



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 8th July 2026



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 9th JULY

BINGO

First game starts at 6pm

FRIDAY 10th JULY

MEAT RAFFLES

Tickets on sale from 5.30pm

Membership Draw \$1400

SUNDAY 12th JULY

ANGLER CLUB RAFFLES

Membership Draw \$1400

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



Represent your community!

Tamworth Regional Council is calling for *Expressions of Interest (EOI)* from residents who want to represent their community by becoming a member of the *Barraba Precinct Advisory Committee*.

Positions are available for youth (16 – 25 years) and adult representatives.

The committee will be a vital link between Council and the community in ensuring the voices of our towns, villages, and surrounding districts are heard. If you're passionate about your community, this is your chance to get involved.

Scan the QR code to apply before Tuesday 21 July, 2026



BARRABA COMMUNITY NEWS

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Email news@barrabacommunitynews.org.au

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Barraba High Country Music Musta



Sunday 12th July 2026.

12 to 4pm.

FREE ENTRY.

Walk-up artists welcome.

Barraba Bowling Club.



BOWEN
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POLL HEREFORD & PEAKES ANGUS

Email or text for your catalogue

140 Bulls
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100 Peakes Angus & 40 Poll Hereford Bulls

31st Annual Bowen Bull Sale
16th July 2026 at 1pm
www.bowenstud.com.au

Bulls can be inspected prior to sale by contacting the vendors. Videos will be available of all sale bulls on Auction Plus & Bowen Web pages

Stephen 0427 821 756 | Nick 0428 564 515 | Josh 0455 614 884 | admin@bowenstud.com.au



Council's 2026/27 Trainee & Apprenticeship program now open for applications!

Tamworth Regional Council is launching its 2026/27 Traineeship and Apprenticeship program. The program showcases a wide range of roles available across Council, highlighting the benefits of earning while learning, gaining a nationally recognised qualification and building a rewarding career in local government. Applications open **Monday 6 July 2026** and close **Friday 14 August 2026**.

List of positions available:

1. Trainee Business Support Officer - Infrastructure & Works
2. Trainee, Water Operator South East Headworks
3. Cadet, Building Certification
4. Trainee, Operator - AELEC
5. Trainee, Survey & Design
6. Trainee, Water Operator Manilla/Barraba
7. Apprentice - Electrical Technician
8. Cadet - Asset Management
9. Trainee Operator - Water Operations (Distribution)



History Notes - Tarpoly School

In January, 1941, a Subsidised School was opened in a cottage at Tarpoly Woolshed, the first

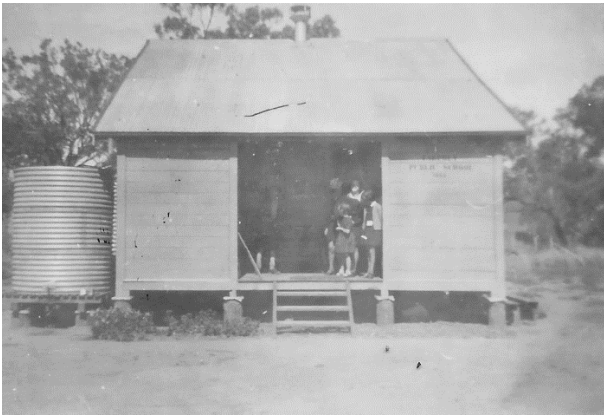
teacher being a Miss McNeill.

About two years later, enlarged enrolments enabled a full Government School to be established in these premises. In 1944, part of the Stock Route at Tarpoly Creek was taken for a school site and a building was moved from Keepit, near Manilla and erected on this block as Tarpoly Public School.

It continued until 1955 and after closure for some time was moved to the McIntyre area, used for some years and is now in Barraba School.



This was the first bush school in an unused tack shed at George Bowman's property "Tarpoly".



The bush school on Tarpoly Creek. This building replaced the tack shed temporary school.

It was opposite the boundary gate to "Mostyn Vale".

Memories of Tarpoly School - David Eames (1938 -1948)

The first school at "Tarpoly" was held in a tack-shed at the "Tarpoly" station homestead. The owner, Mr. Bowman, made the shed available to the education department until a school house could be shifted from an area where it wasn't used anymore.

The first bush school David and Harry Eames attended was an unused tack shed at George Bowman's property "Tarpoly".

I was kept in one afternoon, I hadn't finished my homework. When you run your rabbit traps after school, reset the traps, and skin the rabbits it doesn't leave a lot of time for homework, besides, I found it hard to see with the kero lamps in the smoke blackened bush kitchen. Harry was let out with the other kids at our makeshift school. We had arrived doubled up on old Snowy as usual, and now it was time to go home, he had to wait for me. Under the watchful eye of the schoolmistress, I concentrated on my work, thinking of the rabbits to be caught, Dandy, my constant companion, running alongside. My mind wandered. A loud "**bang**" broke the silence. The teacher jumped to her feet, ran to the door and out on to the verandah. On the opposite side of the room came a gentle knock on the window. A head of tussled blond hair appeared, a face with a grin from ear to ear. Harry had Snowy saddled and was under the window. "Hurry up Davie the old bat will be back any minute, we can get out of here before the penny drops, did you hear the noise?" I dropped the books and made a beeline for the open window. "What the bloody hell was it you belted; I nearly jumped out of my skin". I slipped out the window onto Snowy's back.

"That old empty water tank. I whacked 'er with a lump of old plough I found on the ground, sounded like a bomb going

off didn't it".

Harry dug his heels into our old nag as we raced down the dusty road towards Tarpoly creek. Glancing behind I could see our teacher was unhappy, waving her arms about in an agitated, threatening gesture. Snowy's tail swung in a wide circle showing his "freckle" to the disgusted "wolloper". It seemed he wanted to get home and put his nosebag on. I couldn't blame him. With two apprenticed outlaws clinging on like grim death, we raced for the stock route and home.

Letter to the Editor

I was going to take a walk down the footpath on the eastern side of Queen Street but changed my mind after taking a closer look at the damage being done, to the footpath, curb and gutter and road, by the Plane Tree on the road in front of Universal Kitchens (Ross Campbell's garage). It is extensive, the tree is barricaded for safety reasons.

There is another barricaded tree on the other side of Queen Street near the Café, that is causing considerable root damage to the Road surface, brick gutter and restricting the free flow of water in the gutter.

The brick curb and gutters in Queen Street are unique and should be preserved.

The Plane tree on the road edge in front of the old War Memorial Hall is now causing considerable damage to the footpath surface making it dangerous.

This is only the beginning.

David York
Barraba

Letters to the Editor

At Barraba Community News we welcome 'Letters to the Editor' expressing your opinion on any topic.

It is important to ensure the opinions expressed are not discriminatory or offensive. The Editor reserves the right to use judgement to edit or decline to print should a letter not meet editorial standards.



Senior Citz Notes

Hello everyone

The meeting on Friday was well attended. Once again, the holding of a Market Day was a hot topic, sorry folks the date has been changed again. This has now been set down for Sat 15th August at 9am start. Bookings for stalls, please give Judy a ring on 0429821158.

September – we are going to take a bus to Warialda for the Honey Festival. The fares have been set at \$25 for members and \$30 for non-members. There are only 21 seats available, so get in quickly and book your seat with Judy. This trip is open to anyone who would like to go, you do not have to be a member to hop on board. Hopefully I will have all details next week.

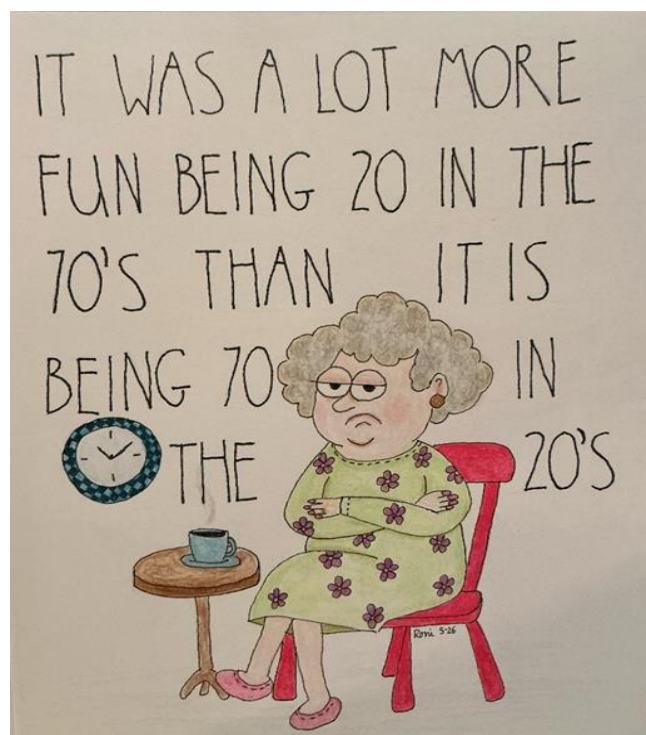
Another topic discussed was access to our building. As it is, many of our members cannot access the front and upstairs area so we are to investigate an outside ramp or access from inside the building.

One of our members suggested setting up a website. This was agreed to by all members.

This is about all for now, to those on the sick list get well soon, people celebrating a birthday, I hope you have a great day.

Cheers and take care.

Judy Brady



In Loving Memory Sybil Joyce Ibbertson 30/4/1932 - 27/6/2026



I would like to thank Dr Strydom and the staff at Garvin House for the care and support they have given.
Maree Hague

BARRABA UNITING CHURCH NOTICES

Sunday 12th July – 8.45am
Please note new time for the next few months.
All welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba
Sunday service at 10.00am
Woodsreef 11.30am, 2nd Sunday of each month

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 5pm. (Note the time change)
All other Sundays 9am

SPIKE THE ECHIDNA

Little Wing Puppets bring their beloved show *Spike the Echidna* to the New England North West this August. Follow a baby echidna, stolen from his mother's nest, as he searches for where he belongs — with the help of a young girl finding her own courage along the way. It's an interactive, family-friendly show with original music by Mal Webb, and every performance ends with a shadow puppetry demonstration.

📍 Civic Theatre, Gunnedah

📅 Wednesday 5 August 2026

📍 The Roxy Theatre, Bingara

📅 Thursday 6 August 2026



Tamworth What's On

See It Live & See It Local. Upcoming Events

Grimm. Tuesday 14 July | 7:30pm

GRIMM, the latest tour de force from **Shake & Stir Theatre Co** beckons you into a world where fairytales are reimagined with a profound intensity. Be warned – these bedtime stories may cause nightmares.

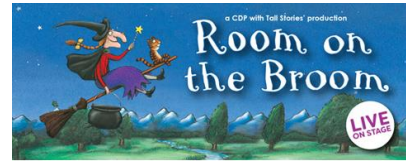
From the company behind the award-winning stage spectacles – *The Great Gatsby*, *Frankenstein* and *A Christmas Carol* – comes this bold adaption of tales from the **Brothers Grimm** in a bewitching theatre experience.

Puffs. Friday 17- Sunday 19 July | 2pm & 7:30pm

Puffs is a local production, presented by O'Grady Drama.

For seven years a certain boy wizard went to a certain Wizard School and conquered evil. This, however, is not his story. This is the story of the Puffs... who just happened to be there too.

This clever and inventive play "never goes more than a minute without a laugh" giving you a new look at a familiar adventure from the perspective of three potential heroes just trying to make it through a magic school that proves to be very dangerous for children.



Room on the Broom

Friday 24 July

10:30am, 12:30pm

& 6pm

Following sell-out

seasons across Australia, the team behind *The Gruffalo* and *The Gruffalo's Child* return with songs, laughs and scary fun for children aged 3 and up - and their grown-ups.

The witch and her cat are flying happily on their broomstick – until a stormy wind blows away the witch's hat, bow and wand. When a hungry dragon appears, who will save the poor witch? And will there ever be room on the broom for everyone?

The Appleton Ladies' Potato Race

Friday 24 July | 7:30pm

The fourth 'In The Raw' staged play reading is one not to be missed! Written by Sydney-based playwright, Melanie Tait and presented by You'll Miss The Tide Productions, ***The Appleton Ladies' Potato Race*** is a spectacular story with appealing characters, that will have you laughing all night.

Men are men, women are women, vegetables are not cake and that's the way it's always been! That is, until prodigal daughter Penny returns from the big smoke to set up shop as the local GP. Penny never much cared about the potato race, but when she discovers the men's, prize is five times more than the women's, she suddenly does care. A lot. And she's determined to do something about it.

Right hand turn removed from Peel Street intersection

Transport for NSW completed works this week to remove the right hand turn from Peel Street into Oxley Highway/Brisbane Street from both directions.

Here is an overview of the works:

- The night works took place on Monday 29 June and Tuesday 30 June
- The works included the installation of no right hand turn signs, additional traffic lights and new line marking.
- The right hand turn was removed to improve pedestrian safety

Reader's Digest Announces 27th Annual Trusted Brands Survey Results

The Top 20 Trusted Brands Winners

- | | |
|-------------------------|--------------------------------|
| 1. Dettol | 2. Panadol |
| 3. Toyota | 4. Bunnings |
| 5. Dulux | 6. Weber |
| 7. Cadbury | 8. Royal Flying Doctor Service |
| 9. Vicks | 10. Twinings |
| 11. Bridgestone | 12. Selleys |
| 13. Vanish | 14. Samsung |
| 15. Singapore Airlines | 16. Victa |
| 17. Sanitarium Weet-Bix | 18. Sealy |
| 19. Yates | 20. Daikin |

The full list of 2026 winners can be found at:

www.trustedbrands.com.au

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

(Winston Churchill loved them)

- Where there's a will, I want to be in it.
- The last thing I want to do is hurt you ... but it's still on my list.
- Since light travels faster than sound, some people appear bright until you hear them speak.
- If I agreed with you, we'd both be wrong.
- We never really grow up -- we only learn how to act in public.
- War does not determine who is right, only who is left.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- To steal ideas from one person is plagiarism. To steal from many is research.
- I didn't say it was your fault, I said I was blaming you.
- In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
- Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- I used to be indecisive, but now I'm not so sure.
- To be sure of hitting the target, shoot first and call whatever you hit the target.
- Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
- You're never too old to learn something stupid.
- I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Tamworth's 26th Hats Off To Country Festival



Program:

Friday 10 July

- The Laneway Bar Tamworth - 5pm
- Carly Robinson Duo - Tamworth City Bowling Club - 5:30pm
- Tommy Miller - Tamworth Holiday Park - 6pm
- *Bush Dancing - Nundle Memorial Hall - 6pm
- Damn'd Sam & The Preachers - Tamworth Hotel - 6:30pm
- *'Wine, Women & Song' - Moonshiners Bar - 7pm
- Songwriters at The Press - The Press - 7pm
- Dare 2 Dance Line Dancing - Oxley Bowling Club - 7:30pm
- Matt Barratt & the Redflags - The Pub - 7:30pm
- Brock County - Wests' Diggers - 8pm
- Redneck Gentleman - The Longyard Hotel - 8pm
- Col Finley - Tamworth Services Club - 8pm

Saturday 11 July

- The Sharing Circle with Anne Fraser - UNE Tamworth - 9:30am
- Don Costa - Tamworth Shopping World - 10am
- Tamworth Songwriters' Association Showcase - Post Office Hotel - 10am
- Song Co-Writing Sessions - UNE Tamworth - 12pm
- Writers In The Round - The Oasis Tamworth - 12 - 10pm
- The Newbees featuring Brett Lobsey & Brad Gill - The Courts - 12:30pm

- Dare 2 Dance Line Dancing - Tamworth Shopping World - 1:30pm
- *Upper Class Bogan | Comedy Show - UNE Tamworth - 4pm
- Mak & Shar - West Tamworth League Club - 4pm
- *The Bushwackers - The Press - 5pm
- Damn'd Sam & The Preachers - The Welder's Dog - 6pm
- Dare 2 Dance Line Dancing - Oxley Bowling Club - 7pm
- *Brendan Radford & Friends - Tamworth Community Centre - 7pm
- Splashpool - West Tamworth League Club - 7pm
- Brother Hollow - The Longyard Hotel - 8pm
- Dear Tommie - Wests' Diggers - 8pm
- Twang featuring Kyle Cartner & Rusty Crook - Post Office Hotel - 8pm
- Col Finley - Live at Tamworth Services Club - 8pm
- Brock County - Wests' Diggers - 9pm

Sunday 12 July

- *Songwriters Masterclass with Lyn Bowtell - UNE Tamworth - 8pm
 - Don Costa - Tamworth Shopping World - 10am
 - *Aussie Bush Ballad Concert - Moonshiners Bar - 12pm
 - Tamworth Songwriters' Association Showcase Writers In The Round - The Pub - 12pm
 - Col Finley - Live at Tamworth Services Club - 12pm
 - Peel River Ramblers - The Courts - 12:30pm
 - *Jason Owen - Wests' Diggers - 2pm
 - *Sunday Lemonade - The Press - 2pm
 - Dare 2 Dance Line Dancers 27th Birthday Social - Oxley Bowling Club - 2pm
 - *Strike a Chord featuring Aleyce Simmonds, Sally-Anne Whitten, Goldheist, Allison Forbes and Roz Pappalardo - Tamworth Community Centre - 3pm
- *ticketed

For more details, visit the official website, hatsofftocountry.com.au



Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council 30 June 2026.

- Following a Town Hall community information session and the consideration of submissions made throughout May, Councillors resolved to sell Ray Walsh House, including the adjoining car park on the north/western side of the building, with 5 voting in favour

and 3 against. Councillors agreed on an Expression of Interest process to appoint a suitable agent to recommend the best method of sale and to conduct the sale and set a reserve price. General Manager Paul Bennett will report back to Council to obtain approval on the agent and method of sale. The carpark on the south/eastern side of the building will be provided as an option for a future purchaser, also.

- In an effort to support the NSW Police's efforts in the Tamworth Region, Councillors endorsed a motion to identify Council infrastructure that would be suitable to support a drone first response capability in the region. The technology is currently on trial in Moree.
- Councillors tonight approved the attendance of Councillors Matt Sharpham, Jeff Budd and Russell Webb and managers from Council's Water and Waste Directorate at the 2026 Local Government NSW Water Management Conference, to be held from Wednesday 2 September to Friday 4 September 2026. The conference will be hosted by Ballina Shire Council and supported by Rous County Council.
- Councillors received the Tamworth Local Transport Forum report for 6 May and 3 June 2026 at the council meeting. A key component of the report outlines three grant applications that Council has submitted within the 'NSW Level Crossing Improvement Program (LCIP) – Regional Council Minor Works Program' for minor works and safety improvements at rail level crossings at Darling Street, White Street and Brisbane Street. These grant applications were successful and Council will be funded to install new signage and line marking at the sites.
- Councillors have tonight reviewed the report in relation to Bowling Alley Point - Waste Disposal Services. Council agrees to allow the provision of up to 30 waste collection services (red lid) to the Bowling Alley Point Recreation Reserve Land Manager, fully subsidised by Council.
- Councillors have tonight reviewed and noted the report in relation to IPART's determination of Water NSW's and Water Administration Ministerial Corporation's Bulk Water Charges. The net effect for Council charges as a result of the final determination is that Council's cost to access average annual volumes of bulk raw water across all centres will increase from \$1,586,917 in the current financial year to \$2,361,499 in the 2029-2030 financial year assuming inflation of 3% each year. In future budgets, commencing with the 27-28 budget, Council will have to consider whether it can afford not to pass this increase onto consumers and the level of increase, if any, in water fees and charges.

- Councillors wrote off \$139,157.51 in postponed rates and voluntary conservation agreements in accordance with section 131 of the Local Government (General) Regulation 2021. The bulk of these costs relate to land that is zoned to permit commercial, multi-residential or subdivision development, but is currently used for a single dwelling-house or rural land. A factor of the rates is postponed each year and written off after five years if the use has not changed. Voluntary conservation agreements exempt a deemed percentage of land from rates whilst the land use is restricted to enable the protection of biodiversity, habitats, or cultural heritage.
- Councillors also received and noted reports on our finances. Council's investments performed above the three-month Bank bill Swap rate, with a return of 4.61%, and variations to the 2025/26 budget for May were noted including the completion of works on the Barraba sewer mains in Range Street.
- Following public exhibition, Councillors adopted the 2026/27 Operational Plan and Budget, 2026/27 Statement of Revenue Policy, and Fees and Charges 2026/27. This includes a 3.2% rate increase (as approved by IPART), while the Operational Plan outlines the specific actions Council will undertake during the next 12 months. All of these documents will be available on Council's website.
- Councillors have tonight endorsed the allocation of \$28,500 from the 2026/2027 Regional Events Marketing Support Program Budget to support a diverse range of events happening across the region in the upcoming financial year. The program provides financial assistance to market events and festivals within the Tamworth region, with a strong focus on attracting overnight visitation and increasing economic impact. Funding is strictly allocated to promotional activities that build awareness and participation.
- Tonight, Councillors received and noted the Tamworth Region Arts Advisory Committee minutes for 23 April 2026. They agreed Council will work in collaboration with the University of New England towards the development of new public artworks as part of the Tamworth campus along the Peel River Loop. The Peel River Loop sculpture trail is identified in both the Bicentennial Park masterplan and the Tamworth Region Public Art Strategy.

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

The Facts

Future of Ray Walsh House

- On Tuesday 30 June 2026, Councillors resolved to sell Ray Walsh House, including the adjoining carpark on the western side of the building.
- Councillors also agreed on an Expression of Interest process to appoint an agent to recommend the best method of sale and to conduct the sale.
- The General Manager has been directed to report back to Council on the results of the EOI and to obtain approval on the agent and method of sale.
- The carpark on the eastern side of the building will also be provided as an option for a future purchaser.
- Ray Walsh House was vacated by TRC staff in 2022 due to the failure of the air conditioning systems and the presence of asbestos containing materials. Council has been presented with numerous reports since that time.
- The current situation is that Council simply does not have the financial capacity to renovate the building for reoccupation and is unlikely to have that capacity for the foreseeable future without a significant increase in revenue or a major reduction in service delivery across other areas of Council's operations.



2026/27 WASTE VOUCHERS ARE NOW AVAILABLE!



Eligible residential properties across the Tamworth region can now access their four digital waste vouchers for the new financial year.

Already registered?

Simply log in to the Resident Services portal with your email address to access your vouchers. tamworth.residentservices.com.au/sign-in

New to waste vouchers or recently moved?

Register your property online or contact Council for assistance.

tamworth.residentservices.com.au/sign-in

Prefer to receive printed vouchers?

You'll need to request them each year, as they are no longer sent automatically.

<http://www.tamworth.nsw.gov.au/.../waste-voucher-request>

Waste Voucher Terms & Conditions have been updated for 2026/27, so we encourage all residents to review them before using their vouchers.

Head to our website for more information:

<http://www.tamworth.nsw.gov.au/.../waste.../waste-vouchers>

COMMITTEE EOIS



Young people aged 16–25 from the region's towns and villages can soon apply to join one of our Precinct Advisory Committees. Expressions of Interest (EOI) will open Tuesday 7 July on our website.

Established last year, the region's Precinct Advisory Committees are looking for youth members to join. If you'd like to represent your community, share local priorities and advocate for your peers, submit your EOI to the Barraba, Manilla, Kootingal/Moonbi/Bendemeer or Nundle/Dungowan committee.



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SCHOOL HOLIDAYS – BARRABA LIBRARY PROGRAM Bookings: 02 6782 1105

Barraba July School Holidays

Thumb Wrestling Arena	Thursday 9 July	10:30am - 11:30am	Barraba Library	5 - 12	Bookings essential
3D Flower Bed	Wednesday 15 July	2pm - 3pm	Barraba Library	5 - 12	Bookings essential
Personalised Clay Pots	Thursday 16 July	10:30am - 11:30am	Barraba Library	5 - 12	Bookings essential

How to whistle: the art and history of our shrillest skill

Wendy Hargreaves, Academic in the School of Education and Creative Arts, University of Southern Queensland.

Whether you whistle or not, you can't escape whistlers. They're dog owners, construction workers, day dreamers, concertgoers and annoying sports fans whose shrill makes you wish for earplugs.

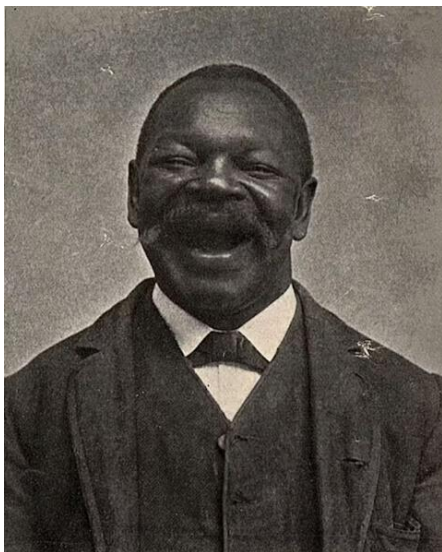
And there are tradies – Snow White's pesky disciples who think whistling while you work makes chores fun. (Disclaimer: It didn't work for my taxes.)

Admittedly, whistling can be useful for silencing noisy crowds and hailing taxis New York-style, but be mindful of the social rules. You can whistle admiringly at a flashy car, but you'll be fined up to 750 euros for sexual harassment if you wolf whistle at women publicly in France.

Whistlers in history

Whistling is a common human skill. For centuries, shepherds and goat herders used whistling to summon livestock and direct dogs to steer the herds. The whistling sound can travel ten times further than shouting, which makes it ideal for long distance communication in rural areas.

Long ago, remote communities in Turkey and Mexico developed a whistled version of their spoken languages for communicating across the countryside. As linguist Julien Meyer explains, each syllable of a word translated to a whistled melody, allowing neighbours to talk across vast distances. Whistled languages are still in use today in places like La Gomera in the Canary Islands.



George W. Johnson. Wikimedia Commons

Whistling featured prominently in the development of the recording industry. Historian Tim Brooks recounts how Thomas Edison's 1877 invention, the phonograph, drew public curiosity but the sound quality of recorded voice was too weak to show off the machine's potential.

Shrill whistling, however, could be reproduced perfectly, which likely sustained public interest through the phonograph's early modifications. Brooks traced the transformation of George W. Johnson from a whistling street performer at a ferry terminal to New York recording artist at the birth of the recording industry.

Decades later, whistling continued leaving musical marks in the industry. Notable examples include Roger Whittaker's intricate *The Mexican Whistler*, Otis Redding's layback ending to *The Dock of the Bay*, Bobby McFerrin's cheerful *Don't Worry, Be Happy*, and Maroon 5's distinctive opening to *Moves Like Jagger*.

Today, there's even a market for complete whistling albums like from Molly Lewis. But few recordings are as memorable as the 1966 Spaghetti Western theme song *The Good, the Bad and the Ugly*. It made whistling iconic for showdowns.

How whistling works

Whistling is produced when small pockets of air spinning at your lips interact with spaces in your mouth. Puckering your lips and whistling with fingers use the same principles.

Musical sound is produced when something, such as a guitar string, vibrates. Vibrations create pressure in the air which moves outwards in waves. When we whistle, the air itself becomes the vibrator. What happens next makes it audible.

Different spaces affect a sound wave's energy as it passes through. Some cavities dampen the energy, while others excite it by swirling around making the cavern itself vibrate or resonate. That's what makes whistling louder.

To experience the power of resonance, try singing in a bathroom with lots of towels, then remove the towels and sing again. The extra ring you'll hear is the effect of resonance.

Whistling works by fine-tuning the speed of your breath with the size, shape and tension in your lips and tongue so the space rings.



Différentes manières de siffler avec les doigts.

There's more than one way to make yourself heard - an illustration from Le Monde Illustré (1893) proves finger-whistling is all about technique. Le Monde illustrÃ©/Wikimedia Commons

Learning to whistle

Unfortunately, knowing the physics doesn't make whistling easier. Learning requires coordinating your senses with how you move your body. You create a learning loop where your brain connects your mouth and breath movement with what you hear, feel and see when you whistle.

Simply put, you use trial and error to figure which actions help amplify the sound and which don't.

Whistlers aren't born. They're made. If you find whistling hard, then you'll need to practice isolating and moving all the parts in an epic Gollum-like quest for the precious ring.



Remember to pucker your lips like Ann Rutherford, Red Skelton, and Diana Lewis in Whistling in Dixie (1942). Wikimedia Commons

Top tips for whistling pucker-style:

- find a quiet room
- wet your whistle – water on your lips helps
- push your lips forward to make a small, firm hole; a mirror can help you see what you're doing
- breathe out with a steady air stream
- listen to the sound and experiment with your tongue tip position (forward, backwards, higher, lower), lips shape (tightened, relaxed, wider, pushed forward, pulled sideways), and breath stream (faster, slower) – you should hear subtle changes, even if it just sounds like wind
- play around until you find one position where the sound seems louder than others
- make micro adjustments in the position to find which movements increase the ring
- repeat all steps daily so your brain learns to find your whistle automatically and tune it.

Failing that, take up singing. It's easier and you won't look like you're kissing a ghost.

BINGARA ORANGE FESTIVAL – PERFECT WEATHER AND LARGE CROWDS

The annual Bingara Orange Festival, held on Saturday 4 July, has been described as the biggest ever. Close to one hundred stalls lined Maitland St; the very colourful parade of vehicles, floats, bands, and others took half an hour to pass by the huge crowd filling every viewing spot along the street.

The two bands made the Parade even more spectacular; the Manilla Caledonian Pipe Band, and the Australian Army Band Newcastle marched in full colour and sound. The Bingara Community Op Shop float won the well-deserved "Best Float" prize.

A great day. (Thanks to Terry Threlfall for the photos)



The day's crowds



Barraba locals Carol Lewis, Pam King, and David York in prime position for the Parade



Stilt walkers from Cirque um Navigate



Winning Float: Bingara Community Op Shop



Chocolate oat slice

Chunky, rich and chewy, this chocolate oat slice is the perfect combination of rich brownie and oat crumble. For a twist, mix and match flavours and swap the nuts in your chocolate oat slice. Try macadamia and white chocolate chips. Or dark chocolate, mixed nut and cranberry!

Ingredients

180g dark chocolate, chopped
120g milk chocolate, chopped
395g can condensed milk
30g unsalted butter, chopped
1 cup (120g) walnuts, toasted, chopped
1/3 cup (65g) dark chocolate chips

BASE

1 cup (220g) firmly packed brown sugar
125g unsalted butter, melted and cooled
1 egg, lightly beaten
1 teaspoon vanilla bean paste
¼ teaspoon fine table salt
1¼ cups (185g) self-raising flour
1½ cups (180g) rolled oats
2 tablespoons shredded coconut

Method

1. Preheat oven to 200°C (180°C fan-forced). Grease and line a [20cm square pan](#) with non-stick baking paper, allowing a 3cm overhang.
2. BASE Combine the sugar, butter, egg, vanilla and salt together in a medium bowl and whisk to combine. Add flour, oats and coconut and mix to combine. Divide the mixture in two. Spoon half the oat mixture into the base of the pan and press evenly using the back of a spoon. Refrigerate while making the filling.
3. For the filling, combine the chopped chocolates, condensed milk and butter in a medium saucepan over medium heat, stirring constantly until melted and smooth. Add the nuts and mix to combine. Spoon over the base. Sprinkle with chocolate chips.
4. Evenly crumble over the reserved oat mixture. Bake on lower shelf for 35 minutes, or until the top is golden.
5. Set chocolate oat slice aside to cool in the pan and refrigerate for 2 hours, or until cold. Remove from the pan and cut into 16 bars.

How long will this chocolate oat slice keep?

This slice can be refrigerated for up to 5 days. To freeze, wrap chocolate oat slices between baking paper and place in an airtight container. Freeze for up to 1 month. Thaw in the refrigerator for 2 hours, before serving at room temperature.

Turn it into dessert!

You can reheat the frozen and thawed chocolate oat slice in the oven at 160°C for 25 minutes. Served slightly warm, this slice turned into a rich and gooey centred dessert that's perfect served with a scoop of vanilla ice-cream.