The Labor Party was merely the window the money flew through on the way out of the pocket of the carpenter, electrician, meat worker, farmer, child-care worker, retiree, contract musterer, general labourer, police into the pocket of a university alumnus with a HECS debt. Are there any other debts that one group of people accrued that we propose another group of people pay for?

Governments get wilfully vague in discerning between the things they do and the things they administer. If the money to pay off HECS debt had actually come from serving politicians, I believe you would have been lucky to get 16 hundred dollars rather than 16 billion dollars. It is so easy to be a big man with another fella’s chequebook. Election campaigns are notorious for fielding big men with another fella’s chequebook.

When the current numbers in the House of Representatives have Labor with 94 of the 150 seats there is nothing you can do about the open window on the budget bus. The Labor students are able to throw out any of your money they wish at what ever tickles their fancy as they drive down the road. If you stand at the edge of the road and scream “Net Zero” other people’s money will cover you like confetti, you don’t even have to be Australian!

So, think of this as you prepare your tax return. You are filling up the Budget bus with your money. At the very least when they toss it out the window can they give you some credit for where it came from.

BARRABA UNITING CHURCH NOTICES
Sun 10th August Service at Barraba at 10.45am.
All Welcome

ANGLICAN CHURCH TIMES

St Laurence’s Barraba
Sunday service at 10.00am
No Woodsreef service in July

Trevor John Lennon
Passed peacefully
Sunday 27th July 2025
Aged 87 years

Loved husband of Joan.
Cherished father and father-in-law to
Anthony & Melanie, and Elizabeth.
Adored grandfather of Josh,
Brad, Chris, Amber & Will (partner), Jay and Larna.
Beloved great-grand-father to Zarhleigh May.

- Forever In Our Hearts -

Relatives and friends of the late **Mr. John Lennon**
are warmly invited to attend his funeral.
The service is appointed to commence at 11.00am
Wednesday 6th August 2025,
at St Laurence’s Anglican Church,
Maude Street, Barraba.

Thence for private interment.

BURKE & DOUGLAS FUNERALS

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 5pm
All other Sundays 9am

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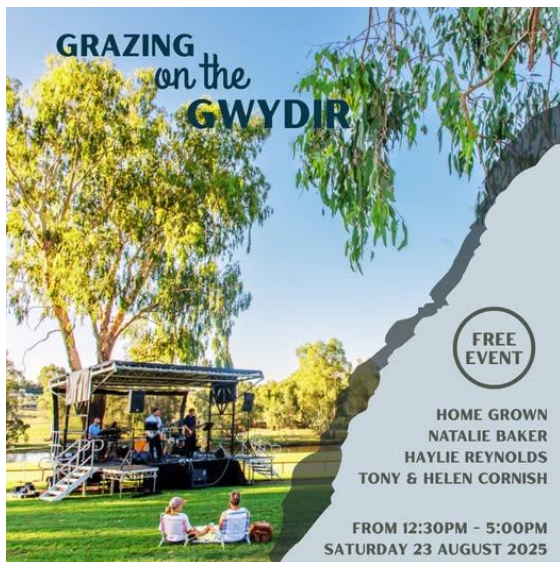
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GWYDIR SHIRE COUNCIL – Message from the Mayor

Council is continuing its work to improve telecommunications across the Shire and wants to provide the community with a current update on where things stand.

Gwydir Shire Council now has a formal Connectivity Plan in place, developed in collaboration with Telstra, to guide long-term improvements to telecommunications across the region. The plan prioritises addressing mobile coverage issues, congestion, and known blackspots across the Shire. It also focuses on enhancing network resilience through upgraded infrastructure and improved backup power systems. In addition, the plan explores a diverse mix of connectivity solutions — including mobile, NBN, satellite, and emerging technologies — to ensure reliable service across different communities. A strong emphasis is also placed on supporting digital inclusion and strengthening disaster readiness, so that all residents can stay connected and informed when it matters most.

We are still awaiting confirmed upgrade timelines for towers that are yet to be upgraded to the 5g network. Specifically on the Bingara tower, a fault with the power backup system at the Bingara tower has been identified. This site is now being treated as a priority by Telstra. Additionally, there is a major 4G/5G upgrade that is expected to commence later this year.

Council continues to actively advocate to all levels of government. Most recently, the Hon. Barnaby Joyce MP confirmed that Telstra's regional team is progressing capacity upgrades for the Bingara site and has acknowledged Council's involvement in the digital planning process. We understand that his office has yet to receive a response from the Minister for Communications, the Hon. Anika Wells MP, in relation to the issues we've raised on behalf of the community.

We remain committed to ensuring every community in our Shire is connected, supported, and digitally included — and we'll continue to keep you updated as this work progresses.

Cr Tiffany Galvin
Mayor

Saturday 23 August 2025 | 12:30pm – 5:00pm | Junction Park, Bingara

Start your Saturday right with breakfast, coffees and local business specials from 9:00am in Maitland Street.

Then from 12:30pm, the action moves riverside to Junction Park for an unforgettable afternoon of live music, delicious food and good vibes.

Lunch by Horton Valley Pork served fresh by the river from 12:30pm – don't miss out!

Chill out or dance along to a brilliant live line up featuring:

- Home Grown Band (Ben Cornish, Matt Kennedy & Steve McGarrity)
- Natalie Baker
- Haylie Reynolds
- Tony & Helen Cornish

Bring your picnic rug, chairs and drinks (just leave the glass at home) – and settle in for a relaxed celebration of music, food and community. Don't just hear about it – be there!

DAY AT THE RACES

BINGARA'S ANNUAL RACE DAY

SATURDAY AUGUST 16TH

Gates Open 11.30am
First Race 1.00pm

- Fashions on the field
- Beer Tickets
- Raffle Prize

Entry Fees...
Adults - \$20
Concession - \$15
13yrs to 17yrs - \$5 (under 12yrs - Free)

BINGARA JOCKEY CLUB
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Celebrate our aged care superheroes

All Australians are invited to join Ageing Australia and say a massive 'thanks for caring' to our dedicated and compassionate care workforce to mark Aged Care Employee Day.

Aged care, retirement living and seniors housing providers — along with residents, clients, families and loved ones are gearing up to show their appreciation with morning and afternoon teas, celebrations and heartfelt messages of thanks to the dedicated workers who care for their loved ones.

Now in its seventh year — this year on **Thursday 7 August** — Aged Care Employee Day is an opportunity to shine a spotlight on the dedicated people who work tirelessly to ensure the dignity, comfort and wellbeing of older Australians.

Ageing Australia CEO Tom Symondson said workers in aged care had gone above and beyond the call of duty in this past year and continue to face immense challenges in providing care and support for older Australians.

"As we approach Aged Care Employee Day, we want to keep in mind the almighty effort put in by everyone working in aged care — from leaders to frontline staff and those working behind the scenes — and encourage the public to take a moment and say, 'thank you for caring'," Mr Symondson said. "Aged Care Employee Day has become an important date in our calendar and reminds us of the caring and professional work of our aged care superstars. Their care is personal, selfless and often unsung, and makes a meaningful difference in the lives of older people every single day. Our staff have proven to be care 'superheroes.' We want our residents and clients, their families and friends to join us in saying 'thank you for a job well done' and recognise the hard work that goes into caring for our loved ones."

"Be they managers, personal carers, nurses, kitchen and laundry staff, allied health professionals, cleaners, administrators, gardeners or volunteers, going above and beyond the call of duty, to keep our Australians cared for and safe. We also want to encourage the entire aged care workforce to take a moment for themselves to regroup, take a breath, and recharge. They all deserve our thanks for their professionalism, their warmth, and their enthusiasm to help older Australians live comfortably."

"We congratulate our aged care heroes for their dedication, their compassion and their resilience and we encourage the public to give them the recognition they are so deserving of."

Aged Care Employee Day will also be the day the winners of the Ageing Australia You are ACE! Awards will be announced, chosen from the over 500 nominations received as part of Ageing Australia's You are ACE! sector recognition program. The Ageing Australia You are ACE! Awards recognise sector excellence across 15 categories.

Find out more about Aged Care Employee Day: <https://ageingaustralia.asn.au/aged-care-employee-day>

Peta Wilson's new book out




I'm so excited to share that my new children's book "A New Crown" is now available in-store at Babes in the Bush — a beautiful little shop in Barraba that's even featured in the story!

The book is based on the childhood of my grandmother, Joycie — who many of you will remember as a much-loved preschool teacher, long-term resident of Barraba, a dear family friend, and someone who is dearly missed.

"A New Crown" is a heartfelt tribute to her early life growing up in a large rural family, and to the strength, love, and spirit that makes country towns like Barraba so special. While I no longer live there, Barraba will always hold a big place in my heart — and this story is a reflection of that connection.

 Available now at: Babes in the Bush, Barraba

 Also available online at: www.rememberwhen-books.com.au

🌟 Stay tuned for my next book — also set in Barraba — which centres around the Dawn Service. This upcoming story is especially close to my heart, as I come from a strong family history of military service for our country. It's a story of honour, remembrance, and community — and one I can't wait to share with you.

Thank you for supporting local stories that celebrate our history, heart, and heritage.



The Gruffalo's Child \$29

23 August @ 10:30 am - 11:30 am and 12.30pm – 1.30pm

Presented by Capitol Theatre Tamworth

Adapted from Julia Donaldson and Axel Scheffler's

award-winning picture book

The Gruffalo said that no Gruffalo should

Ever step foot in the deep dark wood....

If you loved *The Gruffalo*, don't miss the sequel, which returns following previous sell-out Australian tours – now in a new West End production! Join the Gruffalo's Child on her adventurous mission in this magical musical adaptation of the much-loved picture book. One wild and windy night the Gruffalo's Child ignores her father's warnings about the Big Bad Mouse and tiptoes out into the deep dark wood. After all, the Big Bad Mouse doesn't really exist... does he?

"everything good children's theatre should be" – *The List* (4 stars)

The team behind *The Gruffalo*, *Room on the Broom* and *The 13-, 26-, 52-, 78- & 91-Storey Treehouses* return with *The Gruffalo's Child*, bringing together physical theatre, music and puppetry to deliver songs, laughs and scary fun for everyone. Recommended age: 3-8 years and their families.



Beetle. 26 August @ 10:30 am - 11:30 am AEST \$29

Presented by WIN Network

Even the smallest voices matter

An instant Australian classic, ***Beetle*** tells the story of a child who finds a friend in her backyard; together, they embark on an adventure to search for the now elusive Christmas Beetle.

The magic of the bush habitat is brought to life through **Legs On The Wall's** trademark physical storytelling, and animation created from original artworks by beloved children's author and illustrator Freya Blackwood. A tale of resilience and hope, *Beetle* reminds young audiences that there's an important place in the world for all of us.

"A striking show...fusing puppetry, physical theatre, circus and video projection... with seamless imagination."

★★★★ *The Scotsman*

This charming, nostalgic and uniquely Australian show invites children and families to join the adventure,

encountering larger than life beetles, stick insects, and other bush critters while finding out about the uncanny nature and delicate balance of the bush environment.

Recommended age: 6-14 years and their families.

Warning: The show does have flashing lights and haze content.

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Kids need to floss too, even their baby teeth. But how do you actually get them to do it?

Dileep Sharma, Professor and Head of Discipline - Oral Health, University of Newcastle

A survey from the Australian Dental Association out this week shows about three in four children never floss their teeth, or have adults do it for them. Many of the survey respondents thought it wasn't worthwhile for baby teeth.

As anyone who cares for kids knows, it can be hard enough to get them to brush twice daily, let alone floss. So how do you actually get kids to floss? Why do they need to anyway?

Do kids really need to floss?

Flossing can reach between the teeth where toothbrushes can't. It removes the soft food debris and biofilm, a slimy layer on teeth that harbours microbes, and so reduces the risk of dental decay and gum disease.

So, flossing is essential as soon as children's teeth erupt and are in contact with the next one. This is typically at the age of six to eight months when the lower front teeth start to emerge through their gums.

But they're just baby teeth, right?

You may be thinking flossing is not worth the time or trouble, especially for younger children who'll lose their baby teeth in a few years anyway.

However, baby teeth play a vital role in how children's jaw bones develop and their face appears. And losing baby teeth early – due to the dental decay that can arise from not flossing – can have several effects. As a child, it can change their speech and appearance. These can affect a child's self-esteem and impact their wellbeing, depending on their age.

Losing baby teeth early can also affect them as a teenager or adult. Baby teeth act as a guide to where permanent teeth should erupt so losing them early can lead to crowding of teeth, needing orthodontic treatment (braces). In fact, premature loss of baby teeth can increase the risk of "malocclusion" or problems in the position of permanent teeth by more than 2.5 times.

Cleaning between the teeth is also vital for teens to reduce the risk of gingivitis (inflammation of the gums). This is very common in this age group due to changes in hormone levels.

Yes, it can be challenging

Setting up a regular flossing routine may be challenging for many families. It's one more thing to squeeze into the early morning rush to get to school or work. It can be hard to motivate tired children to floss at the end of the day too. The technique itself also needs a level of manual dexterity for the

kids themselves or for the parents who floss younger kids' teeth.

You or your kids may have some form of dental anxiety due to previous negative experiences with dental visits. This may affect dental hygiene, or your likelihood to floss.

All of these factors can lead to lack of motivation or reluctance to floss, and so increases the risk of dental decay and gum disease in children. But there are ways to help you and your kids develop and stick to a flossing regime.

OK, you've convinced me. What next?

First, gather your equipment.

Interdental brushes look like mini bottle brushes. These are more effective for larger spaces between adjacent teeth, or if your child has braces.

Floss or floss picks are only effective for areas with smaller or no spaces between adjacent teeth. Kid-friendly designs, such as animal-shaped and colourful floss and floss picks, can be an excellent option to make this routine more enjoyable. Flavoured floss, or floss that smells like fruit or chocolate can be appealing. Involving kids in the choice of floss or floss picks can boost their motivation to floss.

Alternatively, a waterjet flosser can make cleaning between the teeth more engaging. It's as effective as regular dental floss. For toddlers and pre-schoolers, using rewards and positive reinforcements, such as sticker charts or gold stars, can keep kids motivated to floss. So, stock up.

Then choose your timing. Flossing is best done once a day, either in the morning or before bedtime. That's because flossing can effectively remove biofilm between the teeth for 24 hours. You can floss before or after brushing.

Parents will need to brush and floss the teeth of infants and children up to five years old, until the children develop their own manual dexterity.

For infants, it's easier if one adult holds them upright or sits them on their lap while the other does the flossing. For toddlers and pre-schoolers, it may be easier to floss if they are sitting on the toilet, or standing at the basin with their head tilted back.

Last of all, lead by example. Kids with parents who regularly floss tend to pick up the routine quickly.

Any more tips?

Flossing is only one part of preventing tooth decay and dental diseases, such as gum disease. It's also important for children to:

- avoid snacking on food with a high sugar content
- choose plain water over fruit juices or fizzy drinks

- avoid falling asleep with a feeding bottle containing milk, fruit juice or sugary liquids
- avoid using a dummy dipped in sugary liquids or honey
- clean their tongue while brushing their teeth
- see a dentist or oral health professional well before their first tooth erupts so they can get used to the idea of a dental appointment.



Barraba Rams Rugby vs Tamworth Pirates

Men's Match Recap:

The Barraba Rams men's side took the field first on Saturday in some of the worst conditions we've seen all season. With constant rain and water pooling across the ground, it quickly turned into a mud pit – making clean footy nearly impossible.

Despite missing a few key players due to injury, the Rams held solid possession and worked hard to stay in the contest. The front row doing the tough stuff in heavy conditions and against players that had weight to their advantage. Harrison Davies, Oisin McKenna, Jack Myers and Nick Sweeney working hard to make space. The Pirates scored early in the first half and added a penalty just before halftime, but Barraba kept fighting.

In the second half, the Rams lifted. Even after copping two yellow cards – one to Jacob Clarke (late in the first half) and another to Noah Theofanou (along with one to a Pirates player) – the boys dug in. Cody Townsend crossed the line for a well-earned try, and Oisin McKenna nailed the conversion. Some solid bench depth allowed for key subs and giving Michael Walker, Andrew McGarity, Jack Thomson, Callan Mallise and Adam Brownlie a chance to join the mud fight, keeping the pressure on right to the end.

The final score saw the Pirates take it 38–7, but the Rams showed clear improvement in wet-weather footy and refused to roll over in tough conditions.

Points:

3 - Harrison Davies

2 - Oisin McKenna

1 - Nick Sweeney

Players Player - Harrison Davies and Oisin McKenna

Women's Match Recap:

The women's game followed, and by then, the field was a bog. With the rain still pouring, the girls battled through a tough, physical game against a young and fast Pirates side.

The Pirates were first to score, but the Rams responded well. Their scrums were strong all match, with the front row digging

deep to hold their ground. Brooke McKinnon found space in the second quarter and powered over for Barraba's try.

The team struggled a bit keeping possession out wide, with the wet ball and sideline pressure making clean passes difficult. But there were some great moments in defence and attack from Amie Middlemiss and Jacqueline Coombes, who were in everything. They were backed up by Brooke McKinnon, Leilani Tevaga, and Brianna Mack, who all kept the energy up in tough conditions. The game also saw some great carries by Zahlie Cabot and serious fight from Kirra Jordan.

The Pirates came away with the win, but the Rams women showed plenty of heart and a few glimpses of what's to come. A solid effort in a game where the weather was the biggest opponent.

Points:

3 - Kirra Jordan

2 - Amie Middlemiss

1 - Zahlie Cabot

Players Player - Amie Middlemiss

Next Round:

The Rams are heading to Inverell this weekend to fight for their final chance to get into the semi finals! Come along and support them.

Regency Floats

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- NSW Amateur Owner Rider Championships
- NSW Pony Dressage Championships
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Entry: Free for all spectators

Parking: Complimentary day parking available

SNOW ON MOUNT KAPUTAR: Sunday 3 August 2025

All photos by Pernelle Alexander



Driving up to the summit of Mount Kaputar.

Mt Kaputar



The Summit, Mt Kaputar

