



**FREE LOCAL NEWSPAPER**

# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Wednesday 3<sup>rd</sup> September 2025**



## **BARRABA RSL & RECREATIONAL CLUB LTD**

Phone 67821379  
For the information of  
members and guests.

### **THIS WEEK**

#### **FRIDAY 5th SEPTEMBER**

MEAT RAFFLES  
MEMBERSHIP DRAW \$1900

#### **SATURDAY 6th SEPTEMBER**

BINGO STARTS AT 12.30

#### **SUNDAY 7th SEPTEMBER**

#### **AIRCOOLED ASSEMBLY RAFFLES**

Raffles on sale from 12pm, drawn 1.30pm  
MEMBERSHIP DRAW \$1100

#### **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 RACES**

20th September 2025

Gates open 11am

Admission: \$10 adults

\$5 pensioners and school age children

Fashions in the Field Prizes, Lions BBQ,  
Bar, Jumping Castle, Polkadot Cafe Coffee,  
Bookies on site.



## **United Hospital Auxiliary**

Street stall on Thursday 11th September  
from 9am.

All donations greatly appreciated.



## Barraba Health Service Playgroup

Barraba Hospital is excited to launch a new intergenerational playgroup, starting on Tuesday 2nd September and continuing on the first Tuesday of each month from 10:00 to 11:00 am.

Held in the Day Centre, this playgroup will bring together young families from our community and the residents of Garvin House for a morning of shared connection and fun.

Parents and caregivers with children under 6 are warmly invited to join us for activities including art, craft, story time, and morning tea.

Intergenerational playgroups offer many benefits—helping to boost emotional wellbeing, reduce isolation and loneliness, enhance cognitive function, and foster strong bonds between generations.

For more information, please contact Leah or Annie at Barraba Hospital on (02) 6782 2500.

We look forward to welcoming you!

---



## Westpac Helicopter

Around 11.30am, on Saturday 30 August, a Westpac Rescue

Helicopter was tasked by NSW Ambulance to a dirt bike accident at Upper Horton, northeast of Narrabri. A man in his 20s was treated by NSW Ambulance paramedics and the helicopter's critical care medical team for multiple injuries before being airlifted to Tamworth Hospital.



## Ageing Australia alarmed by the number of Australians waiting for crucial care

Ageing Australia is calling for a raft of new home care packages, after revelations more than 200,000 older Australians are waiting for care. The new figure was revealed in a Senate Inquiry into aged care service delivery, today.

"We are alarmed to discover that the number of older Australians waiting for crucial aged care in their own homes is far higher than previously thought," said Ageing Australia CEO Tom Symondson. "Providers have told us time and again that they have the capacity to care for many more older people, but this simply isn't possible without more home care packages. We must urgently address the growing waiting list, both those awaiting a package and the substantial number of people who are waiting to get an assessment. We've been calling for the immediate release of 20,000 home care packages before 1 November. We've also been calling for a frontloading of the 83,000 packages to be released from 1 November, so that we can start clearing the waiting list as soon as possible. Older Australians need to know that when they seek care, it will be available to them."

---

## BARRABA GOLF CLUB

would like to invite you to our

**100 Year Anniversary Dinner**

Friday 19<sup>th</sup> 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](mailto:amanda@stockandcrop.com.au)

RSVP by Sunday 15th September 2025 please.





In 2023 Margaret Currell wrote "History Notes" about the botanist and explorer Allan Cunningham, who passed through the Barraba district in 1827 while exploring the countryside inland from the Hunter Valley to Brisbane. Her main reference was an article from a 1960 Royal Historical Society Journal. Allan Cunningham was born in Wimbledon, Surrey in 1791 and was working at the Royal Botanic Gardens at Kew in 1814 when Joseph Banks sent him to collect plants in Brazil. Two years later he was in New South Wales and joined Oxley's expedition to the Lachlan. He later visited what is now Queensland stopping at Magnetic Island and spending time on the Endeavour River.

Governor Darling decided that Cunningham was the most experienced man to lead an expedition to what is now northern N.S.W. following up on Oxley's 1818 expedition to the Peel and then exploring north to the New England Tableland. Rough country and the drought saw him head further west and north crossing the Namoi River, just north of Carroll, where he caught some fine cod fish.

Cunningham continued north crossing some very dry land until on May 17<sup>th</sup> he reached Buddle's River, now known as the Manilla River. He remarked "there was little water in the channel" and he also briefly saw five natives in the river but they took "instant flight". This crossing of the Manilla River was in the vicinity of present-day Taylor's reserve on the way

out to Hawkin's Creek on the Trevallyn Road, six kilometres from Barraba. There is now a Cunningham memorial to mark the crossing. How many people have stopped to read the plaque unveiled by the late Elsie Capel in 1970?

From here he proceeded north following the valley of Bingara Creek to the Gwydir River which he thought was the Peel River and then onto Warialda and north to the Darling Downs and the Condamine River. He stayed in this area for a little while before setting out on the return journey, passing through our area to the west of the northern journey. He followed the Horton River and then Rocky Creek before turning south about Hell Hole Creek where he found some very tough country to climb over to the Boomi and then up over the Mount Kaputar Range and home via Boggabri/Gunnedah.

There is more detail about Cunningham's adventures in "A Beautiful Sward of Grass" – Allan Cunningham's 1827 Exploration of Northern NSW, held in the Inverell Library.

Allan Cunningham's exploration began from his depot at Segenhoe, Scone, on 30 April, 1827, with rations for 14 weeks and well-constructed measuring instruments. His friend Peter Macintyre, manager of Segenhoe, guided him up a steep pass over the Liverpool Range, out of the Hunter Valley. Once onto the Liverpool Plains, the party was proceeding north when, from a hill near Currabubula, the sight of the rugged Moonbi mountains ahead caused Cunningham to deviate westward before continuing on the northerly course. He therefore bypassed the New England Tablelands; almost the entire area from Bendemeer to Tenterfield being discovered by the first settlers. He also missed the western plains, although on a previous expedition he had come close to Boggabri, leaving this area to be explored by Mitchell in 1831. Instead, he travelled along the north-west slopes. Forging the Namoi near Carroll, he entered a country of high ridges, stony gullies and scarce feed, which was a spur of the Nandewar Ranges. Cunningham's journal describes his day-to-day progress through the upper north-west slopes.

20 May, 1827: During this day Cunningham crossed the east-west traverse of the Nandewar Range, near the present Bingara-Barraba road, and entered the Gwydir Valley. The group travelled north down Halls Creek and camped that night about 11 km south of Bingara, where the grass was "fresh and luxuriant" and where a "small limpid stream, running through the centre of the vale, murmurs over the stony bed of its channel". He named the vale Stoddarts Valley.

It was here that he found "faeces, two or three days old, of horned cattle, and the trodden grass showed where 8 to 10

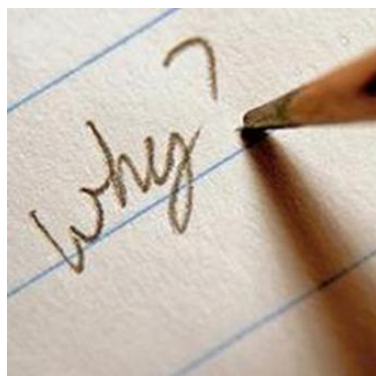


animals had rested" - 250 km north of the nearest stock stations! Cunningham concluded that "Europeans had been wandering through that part of the Interior".

21 May: The company of explorers continued northward, following Halls Creek to its junction with a river, about which Cunningham wrote "seemingly the Peel", but when he crossed it downstream on his return journey, the same river was named the Gwydir. It took time and effort to make a crossing over a "gravelly bed 250 yards in breadth", and the party camped the night on the northern bank. Twenty years later the town of Bingara began at this crossing.

22-23 May: Leaving the river, in a NNW direction, the explorers skirted the rough country and cypress-covered hills to the east. After 22 km the country opened out and Cunningham could see that the Nandewar mountains to the westward terminated and that there was heavily timbered land beyond. About a kilometre to his west was a "rocky ridge of hills" (Mt Rodd) and "to the north east the country rises to a considerable elevation, and a very lofty ridge, crowned with cypress lying nearly east and west, from the back of which rose a very sharp cone". He called the cone Braco Peak, now Balfours Peak, and the high ridge Mastertons Range, now known as Mastermans Range. "About noon on the 23rd we reached the wide but shallow reedy channel of a river forming simply at this season, a long chain of ponds" (Warialda Creek), which he followed upstream for 6 km and made camp, somewhere between the modern Gwydir Highway bridge and the sawmill at Warialda.

Allan Cunningham was acknowledged as being the most prolific Australian plant collector of the early nineteenth century, as referenced by Anthony Orchard in "The dispersal of Allan Cunningham's botanical collections" – 12 May 2014. His publications included seven major papers and 57 shorter papers on subjects including taxonomy, geology, physical geography and zoology. He died on 27 June 1839 of consumption in Sydney aged 47. He was clearly very capable and versatile and packed a lot into his relatively short life.



**Why is the time of day with the slowest traffic called rush hour?**



#### **Barraba Councillor Catch Up**

**Saturday 6th September @ 10:00 am - 11:00 am**

Councillor Catch Ups are starting again for 2025. Late last year, many community members engaged with Councillors at Nundle, Manilla and Kootingal to discuss local issues important to them.

Councillor Catch Ups are an opportunity to connect, share ideas, and raise any concerns.

Next Catch Up at **BARRABA: Saturday 6th September at the Museum Markets.**



#### **Council's Annual Donation Program now open**

Tamworth Regional Council's Annual Donation Program 2025-2026 is now open for applications. The program is designed to help small to medium organisations and community groups, who do significant work in the community, with funding to help their operations.

There is \$60,000 available for the Tamworth region, including the villages of Nundle, Manilla and Barraba. Applications are invited from not-for-profit organisations, charities, community groups and organisations located within the Tamworth Regional Council local government area, that provides a service to the Tamworth regional community which may be of a unique nature. Recipients of donations funding in previous years are welcome to reapply. Organisations are eligible for only one donation per financial year, that is 1 July to 30 June. Successful applicants will be determined by a panel of three Councillors, Cr. Ryan Brooke, Cr Marc Sutherland and Cr Stephen Mears.

For more information and to apply, visit the Tamworth Regional Council website: [2025-2026 Annual Donations Program - Application Form | Tamworth Regional Council](#) Applications must be submitted by **5:00pm on Monday, 29 September 2025.**

## Act now to protect you, your family, and the community from whooping cough

The Australian Medical Association is calling on pregnant women, parents, and caregivers to ensure they are vaccinated against whooping cough (pertussis), amid a concerning surge in cases across the country.

Pertussis, commonly known as 'whooping cough', is a respiratory disease caused by the bacterium *Bordetella pertussis*. It is highly infectious among unvaccinated people and can be life-threatening, particularly for newborns and young children.

Australia is currently experiencing its most significant and long-lasting outbreak in decades, with more than 57,000 cases reported in 2024 alone — the highest annual total since 1991 — and ongoing high rates. Some areas, including Queensland and Western Australia's Kimberley region, are seeing particularly high rates of infection. In South Australia, more than 1,000 cases were recorded in early 2025 — 11 times higher than the same period the previous year.

AMA President Dr Danielle McMullen described the resurgence of whooping cough cases as "extremely concerning", especially in light of below-target vaccination rates and growing vaccine hesitancy. "We can't afford to be complacent," Dr McMullen said. "Each year, thousands of lives are lost to respiratory diseases like whooping cough — and we all have a role to play in preventing their spread. Vaccination remains our most powerful defence."

Dr McMullen stressed the importance of maternal vaccination in pregnancy and vaccination of carers to protect infants who are most at risk and urged all Australians — especially those in close contact with newborns — to check their vaccination history and speak to their GP if needed. "Boosting immunisation rates is critical. Every pregnant woman should receive a dose of a pertussis-containing vaccine during each pregnancy to protect their newborn from whooping cough. Maternal vaccination creates antibodies which are passed to the unborn baby and protect them in their first days and weeks of life. But it doesn't stop there — ensuring family members and other caregivers are also vaccinated helps create a protective cocoon around infants and protect them as they build immunity through the infant vaccination schedule."

Free whooping cough vaccines are available to all pregnant women, with vaccination recommended between 20 and 32 weeks of each pregnancy to ensure protective antibodies are passed on to the unborn baby.

Parents and carers should also ensure children receive their vaccinations on time, especially during the first six months of life, when they are most vulnerable. Anyone who is in close contact with a newborn is encouraged to check they have had a pertussis booster vaccine in the past 10 years.

"Getting vaccinated is one of the simplest and most effective ways you can protect your loved ones and your community," Dr McMullen said. "We must not lose sight of the fact that immunisation saves lives."

---

## Connect and Thrive event in Tamworth: youth empowered to shape their future

Young people from across the Tamworth region, including Quirindi, are being invited to take part in *Connect and Thrive: Pathways*, an event designed to equip young people with the skills, confidence and connections they need to shape their future.

Delivered by the NSW Office for Youth, *Connect and Thrive: Pathways* is a direct response to feedback from the 2024 NSW Youth Summit and the Your Voice, Our Future consultation, where young people called for more meaningful action and face-to-face engagement in their communities.

Targeted at young people aged 15 to 20, the event being held on **Tuesday, 16 September in Tamworth** will offer practical workshops in leadership and advocacy, alongside opportunities to connect with local businesses, community organisations and government agencies.

The program includes a leadership and changemaker workshop, a consultation session and a 'Pitch It' session where local employers and community groups will present real engagement and employment opportunities for young people in the local community. A key highlight of the event is the consultation session, where young people collaborate with local leaders to co-design solutions to the challenges they face in their communities.

Local businesses, councils and community groups are encouraged to register and present their opportunities to young attendees. Registrations can be submitted via the following link: [www./form.jotform.com/251947713990872](http://www.form.jotform.com/251947713990872) or by contacting the Office for Youth at [engagement@officeforyouth.nsw.gov.au](mailto:engagement@officeforyouth.nsw.gov.au).



**Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council on Tuesday 26 August, 2025**

- A notice of motion put forward by Councillor Charles Impey to work with the community and service providers to advocate for a Mental Health Summit for Tamworth was supported by unanimously by Councillor.
- Councillors tonight reviewed a DA from the Tamworth Aboriginal Medical Service to build a new Medical Centre, Wellbeing Centre and allied health services on Hillvue Road, South Tamworth. The proposal would see three new buildings constructed on part of the site previously known as Hyman Park, featuring medical and allied health services, a pharmacy, café, crèche, meeting rooms, reflection spaces and a yarnning circle. As the site is currently owned by Council and the proposed project is above the \$5 million threshold, the DA will be determined by the Northern Regional Planning Panel in September. Councillors resolved to make a submission to the Planning Panel mentioning some local concerns around the preservation of green space.
- Councillors reviewed a number of options for Commercial Developer Charges and tonight decided to change the current charging methodology and associated charges for non-residential developments to a lower, uniform charge, based on the current lowest charge. Commercial Developer Charges are payable to Council as the Local Water Utility to recover infrastructure costs associated with the additional demand created by new developments.
- Councillors have resolved to adopt a revised version of Tamworth Regional Council's Social Media Policy. The aim of revising this social media policy was to align with the Office of Local Government's Model Policy, and is reflective of Council's commitment to upholding and promoting openness, relevancy, accuracy and respect in the context of social media engagement. The draft version of the policy was on public exhibition from 8 May to 5 June 2025. The policy will be added to the General Policy Register on Council's website.
- Councillors discussed the next steps for the new Dungowan Pipeline including easement acquisition to access and manage the asset which was vested to Council from the State Government in June this year. Councillors endorsed a negotiation protocol to be managed by the NSW Department of Climate Change, Energy, the Environment and Water (DCCEEW). The

Department will engage and negotiate with property owners and cover all costs of the acquisition.

- Councillors received a report outlining the outcomes of the recent Sister Cities delegation to Nashville, Tennessee, in June 2025. The visit, which coincided with the world-renowned CMA Fest, strengthened Tamworth's long-standing Sister City relationship with Nashville through civic engagement, industry networking, and cultural exchange. Mayor Russell Webb and Executive Manager Creative Communities and Experiences Peter Ross represented Tamworth Regional Council, alongside Dr Melanie Fillios from the University of New England. The delegation gained valuable insights into tourism and destination marketing, education and industry collaboration, placemaking, and cultural programming—knowledge that will help shape future opportunities for Tamworth's tourism, events, and creative industries.

For more information, see the full reports at [www.tamworth.nsw.gov.au/business-papers](http://www.tamworth.nsw.gov.au/business-papers)

**BARRABA UNITING CHURCH NOTICES**

Sunday 7<sup>th</sup> September

Service time changes to 8:45am for next four months. Please note new time.

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

**Advertise in Barraba Community News and reach 750 households in our local area.**  
**Contact**  
**[news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)**  
**for the best advertising rates in the region**





**Capers 2025. 07 - 08 Nov - TRECC**

***Presented by NSW Department of Education***

**AN ARENA SPECTACULAR**

**CAPERS** is an arena spectacular production and is a significant and exciting opportunity for both students and teachers to showcase their creative skills and talent while building their knowledge and experience through a large-scale, collaborative, community-driven event.

Since its establishment in Tamworth in 1998, **CAPERS** has been a highlight for up to 2500 students each year and has been the springboard for many students who have pursued careers in the arts. For tickets go to [Capers 2025 - Entertainment Venues](#)

Love  Local

**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**  
QUALITY LOCAL TRADESMAN ONE TRADESMAN WITH BOTH ELECTRICAL & REFRIGERATION LICENSES

<b>2.5kw Mitsubishi Heavy Industries A/C</b> <small>Fully Installed - Back to Back</small> <b>\$2270</b>	<b>5 kw Mitsubishi Heavy Industries A/C</b> <small>Fully Installed - Back to Back</small> <b>\$2870</b>	<b>7.1kw Mitsubishi Heavy Industries A/C</b> <small>Fully Installed - Back to Back</small> <b>\$3350</b>
--	---	--



**PHIL DENYER**

**MECHANICAL REPAIRS**

**(02) 6782 1107**

**Rod Bonner**

**Your local Plumber, Drainer, Gasfitter and Handyman**

**Lic No. L8791**

[plumberdrainer@gmail.com](mailto:plumberdrainer@gmail.com) **Text**

**is best 0447 052 140**

**BARRABA COMMUNITY NEWS**

COMMUNITY OWNED AND EDITED

**Published by Community College Northern Inland Inc.**


Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)

Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses



**WARDS PLUMBING**

Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358 [wardsplumbing@bigpond.com](mailto:wardsplumbing@bigpond.com)

## Golf Notes

Today we played an Individual Stableford for Phil Hiscock's trophy. The winner, with the excellent score of 40 points, was Josh Austin ahead of runner up Rob Sweeney on 36 points. Balls went to Bill Simpson 35 and Chris Sweeney on 32. There were a number of players just below the ball threshold on 31. The only NTP was from Jesse Phillips with a great shot into the 12th. In the only match play games Josh Austin and Luke Smith had a strong win over Peter Summerell and Mike Artis 6 and 5.

Next Sunday 7th September is a 4BBB Aggregate Stableford for Mick Djuric and John Freeman's trophy. The week after, September 14<sup>th</sup>, is an Individual Stableford for Graham Bowman's trophy.

A heads up also, that on Sunday 21st September is our very popular 4 Person Charity Day for Breast Cancer so start to organise your teams on what is always a wonderful day.

We are holding a working bee on Saturday 13th September at 8am to oil the greens in preparation for our Sandgreen Championships in October. Any help would be much appreciated.

---



### **2025 Agility Dog Association of Australia National Grand Prix. 26 September @ 9:00 am - 29 September @ 4:00 pm. AELEC Tamworth**

Dog agility is a team sport where you are in charge of the strategy and your dog is responsible for the athleticism. Dogs leap over hurdles, power through tunnels, zip through a slalom of upright poles and scale ramps of different sizes. The aim is to find the balance between the control of the dog and the speed of the performance. Scoring is based on faults, similar to equestrian showjumping. A dog that completes the obstacles correctly within the set time will earn a clear round. Dogs earn titles when they achieve a set number of clear rounds.

---



#### **FREE TICKET GIVEAWAY!**

We're giving YOU the chance to WIN 3 Adult Tickets + 3 Drink Tickets for the upcoming Barraba Races!

Here's how to enter:

- ☀️ LIKE / FOLLOW our page
- ☀️ SHARE this post
- ☀️ TAG a friend

It's that easy! Don't miss your chance to enjoy a day of racing, cold drinks & great company.

Winner announced WEDNESDAY 17th September.

Would your child like to try out  
for the Barraba Junior Touch  
Football representative teams?

Come along to the trials 3:30-4:30pm

\* Tuesday 9 September 2025

\* Tuesday 16 September 2025

**\* and Tuesday 23 September**

Please attend at least 2 sessions  
unless discussed with Bindy prior.  
Please note this is not a drop and  
run event- parents must stay.

Age groups as follows:

Under 10s (born in 2016, 2017 or 2018)

Under 12s (born in 2014 or 2015)

Under 14s (born in 2012 or 2013)

(Boys and Girls teams)

Any questions please phone  
Bindy Abell 0477 464 463





Last week we had 2 photos, supplied by Gene Robinson, for Kindergarten 1947 and First Class 1949.  
The pictures below, supplied by David Witten, are the same students from Kindergarten 1947 through to Class 5A in 1952.



**Some names include;** Barry Corcoran, John Jackson, Joan Redding, Roslyn Barwick, Helen Grant, Julie Saunders? Kathryn Urquhart, Keith Bridges, Russell Connolly, David Witten, John Garland, David Cameron







## NSW Women of the Year Awards 2026

The NSW Women of the Year Awards celebrate the incredible women and girls improving the lives of people in NSW. Since 2012 these annual awards have recognised the women and girls whose determination, bravery, skill and passion has inspired their communities and others to achieve great things. The awards celebrate the role models who challenge inequality, innovate and inspire. Nominations for 2026 opened on 5 August 2025. The recipients of the awards will be announced at the NSW Women of the Year Awards ceremony on Thursday 5 March 2026 as part of NSW Women's Week 2026 (2-8 March).

**Nominations close 9 September 2025, 11:59pm.**

The Categories are:

### 1. NSW Premier's Woman of Excellence

The NSW Premier's Woman of Excellence is a role model who has excelled in her chosen field. In doing so, she effects lasting change and is an inspiration to others.

### 2. NSW Aboriginal Woman of the Year

A dedicated pillar of her community, the NSW Aboriginal Woman of the Year is a role model who promotes economic, cultural and/or social opportunities for Aboriginal people in NSW. Open to all Aboriginal and Torres Strait Islander women.

### 3. NSW Community Hero

The NSW Community Hero Award shines a light on the accomplishments of an extraordinary woman who works tirelessly to contribute to the prosperity of those in her local community.

### 4. NSW Regional Woman of the Year

The NSW Regional Woman of the Year recognises the accomplishments of an exceptional woman living in regional NSW who inspires and advances her community and contributes to the fabric of her local area. Nominees for the NSW Regional Woman of the Year must reside outside of Newcastle, Wollongong or Greater Sydney.

### 5. NSW Young Woman of the Year

The NSW Young Woman of the Year has demonstrated incredible potential or achievement in her chosen field, passion or area of interest. Open to women aged 16-30 years.

### 6. The Ones to Watch

Recognises girls and young women aged 7 to 15, who demonstrate a single act or ongoing acts of courage, bravery, strength, determination and/or kindness to help and support those around them.

The program will showcase up to 10 girls who will be recognised and profiled as part of the NSW Women of the Year Awards 2026, as the next generation of rising stars. The Ones to Watch girls will be featured in a video reel that highlights their achievements and will be invited to attend the prestigious NSW Women of the Year Awards events

including being presented with a special acknowledgement at the awards ceremony on 5 March 2026 held in Sydney. Nominations can be made by the nominee's parents/guardians and schoolteachers only.

### 7. Local Women of the Year Honour Roll

The NSW Local Women of the Year are chosen by Members of Parliament and are recognised for their contribution to their local community.

## NOMINATIONS

- Nominees must consent to their nomination before an entry is submitted.
  - Nominations will be accepted from 9:00am on Tuesday 5 August 2025 to 11:59pm on Tuesday 9 September 2025.
  - Nominations must be submitted online. Hard copy nomination forms will not be accepted. Please email [WomenOfTheYear@tco.nsw.gov.au](mailto:WomenOfTheYear@tco.nsw.gov.au) if you have any difficulty submitting your nomination online.
  - All required fields must be completed and criteria must be addressed for the nomination to be considered valid.
  - Nominators must provide required contact details for themselves and their nominee including an active email address and mobile phone contact number.
  - Entry is conditional upon confirmation of eligibility by the selection panel.
  - Nominees may be contacted by The Cabinet Office to request additional information including a photo and biography.
  - Nominees who progress through the assessment process will be subject to a National Police Background Check and referee check.
  - An awards ceremony will be held on Thursday 5 March, during NSW Women's Week 2026 (2-8 March) in Sydney and finalists will need to be available to attend the event.
  - Travel arrangements to attend the Ceremony in March will be organised for finalists where required.
  - A nominee can be entered into more than one category following the instructions provided through the awards portal.
  - The panel reserves the right to move your nomination to another award category if they deem it more suitable.
  - All nomination forms and materials submitted remain the property of The Cabinet Office.
  - Entry into the NSW Women of the Year Awards is deemed acceptance of the Terms and Conditions.
-



## Greek Chicken & Risoni Bake

From The Free Range Butcher



This Greek Chicken and Risoni Bake is a true delight for your taste buds. It's a quick and easy recipe that brings together wholesome ingredients like chicken, tomatoes, feta cheese, olives, and oregano, whisking you away to a sun-soaked beach in Greece with every bite. Bursting with flavour, this dish offers a balanced meal that includes carbs, protein, healthy fats, and plenty of vegetables—everything you need for a satisfying and nourishing meal (Serves 6-7).

### Ingredients:

- 1-2 tbsp olive oil
- 1 Butterflied Plain Chicken/500g Chicken Thigh fillets
- 1 red onion, diced
- 4 garlic cloves, crushed
- 1 cup fennel, diced
- 1 carrot, diced
- 2 tomatoes, diced
- 1.5 cups risoni
- 2 cups of salt-reduced chicken or vegetable stock
- 1 cup passata or tinned tomatoes
- 1 pinch salt & pepper
- 1 tablespoon fresh/dried oregano
- 200g cherry tomatoes, halved
- ¾ cup olives of choice
- 100g Greek feta cheese
- 1 handful fresh oregano/parsley for garnish (optional)

### Method:

1. Preheat oven to 200°C. If using the butterflied chicken, cut chicken into thigh, breast and wing pieces. Heat saucepan, add olive oil and brown the butterflied chicken pieces or thigh fillets on each side for 2-3 minutes, remove from heat and pan.
2. Heat saucepan, add olive oil, garlic, onion and fennel and brown for 2 minutes. Then add carrots, risoni, diced tomatoes, stock, passata/tinned tomatoes, salt, pepper and oregano. Mix all ingredients until combined and the mixture has come to a boil, this should take approximately 3-5 minutes. Pour mixture into a deep baking tray (1.5L), place chicken on top and bake for 20-30 minutes. By this point, the chicken should be fully cooked, and the risoni should have partially absorbed the liquid.
3. Top bake with cherry tomatoes, crumbled feta and olives and bake for another 5 minutes. Garnish with fresh oregano/parsley leaves and enjoy your risoni bake!

*TIP: For a fresh and wholesome side dish to complement your Greek Chicken and Risoni Bake, try serving it with a garden salad dressed with olive oil, fresh lemon juice, salt, and pepper.*

If the person who named Walkie  
Talkies named everything  
Stamps = Lickie Stickie  
Defibrillators = Hearty Starty  
Bumble bees = Fuzzy Buzzy  
Pregnancy test = Maybe Baby  
Bra = Breastie Nestie  
Fork = Stabby Grabby  
Socks = Feetie Heatie  
Hippo = Floatie Bloatie  
Nightmare = Screamy Dreamy