



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 15th July 2026



Barraba Veterinary Service

219 Mulwarree Road, Barraba NSW 2347
M: 0459 192 265

clinic@barrabaveterinaryservice.com.au

It is de-sexing month this month (a 20% discount on de-sexing). See page 4 for full details



**BARRABA RSL &
RECREATIONAL CLUB LTD**

Phone 67821379

For the information of members
and guests.

THIS WEEK

**THURSDAY 16th JULY
BINGO**

First game starts at 6pm

**FRIDAY 17th JULY
MEAT RAFFLES**

Tickets on sale from 5.30pm
Membership Draw \$1500

**SUNDAY 19th JULY
ANGLER CLUB RAFFLES**
Membership Draw \$1000

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

**About Barraba Incorporated
Annual General Meeting
Wednesday 29th July, 6pm
Andy's Guesthouse**



The Historical Society is planning a bus trip around the sites of some of the small schools which existed in the past.

This will probably take place in the early spring. If anyone would be interested in participating, particularly those who were once students at these schools, please contact: Carolyn (67821535) or Lesley (0428228109) or talk to other members you come in contact with.

MCINTYRE SCHOOL - 1957

McIntyre School 1957 - 1968

Situated on the Gulf Creek - Bundarra Road in Fairbank (only a few miles west of Shenstone), McIntyre School originally came from Tarpoly in late 1956. It was pulled down and transported by Harold Faint, Bob Frost, Phil Spencer and Bruce Smith and re-built in "Fairbanks" next to the TSR, "Collarene" and "Fairbanks. It was opened in 1957 as McIntyre Provisional School.

The first teacher was Ken Raylton who boarded at "Seven Hills". He lasted 1 term.

Pupils attending when the school opened were:

Patricia Faint, Sam Faint, Barbara Hockley, Barry Hockley, Roslyn Hockley, Sheree Hockley, Robert Hockley, Marie Frost, Kay Frost, Jill Frost, Owen Frost, Murray Smith, Allan Smith, Scott Smith, Phillip Spencer, Howard Spencer, Terry Doolan, Maree Doolan, David Goldman, Judy Goldman, Elizabeth Hewitt, Barry Fenn, Brian Fenn, Noel Morton, Pam Morton, Edward Morton, Glenda Groth, Robert Groth, Janice Groth, Hamish Horton, Wally Rumsby.

The second teacher was Peter Carey who was there a couple of years - 1958-59. He rented the house at "Pryton" and lived there with his wife and family.

The third teacher was Stan Thompson, who boarded at "Seven Hills" with the Faints. He was there 1960-62.

The fourth teacher was Graham Dixon who later taught at Barraba Public School.

The fifth teach was Peter Pine who was sacked by the McIntyre P&C because he was too sport orientated.

The sixth teacher was David Hilder who was teaching there in 1966.

Memories of McIntyre School - Sam Faint

There was a dirt road from "Seven Hills" to McIntyre School. About six gates had to be opened and closed in between. Ken Raylton was boarding at "Seven Hills" and one morning, as usual, five kids piled into his car (a Citroen) to be driven to school - Ros, Rob & Sheree Hockley, Sam & Pat Faint and Phillip Spencer. We went around a bend near Shenstone School and the front passenger door flew open and I started to fall. Ken grabbed my arm and stopped me from falling out.



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, Gary Mallise, Owen Frost, Lynette Hockley, Robert Groth

McIntyre School - 1966



Headmaster: David Hilder

Back Row: Sally Frost, Janice Groth, Lindy Brown, Elizabeth Spencer, Rhonda Mallise, Lynette Mallise

3rd Row: Kerry Mallise, Peter Brown, Stephen Spencer, Stuart Spencer, Robert Groth

2nd Row: Mark Dodds, Terri Brown, Narelle Hockley, Julie Mallise, Patti Groth, Martin Bower

Front Row: Greg Mallise, Richard Frost, David Frost, Matthew Faint, Don Frost



NSW Seniors Festival Grant Program 2027

The NSW Seniors Festival Grant Program 2027 provides \$200,000 in funding for community events and activities during the two-week festival period in March, which enables older community members to remain active, healthy and engaged.

Key information

Status: Open

Grant amount: From \$2,000 to \$10,000

Application opened: 8 July 2026

Application closes: 12 August 2026, 4:00 pm

Program objective.

NSW Seniors Festival 2027 theme is “Discover. Connect. Celebrate!”

The grant program encourages seniors in NSW to enjoy new experiences, continue learning, stay active and connected to their communities through:

- supporting a broad range of local community organisations
- supporting programs and activities in rural and regional NSW
- fostering partnerships with community groups and services
- providing programs and activities for diverse communities in NSW
- supporting projects that empower older people to stay connected
- assisting organisations to increase capacity of current programs and activities.

This program is administered by Department of Communities and Justice.

Who can apply

Applicants must be one of the following:

Not for profit companies limited by guarantee, registered with the Australian Charities and Not-for-profits Commission (ACNC) and/or are endorsed as deductible gift recipients (DGR) status.

- NSW associations or non-distributing co-operatives registered with NSW Fair Trading.
- Local Aboriginal Land Councils or Indigenous corporations registered with the Office of the Registrar of Indigenous Corporations.
- NSW local councils operating under the Local Government Act 1993.

- Not-for-profit entities incorporated under an Act of Parliament.

www.nsw.gov.au/grants-and-funding/nsw-seniors-festival-grant-program-2027



GrainCorp Community Foundation

Community Fund

GrainCorp's Community Foundation supports our communities through three major programs:

- Community Fund (Sponsorships and Grants)
- Silo Art
- Volunteering

There are three key pillars that underpin the GCF mission:

• Infrastructure & Capability

Initiatives that provide long-lasting benefits for community members, such as local infrastructure projects, sports facility upgrades and volunteering opportunities.

• Community Connectedness

Programs that drive community participation and achieve connectedness, development, and growth, such as tourism initiatives, sport and recreation group participation and community events.

• Peace of Mind

Projects that contribute to the health and safety of communities and promote a sense of care and security, such as mental health and wellbeing programs, education and development opportunities, and sustainability.

Community Fund. Our Community Fund is divided into two types of funding: Sponsorships and Grants.

Sponsorships. What is a sponsorship?

A sponsorship is support provided for an event, activity, individual or organisation financially or in-kind through products or services. At GrainCorp, we know that sporting clubs and community events are the lifeline of many smaller regional and rural communities. Our sponsorships program is designed to specifically support these initiatives, to encourage positive health outcomes for our employees, customers and broader communities. As part of GrainCorp's Sponsorships program, funding is awarded in exchange for promotion of the GrainCorp brand.

www.graincorp.com.au/wp-content/uploads/2024/06/Community_Fund_Policy_Dec_2024.pdf

De-sexing month at Barraba Veterinary Service! 20% off the for the month of July only.

Phone 0459 192 265 9am-5pm Mon-Fri to book in.

	Standard Price	July Price
Cat Spey	\$300	\$240
Dog Spey < 10kg	\$450	\$360
Dog Spey 11-25kg	\$480	\$384
Dog Spey 26-40kg	\$510	\$408
Dog Spey > 40kg	\$580	\$464

	Standard Price	July Price
Cat Castrate	\$165	\$132
Dog Castrate < 10kg	\$300	\$240
Dog Castrate 11-25kg	\$390	\$312
Dog Castrate 26-40kg	\$410	\$328
Dog Castrate > 40kg	\$480	\$384





It is with great sadness we learnt of the death of Mandy Cabot.

Mandy has been a great contributor to many organisations in Barraba for many years, particularly the Barraba Potters and Craft Guild. Mandy's contribution, both as a creative artist and leader of the organisation, has been outstanding and she will be greatly missed.

Our sympathies to Ian Cabot, Jenny Farrar, her children, family and close friends.

Members of the Barraba Potters and Craft Guild Inc

BARRABA UNITING CHURCH NOTICES

Sunday 19th 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

BARRABA COMMUNITY NEWS

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

Cnr. Alice and Fitzroy St Barraba

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

Right to Repair must cover parts, not just information

The Insurance Council of Australia (ICA) has called on the Federal Government to strengthen Australia's first Right to Repair law by requiring vehicle manufacturers to sell parts to independent repairers.

In its submission to Treasury's policy proposals to enhance Motor Vehicle Service and Repair Information Sharing Scheme (MVIS), the ICA backs all sixteen proposals in the Government's discussion paper but warns the scheme cannot deliver genuine repair competition while carmakers keep repair parts to themselves.

A fully qualified local mechanic can have all the right information and still be unable to finish the job, simply because the manufacturer won't sell them the part.

ICA CEO Andrew Hall said "The MVIS has driven real competition in the repair sector but for one crucial flaw: car manufacturers can still withhold the sale of parts from independent repairers. There's no point giving a mechanic the know-how to fix your car if the manufacturer can still refuse to sell them the part. When parts are locked away, repairs cost more, take longer, and good cars get written off for no good reason. As a result, the premiums of hard-working Australians go up."

With more than 1.4 million vehicle repairs signed off each year, insurers understand what drives better outcomes for motorists. Clearer, stronger rules would encourage more repairers to compete, easing wait times and costs for drivers.

A driver can be forced to send their car across town or, for those in the regions, to a capital city just to get it fixed for simply not being near a manufacturer's authorised repair network.

Notably, some manufacturers will sell parts to a car's owner yet refuse to sell that same part to the repairer the owner has chosen, suggesting a desire to control who does the work rather than over a legitimate concern about safety or quality.

The ICA recommends that the Competition and Consumer Act 2010 be amended to require manufacturers to sell genuine parts to independent repairers on fair and reasonable terms.

The recommendation builds on the ICA's March 2025 Motor Insurance Policy Paper, which called for the scheme to be extended to cover access to parts. The submission is available on the Insurance Council's website.

A brief history of popcorn – and its cinema snack sidekicks

Garritt C. Van Dy, Senior Lecturer in History, University of Waikato



An outing to the cinema isn't just about seeing a movie, it is a full sensory experience, with a big screen and big snacks. An epic film demands the panoramic widescreen, thunderous surround sound, embarrassingly large boxes of lollies and giant buckets of popcorn that never taste the same at home.

Throughout the history of cinema, however, popcorn has been both scorned as a messy lowbrow distraction and hailed as a profit-making saviour for a floundering film industry.

Popcorn as an ancient snack food

Popcorn is one of the oldest foods we still consume as a snack, with archaeological evidence from Peru, circa 6,700 years ago.

Bernabé Cobo, a Jesuit missionary in Peru in the early 17th century, observed popcorn being made by the local people, toasted until it burst – eaten as a confection called *Pisancalla*.

French explorers in the Great Lakes region of North America in 1612 saw the Iroquois people heating corn kernels in a clay pot filled with hot sand until they popped – and added them to a soup.

Colonists adopted the practice in the Americas, either using an enclosed wire mesh basket over open flame, or a horizontally mounted thin metal cylinder turned with a hand crank in front of a fireplace.

First bites at the fairground

In 1885, a new steam-powered automatic popcorn machine was invented in Chicago by Charles Cretors cooking kernels in a combination of vegetable oil and animal fat.

He exhibited his invention at the World's Fair in Chicago in 1893, and by 1900 he had switched to electricity, and machines shifted from street carts to shops.



C. Cretors & Company steam powered popcorn machine, photographed around 1905

Popcorn and peanuts were already popular at fairgrounds when moving pictures joined the lineup of entertainments on offer, and the snacks followed the audience into the theatre.

The cinema developed from fairground attraction to a destination in its own right in 1896. Nickelodeons (a nickel for admission, and odeon means theatre in Greek), or "penny gaffs" in Britain, offered inexpensive viewing venues.

By the 1920s, owners tried to establish film theatres as more refined spaces, "movie palaces" with carpets and furnishings normally associated with highbrow entertainment. Patrons munching on popcorn or peanuts did not match the sophisticated ambience of the new architecturally designed spaces. The noisy crunch of snacks also interfered with watching a silent film.

An affordable luxury

In 1927 the first motion picture with sound, *The Jazz Singer*, opened in New York. "Talkies" revived the movie business, and popcorn was less of a noisy distraction with a film's soundtrack.

The Great Depression in the 1930s meant many luxuries were beyond the reach of most people, but a movie ticket was still affordable, and a 5-cent bag of popcorn drew audiences into the theatres, boosting sales.

Initially, cinema owners leased space in the lobby or outside to vendors, until they realised that the profit margin for popcorn was over 70%.

During the second world war, rationing of sugar meant that many types of candy were not available or became expensive. Popcorn was a cheap substitute and consumption went up 300%.

Popcorn's sidekicks

Popcorn in the cinema is popular around the world, with a sweet and savoury divide, often drawing on local flavours. Spicy masala blends are popular in India; Japanese popcorn may include bits of umami-rich seaweed; caramel popcorn dominates the Chinese market.

And while popcorn is clearly a main character, ice cream is a trusty sidekick in the movie snack combo. In Australian cinemas in the 1930s, "ice cream matinees" gave a free ice cream "bucket" to each child attending. In addition to these cups of ice cream, "Eskimo pies" – chocolate-coated blocks of ice cream – were a popular treat served from trays by usherettes strolling through the aisles of the theatre at the interval.



An usherette for Greater Union Theatres, Sydney, photographed in 1946. Mitchell Library, State Library of New South Wales

Ice cream cones dipped in a hard chocolate coating debuted in Australia in the 1940s but did not appear in movie theatres until the early 1980s. The choc top remains an essential item for moviegoers in Australia and Aotearoa New Zealand, but it is unknown beyond Australasia.

Some local offerings, however, are not just variations on familiar favourites. Salty Dutch liquorice is a sweet-meets-

savoury taste that not everyone acquires, but roasted ants in Colombia are a next-level delicacy at the movies.

Hormigas culonas (translated literally as big-bottomed ant) are a species of leaf-cutter ant, *Atta laevigata*. In Colombia's Santander region the ants are a luxury item, the caviar of Colombia. The legs and wings of the queen ants are removed and the bodies are roasted to create a crunchy, high-protein food offering as much adventure in your snack as on the screen.

But whether it be popcorn or ants, the food we eat in the dark while we watch a movie is an essential element of attending the cinema for many people. The aroma of the butter topping and the crunch of the choc top are sensory experiences that, like the big screen, just aren't the same at home.

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APPLY FOR AN ACTIVE AND CREATIVE KIDS VOUCHER

Vouchers to help families with eligible school-aged children pay for sport, recreational, creative or cultural activities.

Eligibility: Family Tax Benefit

To be eligible for the voucher, you must have received Family Tax Benefit Part A, Part B or both in the current or previous financial year. Check your eligibility before applying for the voucher. Eligibility requirements for Family Tax Benefit are available on the [Services Australia website](#).

Parents, guardians and carers receiving Family Tax Benefit can apply for an Active and Creative Kids voucher for each eligible child.

The \$50 voucher is available twice a year to use towards sport, creative and cultural activities.

Voucher 2 – 2025: Available now

- Apply for and use the voucher by 14 July 2026

Voucher 1 – 2026: Available now

- Apply for and use the voucher by 31 December 2026

Apply on-line with a MYServiceNSW account.



Let's keep our community clean, safe, and beautiful for everyone! A quick reminder to all local dog owners about your legal and social responsibilities

when out and about:

Scoop the Poop!

By NSW law, if your dog defecates in any public place (like parks, footpaths, or sports ovals) or on someone else's property, you must remove the waste immediately and dispose of it properly.

Keep Dogs Under Effective Control

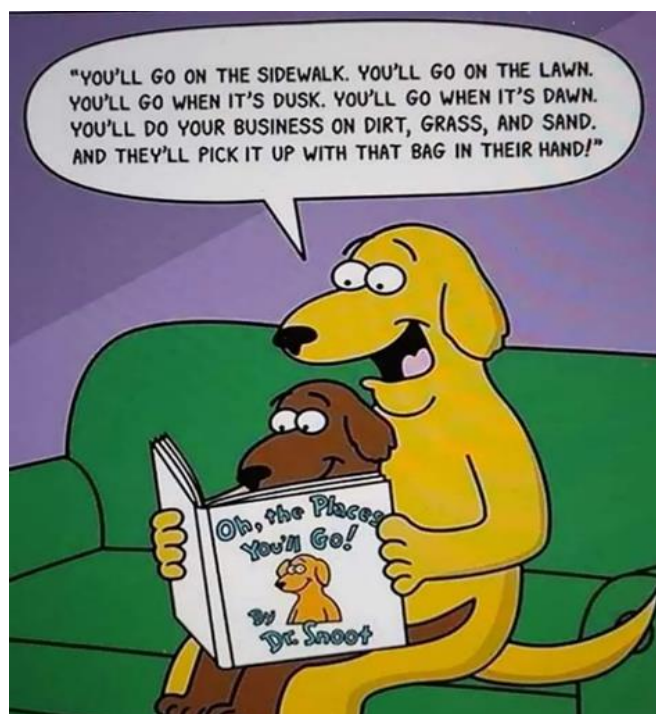
When in a public place, your dog must be kept under effective control by a competent person. This means they must be on an adequate chain, cord, or leash unless you are in a designated off-leash area. Not having your dog on a lead can attract an on-the-spot fine of \$330.

The Cost of Leaving It

Failing to clean up after your pet is not only a bad neighbourly move, it's illegal. You could face an on-the-spot fine of \$275, with maximum court penalties reaching \$880.

How You Can Help:

- **Bag it and bin it:** Always carry waste bags with you and drop bagged waste into the nearest public bin or your red-lidded bin at home.
- **Share the space:** Public spaces are shared by all residents, including children and families. Let's make sure everyone can enjoy our parks safely!
- **Report issues:** If you are experiencing ongoing issues with pet waste, report it directly to Council.



Country Women's Association of NSW Gwydir Group

Agriculture & Environment Day

25 July 2026

9am for morning tea
Speakers start at 9.30am - 3pm

School of Arts Hall, Bundarra

\$ 20 p/p for Lunch



Celebrating sustainable farming and environmental stewardship

Join us for an inspiring day exploring the connection between agriculture, environmental sustainability and health with expert insights and practical knowledge. We will also be covering CWA topics of study for 2026.

Bringing soils to life: Kim Deans Agroecologist	Local Issues: Brendan Moylan, Shadow Minister for Agriculture and Shadow Minister for Prevention of Regional Crime
Designing Resilient & Regenerative Landscapes: Dr Jane Pickard	Escaped Garden Plants: Andrew Scott, Unisa State Council Biosecurity Officer
Regenerative Agriculture on our Farm: Johannes Meier, Danthonia Farm	Natural Farming & Nutrition: Allison & Steve, Evergrow Composites Farm



Wattle Seed Inspired Lunch

- Chicken & Wattleseed Curry
- Vegetarian Curry
- Beef Hot Pot
- Served with Rice & Wattleseed Bread
- Apple Crumble for dessert

Tea, Coffee and treats - Gold Coin Donation
Gluten Free and special needs let us know

RSVP Essential by 17th July

Contact: Andrea Robinson
CWA Gwydir Group A&E Officer
Ph. 0451 857 216
E: imagesbyandrea@gmail.com



NSW WOMEN OF THE YEAR AWARDS.

Member for Northern Tablelands Brendan Moylan is encouraging community members to put forward nominations for the NSW Women of the Year Awards. There are six categories for the awards which celebrate the incredible work women and girls do to improve the lives of people across their communities.

"We have some remarkable women right across the Northern Tablelands who make extraordinary contributions to the lives of people around them without seeking recognition," Mr Moylan said.

"Whether it is volunteering their time or leading change, these awards provide an opportunity for these girls and women to be formally recognised for the countless hours they put in to making a difference. By nominating an outstanding woman in one of the six categories, you can help ensure they receive the thanks they deserve and inspire more people to get involved in their local communities. I

encourage residents of the Northern Tablelands to put forward those who deserve the recognition."

The six categories are:

- **NSW Premier's Woman of Excellence** – The NSW Premier's Woman of Excellence is a role model who has excelled in her chosen field. In doing so, she effects lasting change and is an inspiration to others.
- **NSW Aboriginal Woman of the Year** – A dedicated pillar of her community, the NSW Aboriginal Woman of the Year is a role model who promotes economic, cultural and/or social opportunities for Aboriginal people in NSW. Open to all Aboriginal and Torres Strait Islander women.
- **NSW Community Hero** – The NSW Community Hero Award shines a light on the accomplishments of an extraordinary woman who works tirelessly to contribute to the prosperity of those in her local community.
- **NSW Regional Woman of the Year** – The NSW Regional Woman of the Year recognises the accomplishments of an exceptional woman living in regional NSW who inspires and advances her community and contributes to the fabric of her local area. Nominees for the NSW Regional Woman of the Year must reside outside of Newcastle, Wollongong or Greater Sydney.
- **NSW Young Woman of the Year** – The NSW Young Woman of the Year has demonstrated incredible potential or achievement in her chosen field, passion or area of interest. Open to women aged 16-30 years.
- **The Ones to Watch** – Recognises girls and young women aged 7 to 15, who demonstrate a single act or ongoing acts of courage, bravery, strength, determination and/or kindness to help and support those around them.

To view the full eligibility criteria and to nominate, visit:

www.nsw.gov.au/departments-and-agencies/women-nsw/awards-and-events/nsw-women-of-year-awards

Message from the Editor

At *Barraba Community News* we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

Advertise in *News* at a competitive cost and reach 750 households in our area who receive a free copy each week.

Contact news@barrabacommunitynews.org.au or drop into the Community College on the corner of Alice and Fitzroy Sts.

ROUND 12 RESULTS
LADIES DAY!

BARRABA BULLDOGS V WARIALDA WOMBATS

FIRST GRADE		PLAYERS PLAYER
BARRABA BULLDOGS	WARIALDA WOMBATS	ZAC MALLISE
34	24	3 JACK COOMBS
		2 ZAC MALLISE
		1 ISAAC DEVINE

LLT		PLAYERS PLAYER
BARRABA BULLDOGS	WARIALDA WOMBATS	JACQUI JONES
36	0	3 BRIT STARR
		2 ABBEY MALLISE
		1 NAT PHILPOTT

RESERVE GRADE		PLAYERS PLAYER
BARRABA BULLDOGS	WARIALDA WOMBATS	BEN SPENCER
30	8	3 BEN SPENCER
		2 FINN HART
		1 JACK HILLIER

THANK YOU TO EVERYONE WHO MADE LADIES DAY SO SPECIAL!
ONE CLUB. ONE TOWN. GO DOGGIES!

SATURDAY 18TH JULY

BARRABA RAMS RUGBY
LADIES Day

Leave your jeans on the line and pull out a dress, grab all the gals time to look your best!

COST \$70

TICKET INCLUDES:

- ♥ Drink Tickets
- ♥ Complimentary Gift
- ♥ Exclusive Access to Ladies Day Tent
- ♥ Various Prizes
- ♥ Live Music
- ♥ Jersey Auction
- ♥ Grazing Table
- ♥ Canapés

BARRABA RAMS VS ARMIDALE BLUES

WOMEN 2:15PM | MEN 3:15PM

Scan to buy tickets!

BUY TICKETS NOW!
<https://www.trybooking.com/DNCUH>



Barraba Rugby Union Club Match Report – Tamworth Magpies

Women's Match

The Barraba women took the field on Saturday looking to continue their outstanding season, and they did just that with a convincing 46–17 victory over the Tamworth Magpies. The opening quarter was tightly contested, with the Magpies threatening early before a forward pass denied them a certain try. Barraba quickly capitalised, with Lily Bradshaw and Leilani Tevaga both producing brilliant individual efforts to cross the line after finding space. The Magpies managed to score on the stroke of quarter time to reduce the margin to 12–5.

Barraba maintained the pressure in the second quarter, with Bradshaw once again showing her speed to race away for her second try. Magpies standout Claire Hutton responded with another five-pointer, proving difficult to contain all afternoon. A well-executed lineout move inside the 22 saw Amie Middlemiss cross before halftime, giving Barraba a 24–12 lead at the break.

The third quarter belonged entirely to the Rams. Tries to Middlemiss, Emily Kelso and Tevaga, combined with a determined defensive effort that kept the Magpies scoreless, extended the lead to 39–12 heading into the final quarter.

The Magpies came out firing in the last period, spending several minutes camped on Barraba's line before Hutton completed her hat-trick. Barraba responded immediately through a brilliant counterattack, with Addison Dixon slicing through the defence for a 70-metre break before popping the ball up to Leilani Tevaga, who crossed for her own hat-trick. Dixon added the conversion to seal an impressive 46–17 victory.

Tries: Lily Bradshaw (2), Leilani Tevaga (3), Amie Middlemiss (2), Emily Kelso

Conversions: Lily Bradshaw (2), Addison Dixon

Players' Points

- 3 – Amie Middlemiss
- 2 – Lily Bradshaw
- 1 – Addison Dixon

Players' Player: Amie Middlemiss

Men's Match

The Barraba men produced one of their strongest performances of the season, pushing the Tamworth Magpies all the way in a thrilling contest that wasn't decided until the closing minutes.

Barraba made the perfect start, with halfback Digby Munro putting through a perfectly weighted kick for Cody Townsend to gather and score within the opening five minutes. A missed conversion left the Rams with a 5–0 lead before the Magpies responded with a converted try to edge ahead 7–5.

The Rams continued to apply pressure and were rewarded late in the first half when Cody Townsend calmly slotted a penalty goal to reduce the margin. The Magpies managed to strike once more before the break, taking a narrow 14–8 lead into half-time despite Barraba matching them across the park.

Barraba came out firing in the second half, with Townsend crossing for his second try of the afternoon and Nick Sweeney also getting over the line as the Rams took control of the contest. Their disciplined defence and relentless effort saw Barraba reclaim the lead, and they held the advantage until the 76th minute.

With just minutes remaining, the Magpies found a late try to snatch victory in heartbreaking fashion, claiming a 24–20 win. While the result didn't fall Barraba's way, it was an outstanding performance against one of the competition's strongest sides and a clear sign of the progress the team continues to make.

Tries: Cody Townsend (2), Nick Sweeney

Conversions: Cody Townsend

Penalty Goals: Cody Townsend

Players' Points

- 3 – Brandon Newell
- 2 – Nick Sweeney
- 1 – Lachy Mack

Players' Player: Digby Munro

Looking ahead, the Barraba Rams return home this Saturday, **18 July**, to take on the Armidale Blues in what promises to be another exciting day of rugby. The day also marks the club's annual **Ladies Day**, with plenty happening on and off the field. Kick-off is **2:00pm** for the women's match, followed by the men's game at **3:15pm**. We encourage everyone to come along, support the Rams and help make Ladies Day another fantastic occasion at Barraba Rugby Club.

From The Conversation

Four ways to help your teen (and yourself) spend more time away from devices

Danielle Einstein, Adjunct Fellow, School of Psychological Sciences, Macquarie University

Phones and devices have become inextricably linked with everyday life. They store our credit cards, provide critical bus updates, and allow us to communicate whenever we need to.

But when our device use starts to affect our mood, replace real-life experiences, or interfere with face-to-face relationships, it's a sign our habits have crossed the line from healthy to unhealthy.



How are teens more affected?

Teenagers are particularly vulnerable to excessive device use, as the part of the brain responsible for planning, imagining consequences and working for delayed rewards has not yet fully matured. They also have heightened sensitivities to rewards and social evaluation (in other words, what your peers think of you).

Research shows teenagers are more prone to mood swings, are still evolving their ability to manage uncertainty and are learning how to regulate their emotions.

All of this makes them more susceptible to online triggers that can trap a vulnerable teen in a cycle of conflicting and constantly changing emotions, particularly when information is arriving constantly.

For teens (and adults) it can become a complete world of its own where daily responsibilities are avoided and challenges are only faced with a dependency on phones.

So how do you know when it's become a problem?

What to look out for There are some obvious signs excessive device use is becoming a problem for teens (or yourself).

1. They use phones to fill in spare time. If every quiet moment is filled with scrolling, checking notifications or opening apps, it shows a teen's device is the primary way they respond to spare time, stress or discomfort.

2. They appear distracted when you talk to them. If your teen automatically reaches for their phone midway through

conversation, it might be a sign they devalue face-to-face exchanges and have lost the discipline to wait.

3. They put off important tasks. When teens routinely avoid everyday responsibilities such as work, homework, school, household chores or tasks that involve mixing with new people.

4. They seem tired all the time. Teens may block negative thoughts by scrolling in bed, socialising online late in the night, or even getting into bed after the school day.

How does it get to this stage?

The devices we rely on have the potential to develop what I call the “addictive pull” due to the features and services available on them. The “pull” begins when notifications, such as likes, messages, loot box wins and emails, arrive on devices unpredictably. Some are positive while others are neutral. And some also relieve worries. This creates a powerful dopamine-driven loop.

Over time, the device itself becomes a conditioned stimulus. This means even something as simple as seeing your phone case, or watching your device’s screen light up, is enough to trigger an urge to check it. It’s almost as if we are magnetically pulled to the device in the hope of a reward (such as more messages or likes), or to soothe a preoccupying worry.

This can also create an anxiety loop which means even without a notification, a person checks their device, rechecks it and experiences brief moments of relief via a message or app. When the loop occurs on repeat, it winds up worry and creates emotional dependence on others or apps.

The “addictive pull” can be hard to resist. Over time these unnoticed habits can become associated with the space where devices are often used (such as the bedroom, the apartment, the bus). The “pull” to re-engage with a device is a result of predictable conditioning and reinforcement processes rather than a lack of willpower. The bedroom – a place of rest, privacy and study – can be particularly problematic for teens and adults.

Leading by example

We cannot expect children or teens to break from the “addictive pull” if the adults around them don’t either. As a parent, these are some ways you can lead by example to be more intentional when using devices.

1. Recognise the subtle tension that builds when you have a worry and want to reach for your device immediately.
2. When you walk into your home, place your phone or smartwatch out of the way and in a bag.
3. Do not have your phone or tablet in arm’s reach when it is designated family time.

4. Work with each family member to put apps being used without restraint onto one device per person. For instance, a parent or older teen might have TikTok on a tablet and not on their phone (so they can use their phone without distraction). They should then try to use that tablet in only one room of the house, outside of the bedroom.

Remember, an honest picture of everyone’s screen time habits sit on the device’s screen time records. We may get a minor fright when looking at it, but rather than resigning ourselves to this new way of life – and ignoring the insidious impact on attention, mood and wellbeing – we can commit to one another to make small changes.

RECENT ANNIVERSARIES

- the launch of famous luncheon meat Spam (1937)
- the founding of Amazon by Jeff Bezos (1994)
- the WHO announcing the containment of SARS after affecting 26 countries and resulting in 774 deaths (2003)
- the release of Somebody That I Used to Know by Gotye featuring Kimbra (2011)
- Missouri becoming the first place sliced bread is sold (1928)
- the death of Sherlock author Arthur Conan Doyle (1930)
- the first Three Tenors concert featuring Plácido Domingo, José Carreras and Luciano Pavarotti in Rome (1990)
- the US women’s national soccer team winning the World Cup for a record fourth time (2019)
- the first Wimbledon tennis championship (1877)
- the engagement of Britain’s Princess Elizabeth and Lieutenant Philip Mountbatten (1947)
- Lady Godiva riding naked on horseback through Coventry to force her husband, the Earl of Mercia, to lower taxes. According to the legend, anyway... (1040)
- the beginning of the Battle of Britain during WWII (1940)
- German automaker Volkswagen ending production of the Beetle, the first model of which had been introduced in 1938 (2019)
- the Live Aid charity concert, which raised money for African famine relief (1985)
- Kylie Minogue releasing her debut single Locomotion (1987)
- the founding of #BlackLivesMatter in response to the acquittal of George Zimmerman on trial for the murder of Trayvon Martin (2013)
- the election of former British PM Theresa May (2016)