



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 13th August 2025

Tiny building, BIG investment!

Council is undertaking a significant upgrade of the Barraba Cooper Street Sewage Pumping Station (SPS) to modernise ageing infrastructure and improve safety, reliability, and resilience. The project involves the removal of the existing dilapidated building, installation of new access hatches at the top of the SPS, replacement of the ageing electrical infrastructure, and the installation of a new control cabinet positioned above the 1-in-100-year flood level.



This upgrade will introduce a new underground power supply, replace the outdated switchboard, and include a modern telemetry system to enhance monitoring and performance. A generator connection point will also be added to allow quick and efficient connection of a portable generator during power outages. These improvements will ensure the system operates reliably and safely, while also providing electrical infrastructure that Council staff are familiar with for easier operation and maintenance. The total cost of the project is \$600,000 and represents a valuable investment in the long-term sustainability of critical public infrastructure in Barraba. For the local community, the outcomes will include improved service reliability, enhanced safety for Council staff, and the removal of an unsightly and deteriorating building from Cooper Street, contributing to a safer and more functional public space.



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Phone 67821379

For the information of members and guests.

THIS WEEK

FRIDAY 15th AUGUST

MEAT RAFFLES

MEMBERSHIP DRAW \$1600

SATURDAY 16th AUGUST

BINGO STARTS AT 12.30

SUNDAY 17th AUGUST

FISHING CLUB

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$2000 (5 DRAWS)

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SUNDAY: 12-2pm

BATTLE OF LONG TAN

On Monday the 18th of August there will be a service to commemorate those who fought and died at the battle of Long Tan

There were eighteen (18) Australians killed and twenty-four (24) wounded in this action.

The men of D Company entered the Long Tan rubber plantation at 3:15pm on that day in search of Vietcong forces that had previously fired on the base at Nui Dat. Approximately one (1) hour later the battle of Long Tan began in earnest.

It is interesting that Col Joy who recently died was preforming at the Australian base as this battle began.

The commemoration service will commence at 5.00 pm on Monday the 18th and it will be held at the "railway gate" memorial opposite O'Meara Park.

This service will remember those that lost their lives in this battle as well as those who fought and died in Vietnam.

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



🌿 Save the Date 🌿

Barraba Potters and Craft Guild

"Come and Try Day"

27th September 2025

If you ever thought you would like to try pottery as a hobby then you are in luck!

The Barraba Potters and Craft Guild are holding a day for people to come and try pottery, bonsai and felting.

These sessions will be held at the Fuller Gallery, 74 Queen Street, Barraba.

Pottery: From 10.00am to 3.00pm. Clay supplied. 15 years & over. Cost for firing pots extra, pay on the day.

Bonsai: From 10.00am to 12.30pm. Instructor Raelyn Smith from Tamworth Craft Shed. BYO Pot or \$20 to purchase a pot. BYO plant to prune into shape. Potting mix will be supplied.

Felting: From 1.00pm to 3.00pm. Instructor Kaylene McClenaghan from Narrabri. Wet and dry felting techniques will be demonstrated.

\$10 per person for the day. Bookings and payment appreciated prior to the day – (see below)

Phone/message to book in: To Patti on 0459608486 and for more information.

Coffee and tea available, BYO lunch.

Watch our Facebook page for updates.
Barraba Potters and Craft Guild Inc

Payment to:

Bank Details: BSB: 932 000 Account
Number: 100339692

Reference: Your name



History Notes

This week someone has suggested that golf and the coming celebrations should be a topic- after all I did have a lot to do with the Club especially in the 1980s. The problem is which story to tell! The Ladies' Club was one of the six golf clubs to feature in the regional association but more on that another day.

Most people know the story of the early days in the police paddock and then at the showground but the real story begins when the club found some land of its own, even if there was some ill feeling from the 'Commoners'.

Recently I managed to find the box of papers and cards from 100 years ago and when there is time the history of the Women's Club can now probably be told. However, for now it will have to be when Mrs. Byrnes and then Alison Gornall got most of us going.

Alison organized play for nine holes on Wednesday mornings with picnic lunch at the front of the Club afterwards. Then as golfing experience improved *some* of us moved into the main events played at the weekend - pairs and mixed pairs were then included. Barraba became a mixed club and the ladies had more say in what was happening. However, we had our own women's notes in the newspaper- recorded results and of course the misfortunes as well.

A couple of misfortunes I remember well. One lady managed to hit her ball off the tee but at a right angle up to a neighboring tee ground hitting a metal sign with a resounding bang! Another was spotted climbing a tree near the fifth fairway to rescue her ball when the drive off the tee missed the fairway. Many times, there were people in the gully searching for a wayward drive - in those days it was a rocky surface in there.

Kel Crowley was always recording Barraba on his camera and persuaded two Margarets to come and play golf while he took photos - an air swing was definitely a "no no" when there is a camera around - especially a movie!!

As we catered regularly in the 1980s there were a few dramas there - for example when a handle fell off a pot of soup as two girls were moving it from the stove to the table. No one was hurt and the spilt soup went down a hole in the floor - the guests had a smaller helping of soup and the staff missed out. Thank goodness there has been an upgrade in the kitchen since then!

I am sure there will be a few more golf stories at the coming celebrations so ex golfers make sure you come back for the party-we look forward to seeing you.

BARRABA UNITING CHURCH NOTICES

Sun 17th August Service at Barraba at 10.45am.

All Welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef service 2nd Sunday of each month

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening

Mass 5pm

All other Sundays 9am

Remembered With Love

John (Jack) Andrew Dunshea – Passed Away in 1999

Linda May Dunshea – Passed Away in 2005

Christine Frances Wakeling (nee Dunshea) – Passed Away in 2015

BARRABA COMMUNITY NEWS

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Daffodil Day 2025

Daffodil Day for 2025 is just around the corner: **Thursday 21st August**, sees the Barraba Cancer Patients Fund Raising Group Inc. (BCPFRG Inc.) conducting their annual Street Stall in the QUEEN STREET MALL from 9am.

There will be delightfully sunny and bright bunches of Daffodils for sale from the tables. Home baked cakes, loaves, slices, biscuits, some savory morsels and homegrown produce will all adorn the sale tables as well. A guessing competition and 100 Club always prove to be popular with customers as they pass by the Stall.

An invitation to have morning tea with a friendly cup of tea or coffee in the Mall also stands, whilst being entertained by the much-loved band "Old Spice", with many of the old time favourite songs and music. Morning tea plates and Daffodils will also be for sale around the township at the various business houses.

Funds raised from Daffodil Day throughout the country, assist in raising awareness of cancer and are put towards cancer related projects and research by the NSW Cancer Council, among other Organizations.

So please come along to help support the local BCPFRG Inc. with their efforts in supporting such worthy causes, a week tomorrow, Thursday 21st, 9am in the Queen Street Mall. See you there!



BARRABA CANCER PATIENTS FUND RAISING GROUP INC.

Annual STREET STALL, Queen St Mall

From 9am THURSDAY 21ST AUGUST



BARRABA GOLF CLUB

would like to invite you to our

100 Year Anniversary Dinner

Friday 19th September 2025

6.00pm for 6.30pm start. Cost \$40

Tickets can be purchased online at

<https://www.trybooking.com/DEOQB>

or by using the QR code below or by contacting

Amanda Koopman on 0429 958 816 or email

amanda@stockandcrop.com.au



Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council 5th August, 2025:

➤ Councillors tonight adopted the revised Terms of Reference for Council's Precinct Advisory Committees, following a Councillor Workshop in June 2025. These committees will cover Barraba, Manilla, Kootingal/Moonbi/Bendemeer, and Nundle/Dungowan and will focus on strategic rather than operational issues affecting each precinct. Councillors also approved the updated precinct boundaries and later this month community members, including youth, will be invited to apply for committee membership through an Expression of Interest process. Committee meetings will be open to all residents, held after hours, and rotated within each precinct. The committees will not have financial or decision-making authority but will act as advisory bodies to help shape local priorities.

➤ The Tamworth Regional Local Traffic Committee Meeting minutes were tonight reviewed by Councillors. The report included multiple traffic changes and event-related road closures for the Tamworth Running Festival and the Gamilaraay Language Hub opening and the endorsement of a three-year blanket approval for specific weekend road closures on Fitzroy Street to streamline event planning. Numerous parking and traffic flow adjustments were proposed and approved, including new disabled parking bays, adjusted loading zones, and upgraded signage and line marking across several key streets such as Peel Street, Kable Avenue, Bourke Street, and White Street. These changes align with the Tamworth Regional Parking Strategy, aiming to improve traffic efficiency, safety, and accessibility throughout the city.

➤ Councillors agreed to accept Baiada's liquid trade waste from their new processing plant at Oakburn, Gunnedah Road into Council's sewers, subject to negotiated conditions. Councillors were advised that Baiada had originally intended to build and operate a Purified Water Treatment Facility on the site of the new processing plant and purify all liquid trade waste for re-use in the plant, but had decided not to proceed down this path. Instead, Baiada requested Council accept the liquid trade waste produced by the new plant into Council's sewers. There are 3 proposed stages to the point where the processing plant reaches full capacity and is processing 3 Million birds per week. Stage 1 is where the new plant is commissioned and the old In and Out Street facility is closed with all processing moving from the old plant to the new facility. Under stage 1, the volume and characteristics of the liquid trade waste discharged from the new processing plant will be the same, or better, than that currently being discharged to Council's sewer at the In and Out Street plant. Stage 2 is increasing production to 1.5 Million birds per week and Stage 3 is production increased to 3 Million birds per week. Both stage 2 and stage 3 will require further negotiation and agreement between Baiada and Council before the increased volume of liquid trade waste, associated with that stage, could be accepted into Council's sewer.

➤ Councillors agreed to appoint 10 Australia Day Working Group members recommended out of the 13 responses received following the broad reaching Expression of Interest (EOI) process. The successful community members are Tracey Bradbery, Anthony Byrnes, Di Hall, Kenneth Hall, Josef Hawes, Helen Lesley, Fiona Peters, Jennifer Porter, Lea-Anne Vaughan and William Weller. The working group consists of these 10 members, an additional Chairperson who is also an Independent Voting Member and Cr Matthew Sharpham who was appointed the Councillor

representative. The Councillor's confirmed that the members would serve for the term of the current Council and thanked those community members who submitted an EOI but were unsuccessful.

For more information, see the full reports at www.tamworth.nsw.gov.au/business-papers

Future work required before finalising options for Ray Walsh House

Tamworth Regional Council has today confirmed that additional work is required before Councillors will be in a position to consider a final decision on the future of Ray Walsh House. General Manager Paul Bennett says while Council have been progressing work on an Options Paper, it has become clear that more detailed analysis is needed to ensure Councillors are equipped with a full and accurate understanding of the potential pathways forward.

"We are committed to ensuring that any decision on the future of Ray Walsh House is informed, financially responsible, and in the best interests of our community. At this point, we believe further investigation and refinement is needed before we can confidently present Councillors with complete and viable options that reflect all the financial, operational, and strategic considerations involved." Mr Bennett says.

Ray Walsh House has remained unoccupied since 2022 when the air conditioning system failed. Replacement of the air conditioning system was not possible after friable asbestos was found in the air intake which rendered the building unsafe for staff. Since then, Council operations have been spread across multiple temporary locations in the Tamworth CBD.

"Our staff have continued to deliver for our community under challenging circumstances, and we know that long-term clarity is needed. This is a complex issue, and we want to get it right." Mr Bennett says.

Council will continue to work through the required detail, including financial modelling, with an updated report to be presented to Councillors in the coming months. Further updates will be provided to the community as this work progresses.





Delivering on our promise

From the beginning, Council has always committed that two-thirds of the Special Rate Variation (SRV)

would be invested into improving our roads and transport network - a priority the community consistently identifies as one of the most important Council services. Twelve months on, Council can share that they have delivered on this promise and how it is making a tangible difference across our region.

The \$4 million injection into Council's 2024-25 road maintenance budget has enabled the resealing of an impressive 540,000 square metres of roads this financial year. Of this work, 52% was completed on rural roads and 48% on urban streets, ensuring both our country roads and city streets are receiving attention.

In the 2024-2025 period, the entirety of the SRV funds has been spent, enabling road works to be completed on Duncans Creek Road, Rushes Creek Road, Garthowen Road, Nundle Road, Meldorn Lane, Browns Lane, Calala Lane, Wallamore Road, Rangari Road, Lindsays Gap Road, Lemon Gums Drive, Croydon Avenue, Edward Street (Tamworth), Flinders Street, Gill Street (Nundle), Harrier Parade, Werris Creek Road, Warral Road, Crawney Road and Darrell Road.

Beyond road surfaces the funds have been used on 60 km of roadside drainage works to protect the roads in our region from water damage, reducing the need for future repairs as often. Those include works at the Peel River levee bank, Tulipwood Crescent, Bournes Lane, Goonan Street, and Barnes Gully off Ebsworth Street.

"When we asked the community to support the SRV, we made a clear commitment that the majority of the funds would go towards our roads," said Mayor Russell Webb. "A year on, we can proudly say we are delivering on that promise."

Recent major flooding has left some roads in less-than-perfect condition however, the SRV funds enable Council to respond quickly to flood damage while still delivering our planned maintenance program. Without this funding, crews

would have to be pulled from scheduled works to focus solely on flood repairs.

Road repairs are an ongoing task but thanks to the Special Rate Variation, more can be done and sooner to keep our roads safer and stronger for everyone who travels them.

Annual Fiesta returning to the capital of country

The New England's largest multicultural festival, Fiesta La Peel, is returning to Tamworth Region on Saturday, 18 October in Bicentennial Park. Entering its twelfth year, Fiesta La Peel is continuing to grow in size, aiming to bring people from various cultural backgrounds together, to celebrate, share and learn about our multicultural community.

During the event, more than 100 nationalities will be celebrated including Laotian, Thai, Chinese, Hungarian, Persian, Iranian, Indian, North American, South American, Taiwanese, Australian, Polish, Filipino, Nepalese, Italian, German, Spanish and many more.

Eddie Whitlam, President of Tamworth Multicultural Inc, encourages both locals and visitors from across New South Wales to attend. "As an inclusive celebration, Fiesta La Peel continues to bring people together to taste food, enjoy music and celebrate the many cultures that make up our multicultural community," Mr Whitlam says.

From 4 – 8:30pm, Bicentennial Park will transform into a multicultural hub, featuring a various number of music and creative dance acts, and artistic demonstrations. Food and art stalls will also be part of the festival.

Crystal Vero, Events Officer at Tamworth Regional Council is excited to welcome applicants for the various performances as part of the event. "We're looking forward to hosting this event for another year in partnership with Multicultural Tamworth Inc, who are a key driver in helping us celebrate multiculturalism throughout the region," she says. "We strongly encourage food and entertainment providers to apply to be a stallholder."

Applications to participate in the event as a stallholder or performer are now open and close on 30 September at 3pm. For the past decade, Fiesta La Peel has been delivered by Tamworth Regional Council with the support and involvement of event partner Multicultural Tamworth Inc.

For more information about this event or to apply to be a stallholder, visit the official Fiesta La Peel website at www.fiestalapeel.com.au.



André Rieu's 2025 Maastricht Concert: Waltz the Night Away!

31 August @ 1:00 pm - 4:30 pm Cost: \$40.00

Step into a night of music, romance, and celebration with André Rieu's Waltz the Night Away! An all-new summer concert captured live from the stunning Vrijthof Square in his beloved hometown of Maastricht is coming to cinemas! Each night, the Vrijthof transforms into a grand ballroom as André and his Johann Strauss Orchestra invite audiences of all ages to waltz under the stars. With timeless melodies and beautiful waltzes, this concert will take you on a journey filled with joy, love, and heartfelt emotion. Let yourself be swept away by one of the most romantic events of the year, bigger and more dazzling than ever, on the big screen. Bring someone special and create cherished memories as you Waltz the Night Away with André Rieu — only in cinemas this summer!



Free Parent Workshop – Helping Learner Drivers Become Safer Drivers

8 September @ 5:30 pm - 7:30 pm Free

Parents and supervisors of learner drivers are invited to a free workshop at the Tamworth Community Centre on Monday 8 September, from 5:30 to 7:30pm. This informative two-hour session covers current rules for L and P platers, tips for effective supervision, and how to create a safe, supportive learning experience behind the wheel. Registration is essential via www.surveymonkey.com/r/TamworthGLS, and refreshments will be provided.

See It Live & See It Local Upcoming Events

Go to entertainmentvenues.com.au for details

The School For Scandal

Get ready to be captivated by the witty banter, scandalous secrets, and intricate social machinations of 18th-century London in Richard Sheridan's timeless comedy, *The School for Scandal*.

After Shakespeare but long before *Bridgerton*, there was *The School for Scandal*, Sheridan's brilliantly biting comedy of mischief and manners. Tamworth Dramatic Society's 'Made in Tamworth' production is a lavish affair complete with witty banter, surprising twists and unforgettable characters.

Celeste Barber 'Backup Dancer'

Following sold-out shows around the world, **Celeste Barber** is bringing her hit show to new towns across Australia.

Celeste has gone on to be internationally praised by likes of *Variety*; scored legions of fans including Reese Witherspoon, Amy Schumer, Chelsea Handler, Cindy Crawford, Drew Barrymore and Tom Ford; and had her own special *Fine, Thanks* filmed at the Sydney Opera House released on Netflix.

Backup Dancer dives into everything from social satire to awkward personal anecdotes and her lifelong dream to be a backup dancer for Janet Jackson.

A Year In The Life Of A Studio Kid

This production will take you on a journey spanning one entire calendar year, through the eyes of a studio kid! Come witness one year in the life of a dancer, the good days and the bad days, the days inside the studio and the days outside, the days that fill our hearts with joy and the days we'd rather leave behind. This production will include the genres of tap, jazz, hip hop, contemporary, lyrical, acrobatics and musical theatre. Featuring local dance students from the age of 3-18.

The Gruffalo's Child

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?

IWA Pro Wrestling Live

International Wrestling Australia returns to TAMWORTH REGIONAL ENTERTAINMENT CONFERENCE CENTRE (TRECC) on Saturday 23 August, for an epic event of LIVE Australian

Pro-Wrestling action for the whole family - part of the annual IWA Wrestle Revolution Tour!

With heavyweight matches, tag teams and daredevils all guaranteed to blow you away! It's a body slamming, bone-crunching, non-stop sports entertainment.

International Wrestling Australia (IWA) has been touring Australia for 25+ years and has alumni signed to WWE, such as Grayson Waller and former-champ Bronson Reed.

Beetle

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.

The Good Old Days Of Rock N Roll

Pioneers of the Australian Rock 'n' Roll era join together for the first time in over 60 years in an exciting and memory riddled show, The Good Old Days Of Rock 'n' Roll.

This wonderful review of memories from those days is the "cream of the crop" who have survived over 70 years of continuous performing and who, between them, have recorded dozens of hits which they will perform.

In the Good Old Days of Rock 'n' Roll, you will re-live all the fabulous original hits from the hit makers themselves; Little Pattie, Digger Revelle, Jade Hurley, Dinah Lee and Lucky Starr.

Joe Camilleri & The Black Sorrows

Joe Camilleri is an undisputed icon of Australian music. Over six decades Joe has toured, written, composed and entertained with unmatched joy and enthusiasm. He is a rock n roll lifer, multiple award winner and a Hall of Famer who still just cannot wait for the next gig.

In 2025, Joe is leading his band, **The Black Sorrows**, into their fifth decade. It will be a massive year of new album releases and diverse, exciting shows.

Go to entertainmentvenues.com.au for details

Dad: "Would you like anything to eat for dinner?"

Son: "What are my choices?"

Dad: "Yes" or "no".



From Brendan Moylan MP

Thunderbolts Way

Thunderbolts Way from Walcha to Gloucester is scheduled to reopen on Monday, 11 August. Although it will be reopened to traffic, roadworks will continue along the route with traffic control and reduced speed limits will remain in place.

Thank you to the crews and everyone involved in restoring access to this vital regional route.

Kempsey Road works

Repair works will begin on Kempsey-Armidale Road on 25 August and are scheduled to continue through to 30 June 2026. It will be closed to the public with only local access during this period.

Golf Notes

Chris and Nick Sweeney took out today's 2 Person Ambrose for a Club Trophy. Using a quarter of combined handicaps, the boys carded a 1 over par 72 to finish with a 68 net. Runners up on net 70.5 were Liam Johnston and Luke Smith with balls also going to Dan Lott and Kieran Darlington net 73.25. No NTPs were recorded. Big thankyou to Paul Grigg who took on the swinger job to play with two partners so no golfer had to sit out. It was commented he covered more ground than Cliff Young.

Next Sunday 17th Aug is a 4BBB for the Col and Rene Sweeney and Shane Middlemiss Trophies. The following Sunday 24th August is the final round of the Championships for Ian Cabot's trophy.

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Barraba Rams Rugby Report – Inverell Away Game

The Barraba Rams hit the road to Inverell over the weekend in what was a high-stakes clash with semi-final hopes on the line. With both the women's and men's sides giving it their all, the day was filled with determination, skill, and heart – a true reflection of the spirit of Barraba Rugby.

The Barraba Rams women came out firing against Inverell, delivering a commanding performance to secure a 34–7 victory. Right from the first whistle, the Rams held strong possession and showcased exceptional drive and determination, particularly from the front line who set the tone for the match.

Tries were scored by Brooke McKinnon, Kiah Newell, Jacqueline Coombes, Maddison Darlington and Leilani Tevaga, with Brooke McKinnon also slotting two successful conversions. The team's cohesion and depth were on full display, with plenty of subs allowing fresh legs to maintain momentum throughout the match.

Defensively, the Rams were rock solid, allowing Inverell to cross the line just once. While the match was largely in Barraba's control, it was unfortunate to see Inverell suffer two injuries during the game – we wish the players a speedy recovery.

This was a much-needed and well-earned win for the Rams – a fantastic way to cap off the season.

Points:

3 - Maddie Darlington

2 - Leilani Tevaga, Brooke McKinnon

1 - Jemma Johnson

Players Player - Jacqueline Coombes

The men's clash was a gritty affair, with Barraba showing real promise but ultimately going down 33–19 to a strong Inverell side.

When in possession, the Rams looked sharp, stringing together impressive phases and putting Inverell under pressure. Scrums were evenly matched, with Barraba at times gaining the upper hand, though Inverell also used their size and strength to advantage in key moments.

The line outs were a standout for Barraba, with clean execution and a couple of crucial ball steals. Both sides traded possession throughout, with Inverell capitalising swiftly on any turnovers.

There were some good runs by backs Cooper Chapman, Liam Mack and Brandon Newell, while defensively, the Rams were bolstered by outstanding tackles from Thabiso Mzisa, Rudi Hart and Kane Ward. Vocal leader Toby Markerink kept spirits

high, encouraging the team and keeping energy levels up right to the final whistle.

Tries for the Rams came from Liam Mack and Cody Townsend, with two successful conversions bringing the final tally to 19. A hard-fought game and a tough result to swallow, but the effort and grit shown by the boys was second to none.

Points:

3 - Liam Mack

2 - Cooper Chapman

1 - Brandon Newell

Players Player - Liam Mack

Despite the weekend's results meaning both teams narrowly miss out on a semi-final, the Barraba Rams can hold their heads high. The performances in Inverell reflected a club with heart, talent, and a strong sense of community. What a way to finish the season.

Don't forget – the final social outing of the year will be our **Presentation Night on September 12th**. Keep an eye on the **Barraba Rugby Club Facebook Page** for updates. For ticket purchases, contact **Amie Middlemiss on [0409 879 093](tel:0409879093)**.

Thank you to all the players, coaches, volunteers, and supporters for an incredible 2025 season. See you all in 2026!
Up the Rams! 🐏❤️

From The Conversation

Is US beef safe to eat? How worried should we be about 'mad cow disease', growth hormones and fatty meat?



Ruth McHugh-Dillon, Assistant Health Editor

Australians woke to the news the federal government had lifted decades-long biosecurity restrictions on beef from the United States. The government has brushed aside claims the decision was made to appease US President Donald Trump. Agriculture Minister Julie Collins has said the government's review of US imports was based "purely on science" and found the US is adequately managing disease risk.

But given the restrictions were first introduced in 2003 in response to a US outbreak of mad cow disease, many people will be wondering if US beef is safe to eat.

The US also has different rules about hormone and antibiotic use in cows. You may have also heard US beef is fattier. So, is it healthy? And what are the risks? We asked three experts to break down the health and safety of eating beef from the US.

Is US beef fattier? Is Australian beef healthier?

Animals' diets can affect what's in the meat we eat. Grain-fed beef is common in the US, while in Australia cows tend to feed on grass during summer and may eat hay in winter. However, Australian farmers are increasingly using grain, thanks to drought and other pressures.

So, if beef from the US is mainly grain-fed, does this make it less healthy? Studies have reviewed the available evidence on grain-fed beef versus grass-fed beef. Here's what they found overall (although variations can occur due to the animal's genes and seasonal and environmental changes).

Total fat. Grass-fed beef can be 30–75% lower in fat, compared to grain-fed beef. If you eat 100 grams of grain-fed beef, this can mean eating up to 20g more fat than meat from grass-fed cows.

Cholesterol. We have less data on this, but a separate study shows grass-fed beef contains less cholesterol than grain-fed. However, the difference is small, and eating cholesterol in food has less impact on your blood cholesterol levels than eating saturated fats.

Saturated fat. There are small differences between grass-fed and grain-fed beef, but not enough to know whether there would be any impact on cholesterol levels.

Omega-3 fats. Grass-fed beef may contain up to five times higher levels of omega-3 fats, which are beneficial for heart and joint health. This could be an important source of omega-3 for people who don't eat much fish, which has high levels.

Conjugated linoleic acid. This is another fat with potential health benefits, including reducing the build-up of fats in artery walls. Grass-fed beef has higher levels.

Antioxidants (beta-carotene and vitamin E). Grass-fed beef can have on average up to five times more antioxidants, compared to grain-fed beef. But the levels are so low in meat, it's unlikely to be a significant source.

Protein. Grass-fed beef has slightly higher levels. But given close to 99% of people already eat enough protein, this is not significant.

Overall then, grass-fed beef – more common in Australia – comes out as the healthier option.

Evangeline Mantzioris, Program Director of Nutrition and Food Sciences, University of South Australia



Cows in the US are often fed on grain and their meat has a higher fat content

Can I catch 'mad cow disease' from US beef?

When it comes to beef, perhaps the most significant safety concern is bovine spongiform encephalopathy, more commonly known as "mad cow disease". This infectious disease is caused by abnormal proteins that can spread in cows and cause nervous system damage.

Humans can't get mad cow disease. But in rare cases if you eat diseased meat you can develop a variant called Creutzfeldt-Jakob disease, which leads to dementia and premature death. There was a major outbreak of mad cow disease during the 1990s, mainly concentrated in the United Kingdom but also affecting the US.

So, is it still a risk in US beef?

Australia's food safety regulator deems it low risk, giving US beef its highest "category 1" rating for safety overall or for mad cow disease. But the public is often still concerned about mad cow disease due to occasional outbreaks in cattle in the US.

Australia is also currently free of certain bacterial diseases that affect US cows, such as bovine tuberculosis and bovine brucellosis. These usually spread between live animals, but there is a risk to humans from undercooked meat or unpasteurised dairy products.

Other major cattle diseases caused by viruses – such as foot and mouth disease and lumpy skin disease – are not a concern in the US.

Thomas Jeffries, Senior Lecturer in Microbiology, Western Sydney University

Does US beef contain growth hormones and antibiotics?

The use of growth hormones and antibiotics in cattle is more tightly controlled in Australia than the US. In the US, cattle can

be given approved natural or synthetic hormones to help them grow. These are regulated by the US Food and Drug Administration, with strict limits on hormone residues allowed in meat. The levels are extremely low, well below those found naturally in foods such as eggs and soy. There is no credible evidence that hormone residues at these low levels pose a health risk to humans.

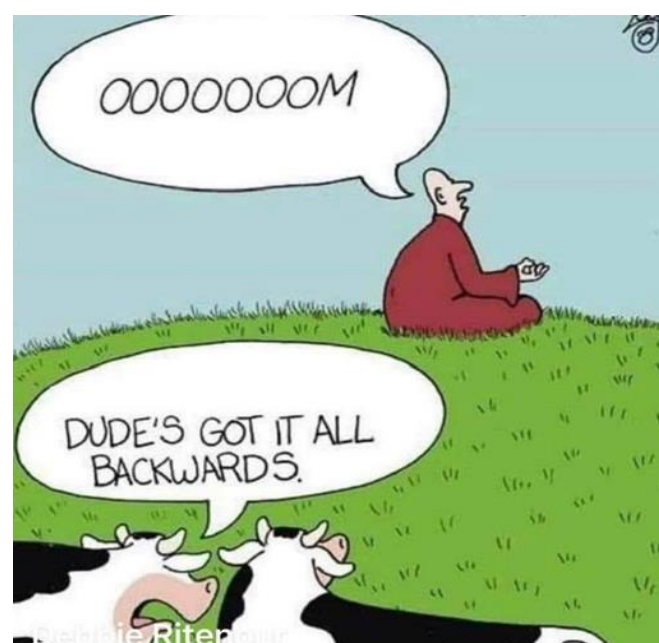
Antibiotics are also used in US beef production to prevent and treat illness. Since 2017, antibiotics that are also used to treat human infections – and which could be made less effective by overuse in animals – can no longer be used simply to promote growth. A veterinarian must oversee their use. In the US, before meat reaches the market, a specific amount of time must pass after an animal is treated with antibiotics or hormones before it can be slaughtered for food to ensure residue levels are safe. The Food and Drug Administration routinely tests meat to enforce these rules.

In Australia, the majority (more than 60%) of graded beef cattle are raised without using growth hormones, and antibiotic use is more tightly restricted. These are usually only prescribed by a veterinarian to treat, rather than prevent, illness.

These differences reflect Australia's more cautious approach, but they do not mean US beef is unsafe. For Australian consumers, choosing between local and imported beef is more about personal preference than actual health risk.

Those who prefer meat from animals not treated with growth hormones or raised under stricter antibiotic rules can choose Australian-grown or certified organic options.

Jimmy Chun Yu Louie, Associate Professor of Dietetics, Swinburne University of Technology



Baked Honey Mustard Chicken

From The Free Range Butcher



Roast dinner is a classic, hearty meal that is popular all around the world. Not only is it delicious, but it is also surprisingly easy to prepare. There are so many options for using the oven to cook dinner. It's minimal preparation, usually only one or two dishes, versatile (you can use any cut of meat you like) and usually gives you leftovers for later. This dish is perfect for mid-week.

Ingredients:

- 1kg Chicken Breast
- 1/2 cup honey
- 2 tbsp wholegrain mustard
- 1/2 tsp curry powder
- your favourite vegies for roasting eg pumpkin, sweet potato, beetroot & zucchini

Method:

1. Pre-heat oven to 180 degrees
2. Prepare your vegies for roasting and place in the oven. Set timer for 20 minutes.
3. Mix honey, mustard and curry powder together.
4. Lay your chicken breasts into your roasting dish.
5. Pour honey mixture over your chicken breasts.
6. Once your timer has finished for the vegies it's time to place marinated chicken breasts in the oven.
7. Cook chicken for 20-30 minutes until soft, tender and juicy. Be careful not to overcook.
8. Let your chicken rest for 5 minutes before slicing. Your vegies should be done by now.
9. Slice your chicken and serve with your roasted vegies and a sprinkle of fresh parsley.

RECENT ANNIVERSARIES

- Germany's adoption of the Weimar Constitution (1919)
- English chemist Joseph Priestley discovering oxygen by isolating it in its gaseous state (1774)
- Mahatma Gandhi founding the Non-Cooperation Movement aiming to end British rule in India (1920)
- te reo Māori becoming an official language of New Zealand (1987)
- rubber bullets being used for the first time in Northern Ireland during 'The Troubles' (1970)
- the invention of Champagne by Dom Pérignon (1693)
- Britain declaring war on Germany (1914)
- the arrest of Anne Frank following a tip-off (1944)
- Humphrey Gilbert claiming Newfoundland for Britain - the first English colony in North America and the beginning of the British Empire (1583)
- the capture of Nelson Mandela. He would spend the next 27 years in prison in South Africa (1962)
- the HMS Roebuck, captained by William Dampier, lands at Shark Bay, WA, on the first British scientific expedition to Australia (1699)
- the World Wide Web becoming publicly available (1991)
- the invention of Corn Flakes by William Kellogg (1898)
- the US, USSR, Britain and France signing the Treaty of London, which set down procedures for the Nuremberg war trials of Nazi leaders (1945)
- the formation of the Association of South-East Asian Nations (ASEAN) (1967)
- the opening of the Sistine Chapel in the Vatican (1483)
- the US dropping an atomic bomb on Nagasaki, Japan (1945)
- the birthday of Enid Blyton (1897)
- the start of the Weimar Republic in Germany (1919)
- the premiere of The Wizard of Oz (1939)
- the founding of Airbnb by Brian Chesky, Joe Gebbia and Nathan Blecharczyk (2008)
- American inventor Isaac Singer patenting the sewing machine (1851)
- Henry Ford's company building the first Model T car (1908)
- Clarence Birdseye receiving a patent for his method for quick freezing food (1930)
- IBM launching its first Personal Computer (1981)