



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 25th March 2026



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

**THURSDAY 26th March
BINGO**

First game starts at 6pm

**FRIDAY 27th March
MEAT RAFFLES**

Tickets on sale from 5.30pm
Membership Draw \$1300

**SUNDAY 29th March
Angler Club Raffles**

Raffles on sale 12pm, drawn 1.30pm.
Membership Draw \$2000 (3 draws)

HAPPENING SOON

GOOD FRIDAY - EASTER EGG RAFFLES

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS

PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: LUNCH 12-2PM DINNER FROM 6PM

SUNDAY: 12-2PM

Ecological Burn Notice

Please be advised that Whitehaven Coal will be undertaking burn preparation and cool season Ecological Burns on the following Biodiversity Properties "Nindethana", "Rosevale", "Wirradale", and "Yarrowonga" between 30th March and 26th June 2026. For further information, please contact Whitehaven Biodiversity on 0488 407 000.



Senior Citz Street Stall

Thursday 2nd April 9am till sold out
Outside the Chemist
All donations gratefully accepted

Barraba Family Doctor - Now Online

We're pleased to launch our new website for the Barraba community.

You can now easily find information about our services, clinic hours, and helpful information.

Visit us online at: www.barrabamedical.com.au

Caring for our community, every step of the way.



Helen Best, Barraba, New South Wales

(Submitted by Gillian Unwin – Helen’s daughter)

The first school in our district – in the 1930s – was in the wool room of a woolshed, where the bales were stored at shearing time. One wall was a tarpaulin covered with pictures cut from the *Sydney Mail*. To this school, three families came. The Irwin children walked three miles from their farm, our family – the McNeills – walked one mile, but the lucky ones were the four Faulkner children. They came four miles on Paddy, a big broad-backed, quiet old horse. There was plenty of room for Edna, Norman, Pat and Gordon, but one afternoon, my brother, Maurice, decided he would hitch a ride instead of walking home. All went well until a child jumped out from behind a tree, waving her arms. Poor old Paddy got a terrible fright, shied and all five riders slipped over his tail, landing in a struggling heap. My brother broke his arm, but it was the only mishap that occurred in the time Paddy was responsible for getting children to and from school.



Background: Barraba Creek School.

Back: Noelene Driscoll, Nell McNeill (teacher – later Helen Best), Wendy Bucknell

Front: Joe Faulkner, Ted Irwin, Geoff Irwin, Bob Driscoll, Noel Faulkner



Fairview (Barraba Creek) School

My time at Gulf Creek and Macintyre Schools –

Judy Conway

I went to Gulf Creek from first class (no kindergarten then) until fourth class and fifth and sixth class at Macintyre School.



Gulf Creek School Building

My father was a stickler for education, so we went to school in whatever kind of weather. The only time we got to stay at home was if we had a temperature or if the creek was so high in flood that a car or horses couldn't get across it.

We all had our own horses, mine was Charles (named after Prince Charles) and he was very unpredictable. He would try to bite you or stand on your foot. I was too little to put my own saddle on so dad asked an older boy to put it on for me. Charles would puff his belly out when he put it on and breathe out when I started to ride him, so I would fall off (I soon learnt to toughen up.)

The teachers were male and quite often from the city. One teacher couldn't drive a car, so he had to learn to ride a horse. We thought it was hilarious watching him get on the horse without being bitten on the rump!

The teachers had to teach from first class to sixth class, sport and drama and singing, including putting on a concert at the end of the year for prize giving and the Christmas Tree. The school was used as a classroom, a church, a community centre and a tennis clubhouse. I learnt to play tennis on the two courts next to the school.

In Year five, I changed schools and went to the Macintyre School because Gulf Creek was closing. So, we rode three miles instead of four but still went across a creek. We never thought we went without because we went to a little school,

in fact, we made some wonderful friends which I've kept to this day.



Macintyre School – 1957

Back Row: David Goldman, Maree Doolan, Barry Fenn, Edward Morton, Barry Hockley, Roslyn Hockley, Glenda Groth

Third Row: Murray Smith, _____, Terry Doolan, Sam Faint, Noel Morton, Phillip Spencer, Kay Frost, Sheree Hockley

Second Row: Brian Fenn, Robert Hockley, Alan Smith, Jill Frost, _____,

Front Row: _____, ? Brown, Greg Mallise, Owen Frost, Lynette Hockley, Robert Groth

Join the 2026 Local Government Blood Drive

It's that time again, well a little earlier this year, but time to roll up our sleeves and help save lives! From 1 April to 30 June 2026, we are again taking part in the 2026 Local Government Blood Drive, and we're inviting our community to be part of it. Every blood donation can help patients across Australia who rely on life-saving blood and plasma every single day. Help us keep in the trophy in the Tamworth Region! Whether you're a regular donor or thinking about donating for the first time, your donation can make a real difference.

Remember to tell the lovely staff at Lifeblood you would like to contribute your donation to the blood drive!

Book your donation today: ☎ Call 13 14 95

Visit donateblood.com.au Use the Donate Blood app
Lifeblood Tamworth Donor Centre, located 5/31-41 The Ringers Rd, Tamworth NSW 2340.



Q26 AQHA National Show 1 April - 12 April

Each year the Australian Quarter Horse Association hold their National Championship Show for members – a two week-long event incorporating the many disciplines in which the Australian Quarter Horse breed excels.

The thrill and excitement of Q26 brings together a great number of AQHA members at a National level at the Australian Equine and Livestock Events Centre in Tamworth NSW. An amazing array of showmanship is displayed. The program includes Dressage, Hack, Cutting, Reining, Halter, Western Pleasure and Hunter under Saddle.

news@barrabacommunitynews.org.au'. It also states 'Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses'."/>

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 6pm. All other Sundays 9am
Holy Week Schedule: Palm/Passion Sunday, Saturday
evening 28 March 6.00pm, Holy Thursday Mass 2 April,
5.30pm, Good Friday 3 April, Stations of The Cross
12.30pm, Easter Vigil Mass Saturday 4 April 5.00pm.

BARRABA UNITING CHURCH NOTICES

Sunday 29th March 2026

Time 10.45am

Please note new time till the end of April.

All welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 11.30am, 2nd Sunday of each month

Easter Services:

Bereen - Sunday 29th March 6pm, bring a plate to share
St Laurence's - Good Friday 10am - kids talk and activities, egg
hunt + hot cross buns.

Easter Sunday 10am - all ages service, free BBQ lunch to follow.

Marguerite Emily Crowley
"Meg"

Passed 16th March, 2026
Aged 94 Years

Much loved wife of Andy (dec'd).
Loving mother and mother-in-law of
Sally (dec'd), Jan & Robert and Tim & Patti.
Adored grandmother of Eliza, Adam, Julia and Jess.
Great grandmother of Hugh, Angus, Archie and Fletcher.

The family and friends of MEG are warmly
invited to attend her Funeral Service to be held in
St. Laurence's Anglican Church,
Maude Street, Barraba commencing at
10.30am, Tuesday 31st March, 2026.
Following the service the cortege will proceed to the
Barraba Lawn Cemetery, Memorial Drive, Barraba.

Shawn Hamilton Funerals
125 MARIUS STREET
TAMWORTH NSW 2340 | 02 6744 1966

ANFPA *Funerals Australia*

A portrait of Marguerite Emily Crowley, an elderly woman with short white hair and glasses, wearing a pink sweater. She is sitting on a floral patterned surface with a small dog resting its head on her lap.

Bus Trip to NERAM, Armidale

Two local artists, one shared vision: Tinted.

The Potters and Craft Guild have organised a bus trip to visit
the Exhibition detailed next column. Sunday 19th April.

Depart Barraba at 9.30am, ETA back to Barraba 4.30pm

Cost \$65/person (based on min of 10 people) + donation
entry to NERAM + lunch at the NERAM Café.

If you're interested to join the group contact Bronwyn Clinch
0447165008 or bronwynclinch@bigpond.com

Payment of the bus cost is required prior to the 19th April.

Two local artists, one shared vision: Tinted opens at NERAM

by Penelope Shaw, New England Times



*Hayes in her
studio with
Bert the
duckling" 2026*
Photo: © Pat
Harris.

Two Armidale artists whose creative journeys have grown
side-by-side in the New England are preparing for a
significant hometown moment when their new exhibition

Tinted opens at the New England Regional Art Museum (NERAM) later this month.

The two-person exhibition by Janna Hayes and Phoebe Hillard will open on Friday, 20 March, and run through to 26 April, bringing together two distinctive artistic practices shaped by years of friendship, critique and encouragement. While their methods differ dramatically, the artists share a long-running creative dialogue – something that sits at the heart of the exhibition. Tinted explores a simple but thought-provoking idea: how colour and perspective influence the way we see and interpret the world around us.

For Hayes, the concept began with an experiment in colour. “Tinted started as a colour constraint but became a way to talk about perspective: the same view, different feeling,” she said. “I allowed colour to do what memory does: quietly alter the scene.”



Hayes, Janna “Made of the sun” 2026, bitumen and oils on paper, 76x110cm. (unframed) © Janna Hayes.

“Tinted is neither positive nor negative. It’s an atmosphere – a feeling – expressed through colour and subject,” she said.

The exhibition places two contrasting approaches to image-making in conversation. Hayes’ paintings are instinctual and expressive, built through layered applications of bitumen and oils on paper, while Hillard’s work is precise and technically disciplined, developed through detailed drawing and many hours of pastel painting. Despite these differences, both artists draw inspiration from the landscapes and environments of the New England region.

Hayes’ process often begins outdoors, gathering reference material through hikes, photographs and sketches of local places before returning to the studio. From there, she pins paper to the wall and builds a composition using bitumen diluted with turpentine to create sepia tones and shadow. Layers of oil paint are gradually added as each stage dries, sometimes accompanied by marks made with oil sticks and pastels.



“Hillard in her studio”, 2026, Photo provided by the artist, © Phoebe Hillard.

The process can take time and patience, and Hayes often works on multiple pieces at once while layers dry, occasionally even hiding works away so they can be revisited later with fresh eyes.

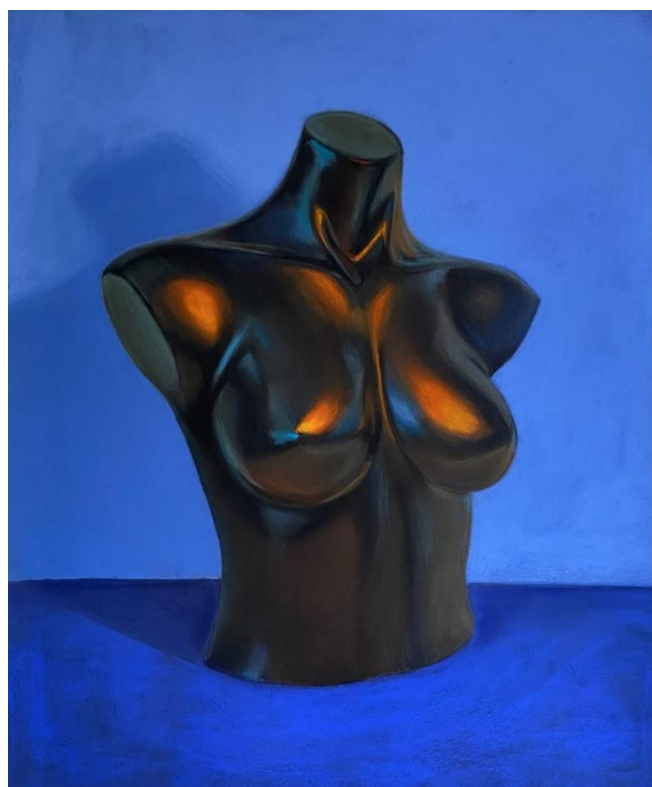


Hayes, Janna “Something like belonging (Gara gorge in yellow)” 2026, bitumen and oils on paper, 76x56cm (unframed) © Janna Hayes.

Hillard’s process, meanwhile, follows a more methodical path. She begins with sourcing subjects and photographing them before refining compositions through careful drawing and editing. The final works emerge through many hours of pastel painting, gradually building colour and detail. Like many artists, she is familiar with what she calls the “ugly stage”, when a work temporarily looks far from complete before eventually resolving.

Though their approaches differ, the artists say their creative friendship has been one of the most important influences on their practice. “Phoebe has a way of offering honest critique that helps me see new opportunities in my work — without losing the feeling of unconditional support,” Hayes said.

Hillard agrees, describing their friendship as something rare. “I don’t underestimate how lucky I am to have found a friend like Janna,” she said. “These friendships are lucky to pop up a few times in a lifetime.”



Hillard, Phoebe, “Still in the Moment” 2026, pastel on paper, © Phoebe Hillard.

Both artists have also benefited from the Helen Dangar Bursary, a NERAM initiative that supports emerging artists and honours one of the region’s important cultural figures. The bursary helped Hayes travel to Japan in 2024 to attend the Kawashima Textile School, while Hillard used the support to travel to Canada in 2025 to attend an international pastel artists conference. The opportunity to now present a joint exhibition at their hometown museum feels like a full-circle moment for both artists.

“Showing at NERAM feels like a real marker of growth, not just as individuals, but as part of a local arts community that has backed us, challenged us, and made space for us,” Hayes said.

The exhibition also reflects the role Armidale’s creative community has played in shaping both artists’ careers. For Hillard, who previously worked at NERAM as Front of House Coordinator, the gallery itself was an important source of inspiration. Surrounded by exhibitions and working closely with artists and visitors, she was encouraged to pursue her own creative practice full time. Now, the pair will see their work displayed together in the same space — offering visitors the chance to experience two different ways of seeing the same world.

Through gestural oil landscapes and carefully rendered pastel images, ‘Tinted’ asks viewers to consider how memory, emotion and personal perspective subtly influence the stories we tell ourselves about place.

The exhibition will officially open at NERAM at 6pm on Friday 20 March, with everyone welcome to attend. Works will also be available for purchase through the gallery.

As two local artists presenting their work at the region’s leading gallery, Hayes and Hillard hope the exhibition will resonate with audiences who share their connection to the New England landscape. After years of learning, experimenting and supporting one another’s creative growth, ‘Tinted’ represents not just an exhibition, but a celebration of artistic friendship — and the many ways our perspectives colour what we see.

Tinted will be exhibited at NERAM from 20 March to 26 April all are welcome.

ELECTION RESULTS

Congratulations to Ravi Gill on being elected as our newest Councillor.

This election follows the retirement of former Cr Marilyn Dixon OAM, and we thank her for her dedicated service to our community.

On behalf of the Councillors and myself, we warmly welcome Ravi to the Gwydir Shire Council team.

We look forward to working together for the benefit of our community.

Cr Tiffany Galvin, Mayor

GWYDIR SHIRE COUNCIL



Mobile Early Parenting Support



The Tresillian 2U Mobile Parenting Support Van will be visiting

Bingara on Tuesday 7th April & Tuesday 21st April 2026

Bingara Toy Library 10.00am – 2.00pm

Please come along and have a yarn to our friendly Staff if you have any concerns about your child, we can assist you and provide advice and support in several areas including:

- Sleep & Settling Difficulties
- Breastfeeding & Bottle Feeding
 - Infant Nutrition
 - Toddler Behaviour
- Understanding your Child's Development & Cues
 - Parent mental Health & Well Being
 - Caring for your Baby

To make an appointment please contact Ava Lynch our CFHN on 0427 755 987 or Leanne Kelly our AHW on 0460 930 496.

THE INAUGURAL CARP MUSTER



MORE INFORMATION: From Trent Hartwig or the Lion's Club Marquee at the Glenriddle Reserve from Thursday afternoon.



The 2026 Bingara Anglers Club Easterfish is getting closer!

Comp details:

Where - Copeton Dam, Gwydir River (from Copeton Dam to Tareelaro Weir) and the Horton River.

When - Friday April 3 to Sunday 5, finishes 2pm Sunday

Registration - Electronic registrations, will open the week before the comp and close Friday at 4pm, all registrations and entries to be completed through a new-to-market web-based fishing tournament software, details to follow.

Presentation - music, bbq, bar and lucky door prizes from 2pm on the Sunday.

From Brendan Moylan MP Facebook page

WHEN SHOULD DAYLIGHT SAVING END?

Dark mornings in March are tough! That's why the Member for Tweed Geoff Provest has tabled a very sensible bill to shorten daylight saving. Geoff's Bill would see daylight saving start at the end of October and finish at the end of February, this would also make life easier for our communities on the QLD border.

Practical, simple, and focused on families and supported by myself and Richie Williamson the Member for Clarence.

The Bill will be considered by Parliament in the first half of this year.

Do you agree? Write to The Editor, Barraba Community News (news@barrabacommunitynews.org.au)



Aquatics facility project gains momentum towards construction

As the swimming season draws to a close, work is still progressing on a new Aquatic Centre to provide year-round swimming for our community and a centre of excellence for the sport of aquatics, education, and health. In August 2025 Councillors agreed to enter an Early Contractor Involvement (ECI) agreement to minimise Council’s financial risk of undertaking the project and ensure best value for the community.

The ECI process is commonly used in construction and allows increased input from specialist contractors during the planning stages of a project. The process allows for a more accurate understanding of the project cost as well as improved value management as contractors can flag more efficient and cost-effective ways to deliver the project before a final design is locked in.

Since September, Council staff and have been working with preferred contractor Richard Crookes Constructions on a final design with more accurate costs from subcontractors and suppliers, receiving technical advice on buildability and construction methods. Their involvement has assisted Council in ensuring the design is practical, efficient, affordable, and aligned to the expectations of Council, stakeholders and the local community.


“The team have been hard at it to find ways to improve the functionality of the centre so that it fits the needs of our community not just in the next two years, but for the next 30 years. While the concept has been in the community for a long time, there is a big difference between a concept and turning that concept into a reality, so we have had to work hard to make sure we are getting the best facility at a price we can afford,” said Tamworth Region Mayor Russell Webb.

The ECI phase of the project is nearing completion, however Council is looking at commencing enabling works which will be undertaken at the Hillvue site in the coming months. Councillors will also vote on a report by June considering the final budget, funding strategy, and Design and Construction contract proposal, so major works can commence. Stage 1 of the Aquatics project has a total funding allocation currently of \$45 million, funded through \$15 million from the NSW Government, \$9 million from the Australian Government and a \$21 million Council contribution.

With a busy few months ahead for the project, the community can stay up to date on the Have Your Say page, www.haveyoursay.tamworth.nsw.gov.au.

Free Workshop


Box Gum Grassy Woodland with Ecologist David Carr



Ecologist David Carr from Stringybark Ecological, will lead an exploration of the endangered ecological community Box Gum Grassy Woodland. We'll learn to identify the key trees, shrubs, grasses and forbs that will form these communities and gain insight into why they are endangered and how we can help.

When: Wednesday 1st April 2026, 9.30am to 2.30pm.
Location: Whitlow area with full location given upon registration.
Lunch: Provided.
BYO: Water, snacks, covered shoes and hat.

RSVP by 26th March: Jo Dufty 0498802370



Enhancing farm dams

Field day and workshop



15 APRIL 2026, 9am - 3pm
 The Living Classroom, 1A Narrabri Rd, Bingara

Join us at our demonstration site and learn how enhancing farm dams can:

- Improve water quality.
- Increase livestock production.
- Increase biodiversity and habitat.
- Reduce evaporation and silt run-off.

Want to help at the site?
 A working bee will be held on 30 March, 9am - 12pm.
 Contact Janelle on 0408 659 587 or email janelle.schafer@scu.edu.au



Bookings are essential for the field day and workshop.
 Register via the QR code or visit enhancingfarmdams.eventbrite.com.au



The project is an initiative of the Lismore Node of the SQNSW Hub. The Hub receives funding from the Federal Government's Future Drought Fund.





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.



Minister for Education launches Harold's Safe Screen Time to keep kids safe in the early years

The Federal Minister for Education, the Hon. Jason Clare MP joined Healthy Harold at Bright Gems Chester Hill to launch a new module for the early years, Harold's Safe Screen Time. Developed by the largest and most recognised provider in preventative health education, Life Ed, Harold's Safe Screen Time meets a critical need to deliver education on online safety earlier in our increasingly digital world.

"According to the eSafety Commission, many toddlers can swipe on devices before they can even speak, and 81 per cent of Australian parents report that their 2 to 5-year-old uses the internet," said Karen Robertson, CEO at Life Ed Australia. "This is confronting, but not a surprise when we look at the world that our children are growing up in. It's more complex, more connected. We need to meet them where they are and support them with our most powerful tool; education."

This is the purpose of Harold's Safe Screen Time. It aims to initiate important conversations about online safety with our littlest learners. It addresses critical topics with children aged three to five, such as: early warning signs when something feels unsafe, help-seeking behaviours, screen time management, autonomy and consent.

"It's more important than ever that we teach children how to stay safe online. I've got two little guys at home. I see how important this work is every single day," said Federal Minister for Education, the Hon. Jason Clare MP. "I want to thank Healthy Harold and Life Ed for everything they are doing to help set our littlest learners up for life."

Like all of Life Ed's early years modules, Harold's Safe Screen Time is presented in an age-appropriate way. It uses the power of storytelling, through a specially crafted Healthy Harold Big Book, to explore basic concepts and encourage discussions that spark curiosity, joy and a love for learning.

"We all have a responsibility to work together to keep children safe and to prepare them for the world – online and in real-time," continued Ms Robertson. "That's why all of Life Ed's modules, including Harold's Safe Screen Time, are accompanied by accessible pre and post visit resources so teachers and parents can continue the conversation in and beyond the classroom. This is how we build digital and health literacy – together. This is the key to health prevention."

WARDS PLUMBING

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Is honey good for you? Can it speed recovery if you're sick or injured?

Clare Collins, Laureate Professor in Nutrition and Dietetics, University of Newcastle

Honey is often praised for a range of health benefits, from soothing a sore throat and helping you get to sleep to healing wounds and lowering risk factors for diabetes and heart disease.

Honey's acidity has the potential to prevent bacterial growth, while its density and stickiness generates osmotic pressure (in the same way as quicksand) which restrain bacteria.

Other compounds in honey contribute anti-inflammatory and antioxidant effects.

But do the claims about honey for specific health problems and injuries stack up to science? Let's check what the evidence says.



First, what's in honey?

Honey contains up to 20% water. The remaining 80% is made of simple sugars: monosaccharides that we rapidly digest. Fructose (32-28%) and glucose (26-31%) are the main ones, followed by small amounts of sucrose and others.

This can increase blood sugar levels to varying degrees. The glycemic index (GI) measures how fast blood sugars rise after eating or drinking. The GI of different Australian honeys ranges from 35 (low) to 72 (high), though most food labels don't contain GI information.

Honey also has traces of vitamins (A, B1, B2, B6, C), minerals (potassium, magnesium, iron, zinc), amino acids (protein) and enzymes from plant, bee and insect secretions.

Nutrients vary depending on where the honeybees collected pollen, the time of honey harvest and how long it has been stored.

Can honey heal wounds?

A 2015 Cochrane review update assessed the effects of honey in treating acute burns, lacerations and chronic wounds, compared to topical treatments or other dressings.

It found high-quality evidence that honey dressings healed second-degree burns 4–5 days faster than conventional dressings. There was moderate-quality evidence that wounds infected after surgery healed faster with honey.

A 2020 review evaluated antimicrobial activity of Manuka and medical-grade honeys against a range of multi-drug resistant bacterial species. It found all honeys were effective against most species and could be considered for use in antibiotic-resistant infections.

Only sterilised medical-grade honey that has been processed to remove contaminants, and meets safety and antibacterial standards, should be used, with guidance from your doctor.

Does honey help adults sleep?

Research on the effects of honey on sleep is limited.

One trial compared sleep quality of 68 adults admitted to hospital. Half were given a mixture of milk (150mL) and honey (30g) twice a day, and half were not.

Those in the honey-mixture group said they slept better after day three. But these results could be biased, because participants were aware they were getting honey-milk and drinking it can be associated with feeling of comfort.

Can it soothe sore throats and coughs, or help kids sleep?

Five studies in children have compared honey mixtures to over-the-counter cough medicines or no medication. Each study linked honey to better sleep and less severe coughs in children.

But before you rush out to stock up on honey, there are major limitations related to the honey used. The quantity and type of honey given varies across the studies, with no certainty about which components are present. So the results need to be interpreted with caution.

Chemical analysis of some honey varieties found traces of the "feel-good" brain chemical serotonin and the hormone melatonin, which affects sleep and circadian rhythm. But the researchers concluded the small amounts detected were more likely to affect activity of the bees, rather than affecting human behaviour.

What about for diabetes, heart disease and cancer care?

For diabetes, a 2023 review of 48 clinical trials found honey had some positive effects on a range of risk factors, including glucose tolerance and wound healing. However, the honey dose and type weren't standardised, so the researchers

concluded that honey could be used in addition to, but not instead of, regular medications.

For heart disease, a 2022 analysis combining findings from trials evaluated the impact of honey on blood fats. It found no effect on several risk factors for heart disease: total cholesterol, triglycerides (another type of blood fat), low-density lipoprotein (LDL or bad) cholesterol or high-density lipoprotein (HDL or good) cholesterol.

However, a 2025 meta-analysis of propolis (bee glue) did find significant reductions in triglycerides, LDL (bad) cholesterol, fasting blood sugars, insulin and systolic blood pressure (the top number on a reading). But given most propolis supplement trials have only lasted a few months and supplements are expensive, that money is likely better spent on healthy foods.

For cancer patients, a 2023 review found honey alleviated ulceration and inflammation in the mouth following chemotherapy or radiotherapy, and it reduced some of the toxic effects of chemotherapy.

Can it affect your mind?

Some honeys have psychotropic, or mind-altering effects. "Mad honey" comes from plant nectar of Rhododendron species and naturally contains grayanotoxins, which have pharmacological and toxic effects.

These include nausea, dizziness, low blood pressure, severe bradycardia (an abnormally slow heart rate), neurological complications and even life-threatening cardiac arrhythmia (irregular heart beat).

It's illegal to import or sell "mad honey" in Australia but Nepal and Turkey have historically used it for medicinal and psychoactive properties.

Who shouldn't have honey?

Although commercial honey is pasteurised, the process does not kill spores of the bacteria Clostridium botulinum. This is why babies under one year and immunocompromised people shouldn't have honey.



RECENT ANNIVERSARIES

- birthday for instant noodle inventor Momofuku Ando (1910)
- the deaths of Soviet leader Joseph Stalin (1953)
- British PM Winston Churchill's famous 'Iron Curtain' speech (1946)
- the ratification of the Nuclear Non-Proliferation Treaty (NPT) (1970)
- Bob Hawke becoming Australian PM (1983)
- Alexander Graham Bell speaks the first words over the telephone: "Mr Watson, come here - I want to see you." (1876)
- Liberal Party leader John Howard being sworn in as PM (1996)
- Beatle Paul McCartney being knighted by Queen Elizabeth II (1997)
- an earthquake and tsunami in Japan that triggered the second worst nuclear accident in history at the Fukushima nuclear plant (2011)
- the Foundation Stone being laid in Canberra (1913)
- William Herschel discovering the planet Uranus (which he mistook for a comet) (1781)
- the election of Pope Francis (2013)
- Albert Einstein's birthday (1879)
- Xi Jinping becoming President of the People's Republic of China (2013)
- the first Test cricket match - Australia v England at the MCG in Melbourne (1877)
- Sam Kerr being named the FA Women's Super League Player of the Year for the second time in a row (2023)
- the My Lai massacre, which saw US soldiers kill unarmed Vietnamese citizens during the Vietnam War (1968)
- the patenting of the rubber band and self-raising flour (1845)
- the founding of restaurant chain KFC (1930)
- Oz closing the international border in the first wave of the COVID-19 pandemic (2020)
- Russia annexing the Crimean Peninsula (2014)
- the US confirming its troops used chemical warfare against the Vietcong (1965)
- the 1st recorded use of "OK" [oll korrekt] in the Boston Morning Post (1839)
- the death of former Governor-General Sir John Kerr (1991)
- Federal Parliament overturning the world's first euthanasia law that was passed in the Northern Territory (1997)
- the Aussie cricket ball-tampering scandal in Cape Town (2018)

Crispy Baked Chicken Drumsticks



By Nagi Maehashi

This is just a great, simple baked chicken drumsticks recipe you can get in the oven quickly. A 3-ingredient seasoning adds terrific flavour and colour. Meanwhile, the secret to a lovely crispy skin is a touch of baking powder.



Seasoning for Crispy Baked Chicken Drumsticks

Here's what you need to make these drumsticks. Baking powder is the secret ingredient that makes the skin crispy. Meanwhile flour is used to bulk out the seasoning mix so we can coat the chicken legs all over.

Chicken drumsticks – While I'm using chicken legs for this recipe, chicken wings and skin-on, bone-in chicken thighs can also be used.

Baking powder (for crispy skin!) – NOT to be confused with baking soda / bi-carb which is different! Baking powder is a tried and proven ingredient used in my baked chicken wings to make chicken skin crispier. There's a bunch of science behind why it works, but all you need to know is that it does!

Ingredients

12 chicken drumsticks (Note 1)

2 tbsp extra virgin olive oil

Oil spray

Seasoning:

3 tsp garlic powder

3 tsp onion powder

5 tsp smoked paprika

2 tsp black pepper

1 1/2 tsp cooking/kosher salt

4 1/2 tbsp plain/all-purpose flour

3 tsp baking powder (makes them crispier, DO NOT confuse with baking soda / bi-carb)

How to make Crispy Baked Chicken Drumsticks

The trick to crispy baked drumsticks is to stretch the skin over the drumsticks as much as possible (because flesh won't go crisp!) and then coat the skin evenly all over with the seasoned flour.

Seasoning – Mix the spices and flour together in a bowl. Use a shallow bowl as it's easier coat the chicken legs in the seasoning.

Coat drumsticks in oil – The oil makes the seasoning stick to the chicken as well as helping the skin go nice and brown as it bakes. I find it's easiest to rub it all over using my hands to ensure each drumstick is well-coated.

Stretch skin – The more skin that stays put over the flesh, the crispier your drumsticks! So pull and stretch the skin to cover the flesh as best you can. Some of the skin will still shrink back as it bakes anyway, but if you skip this step totally you'll end up with a mostly naked drumstick 🙄

Coat legs in the seasoning – Dip, turn, use fingers for sprinkling on top as needed. Then shake off the excess, otherwise you end up with quite a thick layer of pasty-ish coating on the chicken legs.

Rack on tray – Place the legs on a rack on a foil-lined tray. Why foil-lined? It makes your clean up life easier. Why rack? For crispy undersides! Don't have a rack? Line with paper instead and turn the drumsticks halfway, and expect to add an extra 5 to 10 minutes to the bake time to make the top crispy.

Spray with oil – Then spray the legs with oil. Be generous! It makes them crispier and more golden, almost like a frying effect!

Bake for 30 minutes at 200°C/390°F (180°C fan), rotating the tray once to help them cook evenly. Then crank the oven up to 220°C/430°C (200°C fan) and bake for a further 15 minutes until they're crisp and golden. You might find you need an extra 5 minutes to get the skin crispy, depending on how evenly the heat is distributed in your oven.

Once they're ready, serve them up straight away while they're nice and hot!