



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 26th November 2025

Lions Christmas Tree

Lions wish to advise that the Christmas Tree celebrations this year will again be held at the Bicentennial Hall from 5pm. Due to construction works at the RSL Hall located at Rotary Park, and the loss of area for us to set up at, we have had to make the hard call to move. However, everything will go ahead with Rotary providing drinks and the BBQ, Rugby Club with the chocolate wheel, our annual Guessing Competition draw, and of course the big man in red, Santa, arriving at about 6pm.

Regards,

Trent Hartwig

Secretary, Lions Club of Barraba Inc.



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

**THURSDAY 27th NOVEMBER
BINGO**

FRIDAY 28th NOVEMBER

Meat Raffles. Tickets on sale from 6pm.
Membership Draw \$1100

SUNDAY 30th NOVEMBER

Angler Club Raffles on sale from 12md.

Drawn at 1.30pm.

Membership Draw \$2000 (3 draws)

Happening Soon

Friday 12th December Ham Raffles

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 6pm

Sunday 12-2pm



Lawn Mowing

Yard maintenance, rubbish removal, weed spraying.

Pensioners and DVA discounts on provision of appropriate cards.

Phone Scott, 0428941979, for an obligation free quote.

Amenities block moves in Barraba

The Rotary Park amenities block will be closed from Thursday 27 November to allow for the relocation of the block to a new site within the park. The amenities are expected to reopen before Christmas.

Alternative public amenities are located on Queen Street near the pedestrian crossing and O'Meara Park at the southern end of town.



History Notes

This week perhaps we should remind our older residents of a well-known family who lived many years in our midst and who were very well thought of in the Barraba population.

I am referring to the Sofis family who came to Barraba from Lesvos. Dimitrios Sofianos (Jim Sofis) came to Australia in 1923 and stayed more than 10 years settling into the café scene in Australia. It's not known just when he decided to settle in Barraba but he certainly had the Empire Café, next door to Clifton Hall, in February 1930 and was advertising meals at all hours by Sofis and Co. at that time.



In 1937 Jim, as he was known in Australia, went back to Greece for a holiday. It was during that 2-year holiday that he married Electra Sarika. The young couple then sailed to Australia on the Strathmore in 1937. On arrival in Sydney there was a brief time to look at the shops before boarding the train to Barraba.

On arrival in Barraba they lived with friends for a while with hardly time to write to family in Greece before the Second World War began. It was a lonely time for a young bride living so far away from family and by the time the war ended there were three young girls in the Sofis family.



The names of the "Monterey staff 1940s" are: Top: Jim Sarikas. L-R Jim Dellis, Valma Spence, Chris Sofis, Shirley Toogood.

It is not certain just when the café opened on the western side of Queen Street – there has hardly been any activity in the café since the Sofis family left in the mid-1960s but some of the old features are still visible.



Electra was rather surprised to see how many friends Jim had made and how much he has become part of Barraba. The family got on well with the Barraba population and socialized with many of them especially the other Greek family running the Golden Bell Café down the street.

Tragedy struck on the 23rd May 1950, when James Sofis died in a car accident on the Bingara road while returning home from a fishing trip. He left a wife and three young girls and a café for everyone to look after. Barraba rose to the occasion and there were people everywhere helping the family get back on their feet. Some customers would come from great distances to support the Sofis family and the locals used any excuse to shop there – my mother often bought fruit from Sofis and we often had meals there as well.

After finishing boarding school, a group of us played tennis at the Tennis Club on Saturday afternoon, then had a meal at the Sofis Café and went onto the movies after that – the café was usually still open when the film finished but we mostly went home.

On Sundays in the summer months a number of the same group went to Keepit Dam to learn to water ski – we spent most of the day down there and came back to Sofis Café for dinner before going home. We were always amazed at the Sofis girls' memories – 12 people sitting around one table and one waitress taking the orders without pencil or paper. The meals were always correct!



"Monterey café 1952" are: Tony Chalmers, Grace Park, Jim Sarikas, Anna Sofis, Peter Oglos.

Sadly, the Sofis family decided to leave Barraba in the mid 1960s. The girls were growing up, Anna had married and Electra was beginning to feel it was too much. Anna and her husband had bought a milk bar in Sydney and so the family moved to Sydney. The girls still keep in touch with their Barraba friends, which is nice.

I wonder who else has memories of the Sofis family to share?

Medical Centre Notice

The surgery will be closed from Monday 22nd December 2025 until Monday 29th December 2025.

Reopening on Tuesday 30th December 2025 @ 11.30am.

Also, we will be closed on Thursday 1st January & Friday 2nd January 2026 and will reopen Monday 5th January 2026 @ 11.30am.

If you require scripts before the closures, please call the surgery to make an appointment.

If you require medical attention, please present to the Barraba Hospital or in an emergency call 000.



How do you shop for food? Map My Food survey closing soon!

Deakin University public health experts are encouraging locals who haven't already taken part in the Map My Food survey to share their experiences of where they shop for food and why.

The Map My Food project wants to hear from anyone 13 years and over in the Tamworth and Hunter New England region before the first-of-its-kind community survey closes on Monday 8 December.

Dr Cindy Needham Deakin's Global Centre for Preventive Health and Nutrition ([GLOBE](#)) in the Institute for Health Transformation ([IHT](#)) said the research team is keen to understand how people get their food as a first step in improving access and availability of healthy food in regional communities.

'We want to know do people grow their own vegetables, swap produce with neighbours, travel long distances looking for good deals or fresher produce? Emerging insights from the community are already telling a really interesting story which has not been heard before from regional and rural Australia,' Dr Needham said.

'Participants may not be the main shopper in a household but might shop for lunch at work or buy after school snacks. Everyone is different – whether you live on a farm, in town, or in a share house, everyone has a unique story about how they get their food. We also want to get ideas about what would make it easier for people living in regional and rural communities to buy good quality and affordable healthy food. The information we collect will help local organisations as they work to improve local food systems in line with what people want,' Dr Needham said.

Map My Food can be accessed through the [Map My Food link \(mapmy.com.au/myfood\)](#) or through the Map My Food Facebook page which has a website link and QR code.

The Map My Food platform was developed and tested with members of the community, researchers from Deakin University Global Centre for Preventive Health and Nutrition and the University of Newcastle's Department of Rural Health, as well as key partners from Tamworth Regional Council and Hunter New England Central Coast Primary Health Network. This project is supported by funding support from the Australian Government's Medical Research Futures Fund.



Continued Investment in Barraba - Sewer Upgrades Underway

Council is continuing to invest in essential infrastructure upgrades across Barraba, with two important wastewater projects now underway.

Sewer Vent Upgrades

From Monday 24 November, Council and contractors will begin replacing several ageing concrete sewer vent shafts with new stainless-steel vents across Edward Street, Cambridge Street, Orchard Street, Savoy Street and Queen Street. Works will run from late November into December. The essential upgrades will improve the safety, reliability, and efficiency of the local sewer network.

Cooper Street Sewage Pumping Station Upgrade

Council is also delivering a significant \$600,000 upgrade to the Cooper Street Sewage Pumping Station. This project includes removing the deteriorating building, installing new access hatches, replacing ageing electrical systems, and adding a new control cabinet above the 1-in-100-year flood level.

A new underground power supply, modern switchboard, upgraded telemetry system and generator connection point will all help improve monitoring, performance, and resilience during power outages. These works will enhance safety for Council staff, improve service reliability for the community, and remove an unsightly structure from Cooper Street.

The project is expected to be completed late December 2025 early January 2026.

National Asbestos Awareness Week: 24 – 30 Nov 2025.

Asbestos is now up to 100 years old, deteriorating and more dangerous

This year for National Asbestos Awareness Week (NAAW) the Asbestos and Silica Safety and Eradication Agency (ASSEA) is warning all Australian's that asbestos is still a big problem. ASSEA's CEO Jodie Deakes said safe proactive removal can save lives with around 6.2 million tonnes of deadly asbestos in our homes, businesses and workplaces which is enough to fill the MCG five times over.

"Asbestos is still in many homes built before 1990, and in older buildings it can be up to 100 years old and deteriorating making it increasingly more dangerous," Ms Deakes said. "As asbestos products deteriorate with age the risk of exposure to deadly fibres increases. That's why we are asking people to prioritise the safe and proactive removal of asbestos in their homes which costs around half the amount of unplanned, reactive removal following an accident or natural disaster. We all know Australians love to DIY and renovate especially in the warmer months, but homeowners may unknowingly expose themselves and their loved ones to danger. Even simple home upgrades like drilling into eaves to install security cameras or sensor lights, or sanding back an asbestos painted wall can release fibres that when inhaled can cause mesothelioma and lung cancer," Ms Deakes said.

There are real concerns for renovators with over 3,000 asbestos products used and found both inside and outside of older homes built before 1990. Products that can contain asbestos include floors, walls, ceilings, eaves, fences and roofs. These materials are now between 30 and 100 years old which is well beyond their expected lifespan.

"We're advising DIYers undertaking home improvement projects to remove potential uncertainty and risk by contacting their local authority for guidance on asbestos removal and how to contact a qualified asbestos assessor and removalist," Ms Deakes said. "By knowing where asbestos is in your home and prioritising its safe removal, you can plan for the unplanned and protect yourself, your family and neighbours. Accidents can also happen. A cricket ball hitting a shed causing damage, or a wall getting scraped when moving furniture, can be enough to disturb asbestos and cause a hazardous situation."

Whether at home or at work; through renovation, DIY, accident or natural disaster, asbestos exposure is a real risk for everyone. Australia's asbestos legacy continues to have tragic consequences with around 4,000 people dying each year from asbestos-related diseases.

For more information, visit asbestossafety.gov.au

CHRISTMAS CAROLS IN BARRABA



OTHER CHRISTMAS ACTIVITIES



CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 6pm. All other Sundays 9am

BARRABA UNITING CHURCH NOTICES

Sunday 30th November combined service with
Manilla at Barraba at 10.30am followed by a light
lunch.

All welcome.

Sunday 7th December returns to 8.45am.

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Christmas Services:

Woodsreef: Sunday 21st December, 11:30am.

Bring a plate of food to share.

Bereen: Sunday 21st December, 6pm.

Bring a plate of food to share.

St Laurence's:

Sunday 14th December, 5pm. Carols on the church
lawn (including BBQ and kids activities).

There will be no service at 10am.

Sunday 21st December, 10am, Regular Sunday
Service.

Wednesday 24th December, 8pm, Traditional
Communion Service.

Thursday 25th December, 9am, All ages Christmas
Service.

BARRABA COMMUNITY NEWS

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Cnr. Alice and Fitzroy St Barraba

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main street businesses

Buying a puppy?

Make sure it's from a breeder who is doing the right thing.

Things to ask before you buy:



Is this dog breed right for you and your lifestyle?



Has the breeder supplied their breeder identification number?



Can you verify the breeder identification number and the dog's microchip number on the NSW Pet Registry?



Can you meet the breeder and the puppy face-to-face or through a virtual visit?



Are vaccinations, flea and worming treatments up to date?

New laws are in place to protect dogs in NSW.



Learn more:



THE TAMWORTH NETWORK GROUP PRESENTS

International Day of People with Disability

We invite you to celebrate International Day of People with Disability with us, **Wed 3rd December, 1A Quinn St The Youthy, Tamworth**

Featuring an array of entertaining activities, including **live music**, a **complimentary sausage sizzle**, a **dunking station**, **wheelchair basketball** and a variety of engaging **crafts** suitable for people of **all ages and abilities**, the fun day promises an uplifting, inclusive and enjoyable experience.

It is a wonderful opportunity for friends, family, carers and those living with a disability to come together, have fun, and embrace the spirit of inclusivity. International Day of People with Disability aims to promote community awareness, understanding and inclusion of people with disability.

Our event is about celebrating the unique abilities and contributions people with disability make to our community.

Those who would like to participate in the dunking station are encouraged to bring a towel and a change of clothes.

For more information about this event, please email info@enlargeliving.com.au or contact [0421 248 222](tel:0421248222).

A special thank you to Sora Community Services (formally TFSS) for sponsoring this event.



Barraba Rugby League Football Club is proud to announce that it has been officially accepted into the 2026 New England Group 19 Rugby League competition.

As preparations commence for the upcoming season, the club is now **seeking applications and expressions of interest** for several key positions incl:

Coaching Roles

- Men's First Grade Coach and assistant coaches
- Ladies League Tag Coach and assistant coaches

Support Staff

- Strappers
- First Aid Officers

Club Operations

- Canteen Manager

For further information, please contact **Neville Phillips (President) on Mobile 0458 205 610.**

Please email applications to: Barraba.rlfc@gmail.com.

Applications close 12 December 2025.

See more information on page 12



Senior Citizens News

Hello Everyone

Our Street Stall was a great success and many thanks for all the donations. Now we can look forward to this Saturday, Market Day. Come along, you might find something for the Christmas stocking or a sausage sizzle sandwich.

After Bingo, on Friday, a short meeting to finalise this year's plans.

For anyone who is sick, hope you're soon well.

Look forward to seeing you at the Markets.

Cheers for now

Judy Brady, Secretary

‘How was school today?’ How to help kids open up and say more than ‘fine’

*Madeleine Fraser, Senior Lecturer in Clinical Psychology,
Australian Catholic University*

One of the first things parents want to ask their children after school is “how was your day?” We simply want to know how they are going and what happened at school. But these conversations can feel like pulling teeth. Often you may only get a “good” or “fine” (if you’re lucky). Why are children reluctant to divulge information about their day and how can you encourage more details?

Why don’t kids like to talk?

School can be overwhelming – with diverse social, academic and physical demands.

It may seem simple, but a genuine answer to the “how was school today” question requires considerable effort and decision making to synthesise information from a busy day. A child may also be hesitant to answer if they think a parent’s response might be anger, worry or confusion.

Children are also likely to be hungry and tired straight after school. They are probably thinking about a snack before a chat. If you think of psychologist Abraham Maslow’s famous theory about a “hierarchy of needs”, survival needs like hunger are ideally met before communication and connection.

Children have also not yet fully developed a theory of mind (an ability to image what’s going on in another person’s mind). So, they might not understand why their parent is asking about school or what it is they want to know.

How can you prepare for a chat?

There are several things you can do to encourage a more informative conversation with your child.

1. Consider the purpose: ask yourself whether you want to gather information or simply connect with your child. To have a moment of connection you could simply say, “I’m so happy to see you” at the school gate. To seek information, ask a very specific question (that requires little mental effort on your child’s part). For example, “did you have your spelling test today”, rather than “what did you learn?”

3. Check your timing: instead of asking your child right after school, consider waiting. Better conversations may instead happen after the child decompresses with a favourite game and a snack, over dinner or even on way to school the next morning. Try creating a routine to help your child prepare

their answer, like the “rose dinner”. At the dinner table, everyone shares their daily “thorn” (something difficult or upsetting) and “petal” (something pleasant).

3. Consider the space: face-to-face conversations can create pressure and feel like an interrogation. This is why it’s common for psychologists to place therapy chairs on a slight angle to promote a calm, relaxed atmosphere where it is easier to disclose difficult things. So, try and do activities where you are side-by-side with your child. For example, walking or driving, doing craft, playing Lego, sport or cooking. Your child may spontaneously raise a topic – or you can model the conversation by talking about your day first.



It might be easier to talk during a walk or play outside.

Time to chat

To create a comfortable, safe environment for your child during the chat, here are four more things to consider.

1. Really listen: if your child initiates a conversation, bring your full attention and enthusiasm to it (which means putting your phone away). If you are busy thinking about what you’re going to say next while your child is speaking, this is not high-quality listening. Show you are listening by paraphrasing what they are saying or identifying their feelings. This helps them to feel like they are being listened to and understood. If your child opens up about something important and they sense you are not supporting them or concentrating, you’re discouraging them from opening up in the future.

2. Be compassionate and curious: the urge to protect our kids is strong, but instead of trying to “solve” or “teach” them when they are talking, don’t be afraid of silence and curious questions. Curiosity helps us show we care, and allows the child to own their own experiences and reactions, rather than parents telling them how to feel. For example, “Nick said I couldn’t play with him” could be responded to with “what was that like for you?” rather than outrage (“that’s horrible of Nick!”).

3. **Celebrate strengths:** when your child is talking, listen out for implicit strengths and values in what your child has shared. Having a parent highlight an area of strength or skill for a child helps build their sense of self. For example, "it sounds like that upset you because you value fairness".

4. **Follow up:** if your child speaks about upcoming events, check back in. For example, "last week you mentioned you were nervous about basketball trials, how are you feeling now?" This also shows you have listened.

There is no magic formula: each conversation is as different as the individuals who are part of it. So experiment with these ideas and take notice of what works for you and your child.

**Your friendly
local professional**

Rod Bonner

**Your local Plumber, Drainer, Gasfitter
and Handyman
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Text is best 0447 052 140



Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

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Phil Denyer Mechanical Repairs will close for Christmas on the evening of Friday 19th December 2025 and will re-open Monday 5th January 2026.
Ph (02) 6782 1107.

Love  *Local*



SUMMER SPECIAL

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KEEP COOL THIS SUMMER

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BARRABA BASED AND WILL TRAVEL TO SURROUNDING AREAS



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From checkout to chatbot: What retail tech will you trust this Christmas?

A new QUT report has revealed most Australians trust new retail technology like self-checkouts and chatbots, but can be reluctant to use them because of the loss of human connection, data privacy concerns, tech glitches, and a lack of experience.

With the festive retail season now underway and shoppers flocking to shopping centres and online stores, the Trust Trend Report: Consumer Perceptions of Retail Technology in Australia 2025 has revealed what builds and breaks shoppers' trust.



Researchers Dr Shannon Colville, Dr Nadine Ostern and Jill Lovell (pictured above, left to right), from the QUT Centre for Future Enterprise, surveyed 500 people across Australia for the report.

Their key findings include:

- 70% of people trust retail technology, but only 54% feel confident using it
- 50% say they are using retail tech more than they did five years ago
- Shoppers are sceptical about who retail technology really advantages; 43% think retailers, not customers, are the main winners
- Customers like being able to choose between digital or human interaction, with 78% saying having a choice between staff or technology increases their trust
- The loss of human interaction now outranks data privacy as consumers' number one trust concern
- People trust specialty stores a lot more than supermarkets, with depth of knowledge and personalised service contributing to this trust
- Tasmania and Northern Territory consumers and older shoppers are the least ready to use retail tech

Lead author Dr Ostern, who is QUT's Cisco Chair in Trusted Retail, said trust in retailers was under pressure, with headlines raising concerns about pricing practices, data use, and customer treatment.

"Our report has found, in simple terms, that people trust the idea of retail technology more than the experience of using it," Dr Ostern said. "The technologies we asked about included familiar tools such as self-checkouts, digital receipts, AI chatbots, and smart product recommendations – everyday systems now shaping how Australians shop. In the survey, trust was defined as believing that the

technology is safe and fair, while confidence referred to people's comfort and readiness to use it. The gap between the two suggests that while Australians are open to digital retail, many still feel uncertain about how to interact with it."

The research team conducted a similar survey last year, which identified data privacy as Australian consumers' top concern relating to retail technology.

Dr Colville said while a lack of control over personal data remained a key issue in 2025, Australians were now most concerned about the loss of human connection.

"This shift suggests that consumer trust is becoming less about technical compliance and more about relational qualities and experiential value," Dr Colville said. "Australians increasingly expect retail technologies not only to function securely, but to support experiences that feel personal, intuitive, and human. When systems feel cold, isolating, or overly automated, trust erodes – not because the technology is unsafe, but because it lacks a sense of human recognition or care."

The most consistent finding across both survey data and qualitative responses was the importance of consumer choice. "Australians want to decide not just what they buy, but how they shop," the report authors wrote. "This includes choosing between digital or human interaction, opting into or out of data sharing, and switching modes of engagement depending on the situation. Customers are not rejecting retail technology outright, they are rejecting systems that remove their agency."

The QUT researchers have several recommendations for retailers on ways they can turn everyday retail technology into trust-building tools, including:

- Offering hybrid service models that let customers choose between staff or tech interactions
- Smart checkouts could use cameras not just to prevent theft, but to alert customers if they double-scan an item or are about to overpay
- AI-powered recommendations should be designed to feel helpful, not pushy – especially when they're transparent about how data is used.

The report also calls for proactive trust design and new structural roles, such as a Chief Trust Designer, to shift trust from a risk to be managed to an enabler of innovation.

Only 4 weeks to Christmas, that means only 3 weeks to the last edition of Barraba Community News for 2025. That's right, our last BCN for 2025 will be 17th December.

So, if you would like to send your customers, members or clients a 'Christmas/ New Year/holiday closure dates' message please contact us as soon as possible to book your space. Cost will be as follows;

4cm x 8cm = \$20.00

6cm x 8cm = \$25.00

8cm x 8cm = \$35.00

Bigger is always better and

we're happy to provide you with a quote for your preferred size. Contact

news@barrabacommunitynews.org.au

New land valuations for Regional NSW

Land values across Regional NSW have reached a record \$342 billion, marking a 0.7% increase from \$340 billion in 2024.

Property sales are the most important factor valuers consider when determining land values. The new land values were assessed based on an analysis of more than 21,000 property sales.

Sally Dale, Valuer General of NSW said: "Regional NSW has experienced a slight increase in land values but overall has not kept pace with whole-of-state movements which saw NSW experience an overall average 3.6% increase across all land categories to reach a record \$3.09 trillion."

Industrial land values

Regional industrial land values experienced the highest growth across all regional property categories, with a moderate 8.0% average increase broadly. This increase is being led by some very significant movements that have been observed across regional centres such as Bathurst (+56.1%) as well as more nuanced markets such as Gwydir which topped the Regional NSW movements increasing its industrial land values by 127.8%.

"The strong growth in Gwydir has been attributed to the strong increase in Wyallda township values, comprising a very small market located on the northern fringe where we've observed new infrastructure enabling greater access to the industrial precinct," Ms Dale said.

"We're seeing the affordability of smaller towns with good industrial areas really leading the charge in 2025. With the relatively low entry point of land values being attractive, the support of ongoing infrastructure investment, and demand driven by emerging employment markets in renewable energy, mineral exploration and mining, and regional tourism, we're not seeing that growth slow down in the immediate future.

"The very strong uplift in the Bathurst industrial market was influenced by strong demand and available supply. Recent land releases in the Kelso industrial estate were quickly taken up by the market and are being rapidly improved."

Residential land values

Residential land values across regional NSW saw a 3.0% increase on average. Hay (+40.3%) experienced the strongest growth. Brewarrina (+33.8%), Tenterfield (+32.9%) and Gwydir (+22.7%) also saw very strong increases well above regional NSW medians and the statewide average of 4.2%.

"We're seeing really strong increases in western NSW residential markets for the second year running with the suspected trend of people moving west continuing. With a median house price in Hay and Brewarrina as examples being just shy of \$250,000 and \$125,000 respectively at 1 July 2025, it's no surprise that land values have moved up to

40% as people chase greater affordability – including hobby farms," Ms Dale said.

Commercial land values

Commercial land values across regional NSW also experienced a moderate increase of 5.7%. Cabonne recorded the strongest increase regionally at 24.2% driven by a low value base and affordability as well as being strategically located as a centralised service hub for agriculture communities. Cowra (21.0%), Singleton (20.2%), Muswellbrook (16.6%) and Bathurst (13.8%) also saw strong increases driven by increased demand from renewed mining activity, emerging employment markets in energy, and well-located areas near to regional centres.

"Commercial markets followed a similar trajectory to the industrial market, with both generally linked by large-scale investment and employment related factors such as renewable energy zones, mining exploration or growth opportunities, and investment in regional centres more broadly," Ms Dale said.

Rural land values

Rural land values across the region experienced a slight decrease of 0.8%. Liverpool Plains recorded the highest percentage change with a 17.9% increase driven by continuing strong demand for good quality, fertile farming land – black soils – in well-regarded tightly held areas with limited supply.

Snowy Monaro (-14.3%) and Greater Hume (-12.8%) experienced the biggest decreases in rural land values, attributed to cooling market conditions and a strong preference for rural lands in other areas of NSW.

The new land values will be used by Revenue NSW to calculate land tax for landowners who are liable. Registered land tax clients will receive their assessment notice from Revenue NSW starting January 2026 for the 2026 land tax year. For more information on land tax, thresholds and exemptions visit revenue.nsw.gov.au.

Local councils receive updated land values at least every 3 years and use them as one of a number of factors when setting rates. About two-third of councils will receive new values this year. If a council is receiving new values in 2025, residents will be sent a notice of valuation between November 2025 and April 2026. The Valuer General does not set council rates.

Landholders have 60 days from the issue date printed on their notice to object to their land valuation if they believe it is incorrect and can provide recent sales evidence to support their claim.

The latest land values for all properties in New South Wales, along with trends, medians and typical land values for each local government area, are available on the NSW Valuer General's website.

For more information on land values and the NSW valuation system, visit www.nsw.gov.au/valuergeneral.

Chicken and Chorizo Rice Bake

From The Free Range Butcher



This is a really tasty, filling meal, and it's all made in one pan.

Ingredients:

- 8 chicken thighs or skin on chicken cutlets
- 1tbsp mild paprika
- 1tbsp olive oil
- 1 large onion, halved and thinly sliced
- 3 chorizo, thinly sliced, diagonally (see tips for other, less spicy options)
- 1 large red capsicum, thinly sliced
- 2 cloves garlic, crushed
- 2 x 400g can of chopped tomatoes, or equivalent amount in passata
- 1 cup medium grain rice
- 1 cup chicken stock
- Parsley to garnish

Method:

- Pre-heat oven to 200 degrees.
- Combine chicken and paprika in a small plastic bag / freezer bag and shake to combine.
- Heat oil in large roasting pan over high heat on your stove top. Add chicken (optimally in two batches) and cook for 2 minutes on each sides or until browned. Remove from pan.
- Add onion, chorizo, capsicum and garlic to same hot pan. Cook, stirring occasionally, until soft. Sitr in one can of tomatoes, rice and stock. Bring to the boil. Remove from the heat.
- Arrange chicken pieces over the rice and cover tightly with foil.
- Cook in the oven for 20 minutes, then remove foil. Cook for a further 10 minutes, then add the remaining can of tomatoes over the chicken pieces, and finish with a final 5 minutes in the oven.
- Garnish with fresh parsley to serve.

TIPS: If you're serving this dish to kids or people who don't like spicy food, you can swap out the chorizo for cabanossi (still great flavour but not as hot) or bacon.

RECENT ANNIVERSARIES

- Ned Kelly being hanged at Melbourne Gaol (1880)
- the opening of the Australian War Memorial in Canberra (1941)
- the birthday of painter Claude Monet (1840)
- the film premiere of the first James Bond film starring Daniel Craig, Casino Royale (2006)
- Yasser Arafat, the Chairman of the Palestinian Liberation Organisation, issuing a declaration of independence for a state of Palestine in the West Bank and Gaza Strip (1988)
- Microsoft releasing the first Xbox console (2001)
- the world's population reaching 8 billion (2022)
- New Zealand officially becoming a separate colony within the British Empire, severing its link to New South Wales (1840)
- the founding of Qantas in Winton, Queensland (1920)
- the first case of SARS virus being recorded in China (2002)
- the opening of the Suez Canal, linking Mediterranean and Red seas (1869), as well as the anniversary of the first ship sailing through the Panama Canal, which connects the Atlantic and Pacific oceans (1913) death of Catherine the Great (1796)
- Mickey Mouse's birthday - on the anniversary of the release of his first appearance in Walt Disney's Steamboat Willie (1928)
- American inventor Frederick E Blaisdell patenting the pencil (1895)
- the sinking of the HMAS Sydney by the disguised German raider HSK Kormoran off the coast of Western Oz, killing 645 people (1941)
- the premiere of Toy Story, the first feature-length film created completely using computer-generated imagery (1995)
- the broadcast of the first episode of British science-fiction television series Doctor Who (1963)
- the death of author Roald Dahl (1990)
- Dutch explorer Abel Tasman 'discovers' Van Diemen's Land (1642)
- the publication of Charles Darwin's On the Origin of Species, which explained his theory of evolution by means of natural selection (1859)
- Kevin Rudd's Labor defeating John Howard's Coalition to win government (2007)
- the deaths of Queen lead singer Freddie Mercury (1991)
- the debut of cartoon character Woody Woodpecker in Knock Knock (1940)



Barraba Rugby League Football Club Joins 2026 New England Group 19 Rugby League Competition

The Barraba Rugby League Football Club is proud to announce that it has been officially accepted into the 2026

New England Group 19 Rugby League competition. This exciting milestone marks the beginning of a new era for rugby league in Barraba, bringing fresh opportunities for players, supporters, and the broader community.

The New England Group 19 competition expands from Uralla (South), Glen Innes (North), Moree (East) Armidale (West) with teams with 11 Teams registered to play in the 2026 season. This means that there will be approximately 825 senior players participating in the competition.

Club President Neville Phillips expressed his gratitude following the announcement:

"On behalf of the Club I would like to thank the Committee and members of New England Group 19 Rugby League for unanimously voting for the Barraba club to join the 2026 competition at the Group 19 AGM on Sunday 23 November 2025 in Inverell. Prior to the meeting, the club had over 20 players nominate for first grade side. We are now calling for more players. Barraba can nominate teams in the 4 grades - Men's First Grade, Reserve Grade and Under 18's and Ladies League Tag."

As preparations commence for the upcoming season, the club is now seeking applications and expressions of interest for several key positions incl:

- **Men's First Grade Coach and assistant coaches**
- **Ladies League Tag Coach and assistant coaches**
- **Strappers**
- **First Aid Officers**
- **Canteen Manager**

The Barraba Rugby League Football Club also welcomes any volunteers who would like to contribute to the success of the 2026 season. Whether assisting on game days, supporting teams, or helping behind the scenes, all help is greatly appreciated.

Working Bee and player sign up day will be held at the Barraba Recreation Ground on 13 December 2025.

Major Sponsor The club is also calling for expressions of interest from businesses or individuals wishing to come on board as the Major Sponsor for the 2026 season. This is a valuable opportunity to support local sport and gain strong community exposure.

For applications, sponsorship enquiries, or further information, please contact: Neville Phillips, Mobile 0458 205 610, Email: Barraba.rlfc@gmail.com

Recent skies across Barraba



Thanks to Julie Williams for these colourful pictures