



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 7th October 2026

Who, will you be...
Victim... or Villian....

Karaoke
Halloween
7 PM

SATURDAY 31 OCTOBER

The PLAYHOUSE HOTEL
Barraba

COCKTAILS ALL NIGHT

FOOD AVAILABLE

BEST DRESSED CONTESTS
PRIZES TO BE WON!

UNTIL LATE!

DRINK • DINE • SING • DRESS UP • HAVE A SPOOKTACULAR TIME!



BARRABA RSL & RECREATIONAL CLUB

LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 8th October
BINGO

First game starts at 6pm

FRIDAY 9th October
MEAT RAFFLES

Tickets on sale from 5.30pm
Membership Draw \$1000

SUNDAY 11th October
ANGLER CLUB RAFFLES
Membership Draw \$1200

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

BARRABA RUGBY UNION
FOOTBALL CLUB

Up the Rams

AGM NOTICE

ANNUAL GENERAL MEETING
FOR THE 2027 SEASON

SUNDAY 25 OCTOBER 2026 | **10:00 AM** | **BARRABA RUGBY CLUB**

All members, players, supporters and community members are invited to attend the Barraba Rugby Union Football Club Annual General Meeting for the 2027 season.

It's a great opportunity to get involved, have your say and help shape the future of our club.

EVERYONE WELCOME

OUR CLUB • OUR COMMUNITY • OUR RUGBY

Did you know?

Your local campus has ACE funding available for eligible students to help build skills for employment. Visit www.ccni.nsw.edu.au, find your course and click **Apply**.



**Monday
26 Oct**

PROVIDE FIRST AID

HLTAID009 Provide cardiopulmonary resuscitation

HLTAID010 Provide basic emergency life support

HLTAID011 Provide first aid



**Monday
26 Oct**

PROVIDE CARDIOPULMONARY RESUSCITATION

HLTAID009 Provide cardiopulmonary resuscitation



Community College Northern Inland | RTO 90027

Barraba Campus

Phone Toby on 0438 546 519



THINK LOCAL, BUY LOCAL

THIS SMALL BUSINESS MONTH

Whether it's a new shirt, a pair of joggers, or a bite to eat, Member for Tamworth Kevin Anderson is encouraging locals to think local and buy local this small business month.

Mr Anderson said small business is the backbone of local economies, providing thousands of jobs, and providing essential goods and services to keep the region vibrant.

"Our local retailers, cafés, tradies, pubs, manufacturers, and other small businesses offer world class goods and services right in our backyard," Mr Anderson said. "I recently attended the Business NSW New England Regional Business Awards and the Tamworth Quality Business Awards which were both a strong reminder of the excellence our local businesses deliver. There is real confidence in our region, but it's also been a tough period for operators who are feeling the pressure of rising costs and a slow economy."

"Our business community is resilient, but we can also do everything we can to support them, and I'm asking our local community to think local, buy local this small business month. Online shopping may be convenient for some, but nothing matches the service and expert advice of a small business owner and their staff, so shut the laptop, head into town and visit a small business this October."

An elected NSW Coalition Government will create the most competitive payroll tax regime in Australia but raising the payroll tax threshold, reducing the payroll tax rate, and introduce CPI indexation to payroll tax thresholds.



Barraba High Country Music Musta

Sunday 11th October 2026.

12 to 4pm. FREE ENTRY.

Walk-up artists welcome.

Barraba Bowling Club.

Get kids baking, these school holidays, with these two sweet treats from Donna Hay



Bestselling Australian cookbook author Donna Hay is getting kids into the kitchen with two delicious recipes from her new cookbook, *Kids Baking*. Donna has whipped up golden choc-chip cookies with crisp edges and gooey centres, alongside rich pistachio chocolate lava cakes with a molten surprise inside. The recipes are designed to help young bakers build confidence in the kitchen while having fun creating sweet treats to share with family and friends.

Pistachio Chocolate Lava Cakes

Ingredients Makes 9

2/3 cup (320g/11 oz) pistachio spread
Softened butter, for greasing
1 cup (150g/5¼ oz) plain (all-purpose) flour
½ teaspoon baking powder
½ cup (35g/1¼ oz) cocoa powder
½ cup (120g/4¼ oz) firmly packed brown sugar
½ cup (110g/4 oz) caster (superfine) sugar
⅓ cup (80ml/2¾ fl oz) milk
80g (2¾ oz) unsalted butter, extra melted and cooled
1 teaspoon vanilla extract
1 egg

Method

1. Line a small baking tray with non-stick baking paper. Scoop 9 x 1 tablespoonfuls of dulce de leche into balls and place on the prepared tray. Freeze for 1 hour or until firm.
2. Generously brush 9 holes of a muffin tin with softened butter and place in the fridge or freezer to chill.
3. Preheat the oven to 160°C (325°F).
4. Sift the flour, baking powder and cocoa powder into a bowl. Add the brown and caster sugars and mix to combine. Add the milk, extra butter, vanilla and egg and stir until well combined.
5. Remove the prepared tin from the fridge or freezer. Spoon the mixture into the tin until it reaches halfway. Add 1 dulce de leche ball to each, and top with remaining mix.

6. Bake for 13–15 minutes or until set to a gentle touch. Allow to cool in the tin for 5 minutes. Turn out onto serving plates and serve warm.

Awesome choc-chip cookies

Ingredients Makes 9

250g (8½ oz) unsalted butter, chopped
1 cup (240g/8½ oz) firmly packed brown sugar
¾ cup (150g/5¼ oz) caster (superfine) sugar
1 egg
2 teaspoons vanilla extract
3 cups (450g/15¼ oz) plain (all-purpose) flour
1 tablespoon cornflour (cornstarch)
1¼ teaspoons baking powder
¼ teaspoon bicarbonate of soda (baking soda)
150g (5¼ oz) milk chocolate, roughly chopped
150g (5¼ oz) dark (70% cocoa) chocolate, roughly chopped

Method

1. Place the butter into the bowl of an electric mixer with the paddle attachment. Beat on medium–high speed for 8 minutes or until light and creamy.
2. Add the brown and caster sugars and beat for a further 5 minutes or until creamy.
3. Add the egg and vanilla and beat until combined.
4. Sift the flour, cornflour, baking powder and bicarbonate of soda into a separate bowl and whisk to combine.
5. Add the flour mixture to the egg mixture in 2 batches and beat on low speed until just combined.
6. Add the milk and dark chocolate chunks and mix until only just combined.
7. Roll spoonfuls of the dough into 170g (6 oz) balls (about ⅔ cup mixture). Place into an airtight container lined with non-stick baking paper. Freeze for 2 hours or overnight.
8. Preheat the oven to 180°C (350°F).
9. Place the frozen cookie dough balls onto a tray lined with non-stick baking paper, about 10cm (3¾ in) apart. Bake for 25 minutes or until the cookies are a very light golden colour. Allow to cool on the trays where the cookies will continue to cook and set as they cool.

Cook's note. Why do you freeze the dough? Well, that's an excellent question! If you freeze the dough, it gives the cookie dough a chance to rest. It also means that when you bake your cookie, the middle stays soft and gooey and the edges are crisp – giving you THE perfect cookie.

77 Queen St. Corner of Queen St and Alice St (Northern side)

The Church of England Church used to be on this corner before it was moved to its present location. The present building was owned by Lillis & Treloar and there used to be the initials "L.T." on the façade of the corner building. Treloars of Tamworth were descendants of the Treloars who had the business in Barraba. Jack Lillis and his sons are descendants of the Lillis family who were in partnership with Treloars. Later Alan O'Keefe had a Dry Cleaners in the corner shop which was later owned by Jim and Joan Quigley. Stan Williams also had a business there. Then David and Julia York had a Furniture business there and in the adjoining shop. Pat Maddison also ran her Screen-Printing business for a while in the Corner Shop of Treloar's building. Other business owners were O.L. Rodgers and J.B. Ryan. The building until recently has been used by The Salvation Army as an Op Shop.

More Information on Treloar's building, can be obtained from the Historical Society.

79 Queen St.

This shop was originally Rodger's Supermarket before they moved further along the street. Noel Garske's son had an Antique Shop here for a while. Then Peter Milson started the Lottery Office in this building, and this was later bought by Gordon Taylor. The Lottery Agency was then taken over by Charlie Hart.

81 Queen St.

The Barraba Bakery dates back to World War II. Barnes was there during the war, then a couple of short stays and then McCusker for some 20 or 30 years.



83 Queen St.

Next door is the Greengrocers' (where Bill Pringle had his Dental Practice) which has been run over the years by L. & M. Matthews, Col & Sue Howarth, Bill & Rita Saunders and at present by their daughter, Toni Waugh & husband, John.

85 Queen St.

In the next shop, Amy Simmons sold both baby and children's wear and flowers and plants. Afterwards, Betty Sawyer had a business there, where she sold gifts and did flower arrangements for funerals. It was also a Video shop for a while. This shop is now "Polkadot" owned by Sandra Allen selling shoes, accessories & gifts with an attached Coffee Shop.

89 Queen St.

Next shop along is the Butcher's Shop which was run for many years by C.R. Hancock & Sons (additional notes on Cyril Renford Hancock, from the Historical Society). It is now in the hands of John & Robyn Freeman. Before this shop became a butchers, it was owned by R. Byrnes.

91 Queen St.

Tom Garland had his Taxation business there for a while. N. & M.J. Fenn had a Ladies Fashion Shop. It was also a plant shop at one stage.

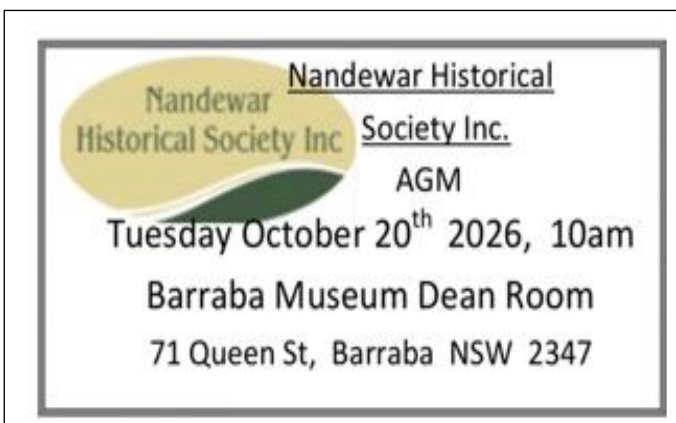


93 Queen St.

Ruth Simpson's Dress shop in the 1960s, then Jan Clark's Hair Dressing Salon in the 1990s.

95 Queen St.

The Golden Bell Café run by Peter Oglos and Leo James which started in approx. mid 1930s. Later became Rodgers Supermarket when they moved from 77/79 Queen St.



97 and 99 Queen St.

Old tailor's shop was there in the 1940s. Garlands renovated and then moved from 91 Queen St. Bruce Crossman also worked from there for a few years. Rhonda Phillips Hair Dressing Salon (Salon 97) was probably next. Then there was a Health Shop.

Letter to Editor

Assuming Margaret Currell submitted the historical article on Upper Horton School, thank you Margaret.

I feel sure I'm not alone in appreciating not only the history notes but also the 1910 class photograph. My Nan, Rosie (Rosena) Caine is in the picture and for me it is a gem as I didn't know the picture existed.

Rosena Caine married Archie Freeman and together they had four children one of whom was my mother, Gertrude (Trudy). Trudy left Barraba at the age of eighteen and married a Bondi chap, Arthur Good, my father. Whilst Trudy lived her adult life in Sydney her ashes are interred with her parents in Barraba Cemetery.

As primary school age children, my older brother, Allan and younger sister, Jeanette were sent to live with Rosena and Archie, both attended school in Barraba.

I never attended Barraba School, however, I excused myself from our Sydney home and also lived with Rosina and Archie at North Barraba as a young teenager, coming and going until 1983.

That is my Barraba connection which stretches back to Rosena's Dad, Edward Caine, my great grandfather, an early settler on the property he named, "Devonshire Valley."

Hopefully my letter will prompt others with a connection to Upper Horton School, especially with those in the school photo, to provide a brief summary of their historical ties. The Horton Valley has always had a special place in my heart.

Thank you once again Barraba Historical Society for your postings.

Kind regards
Kevin Good

BARRABA UNITING CHURCH NOTICES

Sunday 11th October – 10.45am

Please note new time for the next few months.

All welcome

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening

Mass 5pm. (Note the time change)

All other Sundays 9am

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 11.30am, 2nd Sunday of each month

New Capital Gains Tax rules: what small business owners need to know

As a sole trader and small business owner, it's worth drilling deeper into the new capital gains tax (CGT) changes announced in this year's Federal Budget. While much of the discussion has focused on the headline reforms, there are important nuances that may impact both your business and personal finances. Our recent webinar explored the Budget changes and answered common questions from business owners, particularly related to CGT. Below are the key takeaways.

Recap: The new CGT system commences on 1 July next year and will replace existing rules that provide a 50% discount on capital gains for assets held for at least 12 months. Instead, capital gains will be adjusted for inflation and subject to the new minimum 30% tax rate.

There are some exceptions to the new rules. The changes won't apply to newly built residential properties, while superannuation funds will still get a one-third CGT discount on assets held for more than a year.

Small business owners received some relief following the Budget, with the Government expanding an existing small business CGT concession. From 1 July 2027, businesses with turnover of up to \$10 million will now be eligible for the 50% active asset CGT concession, up from the previous \$2 million threshold.

Some aspects of the reforms are still being finalised, with the Government consulting with industry on how technical details of the legislation will work in practice.

Why it matters: The new system could impact tax planning but not everyone will be worse off, according to PwC Tax Partner & Advisor, Rohan Rivett.

Whether indexation results in a similar outcome to the 50% CGT discount will depend on inflation and growth over the period an asset is held. Depending on these factors, for certain longer-held assets the outcomes under the two models may be broadly similar.

Small business owners who are impacted may reconsider the structure of future investments. For example, company structures may suit some better than the discretionary trusts that are widely used today, says Rivett.

Planning: Accurate record-keeping is now paramount because capital gains accrued before June 30 next year will be "grandfathered" – in other words, still taxed under today's system.

A final CGT bill will be apportioned between the gains accrued before June 30 and gains made after that date. "Getting a valuation of assets at June 30 next year will be important to maximise the amount taxed under the current 50% discount and to set a benchmark for the new rules", says Rivett.

Bottom line: News headlines only tell part of the story. The potential impact of the new CGT regime will depend on your circumstances, making it important to understand the detail before making decisions about selling, transferring or restructuring existing assets.



Hello from The Playhouse Barraba,

It's hard to believe that we purchased The Playhouse on 15 February, and already around eight months have passed. What an eight months it has been!

Moving to Barraba and taking on The Playhouse has been exciting, exhilarating, challenging and, at times, completely overwhelming. We have met so many wonderful people, made new connections and become part of networks within Barraba and the wider region that we are incredibly grateful for.

We have also experienced some bumps along the way. There have been illnesses, unexpected challenges, changes of plans and the enormous task of relocating our lives while still trying to sell our previous home, move our belongings, establish new businesses and keep The Playhouse running.

And behind it all, there are really just two of us – Tim and Rachel.

So, to everyone who has helped us, supported an event, stayed with us, shared an idea, offered advice, popped in for a chat or simply encouraged us along the way – thank you. It has meant more than you probably realise.

Now we're ready for the next chapter.

We are finally reaching the point where we can start looking ahead, and planning for 2027 has begun. We want The Playhouse to become much more than accommodation or simply a place to hold an event. We see it becoming a destination where people can gather, create, celebrate, perform, relax and try something different.

We are exploring live theatre, movies, music, entertainment, arts and crafts, workshops, community events and special experiences – and there is much more to come.

Watch this space.

But we don't want all the ideas to come from us.

Have an idea? Come and talk to us.

If you have ever thought about holding a:

- Wedding or reception
- Retreat or group getaway
- Birthday or anniversary
- Christening or family celebration
- Funeral or celebration of life
- Conference, workshop or meeting
- Arts or craft event
- Theatre production or performance
- Music event
- Community gathering
- Pop-up restaurant or dining experience
- Class, demonstration or something completely different

Please don't be shy – talk to us.

We are incredibly open to ideas.

If you're a chef, cook, entertainer, artist, craftsperson, teacher, performer, entrepreneur or someone who has always wanted to try running a little venture of your own, we'd love to hear from you.

Perhaps you have an idea for a restaurant or dining night. Perhaps you'd like to run workshops. Maybe you have a show you'd love to bring to Barraba. Or perhaps you can see an opportunity at The Playhouse that we haven't even thought of yet.

Come and have a conversation with us.

We are happy to work with people to develop ideas, discuss venue options and find ways of making events financially achievable rather than simply saying, "This is what it costs."

Why Barraba?

Barraba is beautifully positioned within the New England and Northwest region, with Tamworth, Armidale, Gunnedah and Moree all within the broader surrounding area, along with the many wonderful smaller communities in between.

We would love to see The Playhouse become another reason for people to visit Barraba – and another reason for people travelling through the region to stop, stay and discover our town.

Our aim is simple: a welcoming, clean and comfortable place where people feel safe, enjoy genuine country hospitality and can sit down to a good home-cooked meal.

We are also looking at the future of our accommodation. Currently our guest accommodation is upstairs, which unfortunately means it isn't suitable for everyone. This is something that matters to us, and we are exploring the possibility of creating additional accessible, disability-friendly accommodation so that more people can enjoy what The Playhouse has to offer.

There are so many things we would still love to achieve.

We want more arts and crafts.

We want entertainment.

We want theatre and movies.

We want visitors.

We want celebrations.

We want people to bring their own ideas through our doors. Most importantly, we want The Playhouse to contribute something positive to Barraba and the wider region. We certainly haven't got everything right in our first eight months. We're still unpacking, still learning, still changing things and still finding our feet.

But we're here, we're excited about what comes next, and we're ready to really get started. So, if you've been watching The Playhouse from afar, wondering what's happening behind those doors...

Watch this space.

And if you have an idea, don't just watch – come and be part of it.

We would genuinely love to hear from you.

Warm regards,

Rachel & Tim

The Playhouse Barraba

Release of Digital Technology Experiences of Children and Young People report

A landmark Australian Study has found the relationship between digital technology and the mental health of children and young people aged 5 to 25 years is more complex than often portrayed. The report provides important evidence to inform policy, practice and public discussion about online safety.

The National Mental Health Commission (the Commission) has today released the Digital Technology Experiences of Children and Young People report. The landmark Australian study looks at how children and young people use digital technology, and what this may mean for their mental health and wellbeing.

The report examines Australian evidence on social media, handheld and portable devices, streaming platforms, gaming, messaging apps, artificial intelligence, and online forums. It was led by researchers from La Trobe University, Deakin University and the University of Sydney.

The report comes at a time of significant national focus on the role of digital technologies in the lives of children and young people.

The report provides important evidence to support governments, families, educators, technology companies and young people to better understand the benefits and the risks of digital technology.

The findings challenge simplistic assumptions about technology and mental health.

The Australian research found more evidence that mental health symptoms can lead to later technology use, particularly social media use, rather than technology use leading to later change in mental health symptoms.

The findings show that digital technology is a regular part of daily life for most children and young people. But the way they use it can differ significantly depending on their age, the platforms they use, the content they see, and how they engage online.

National Mental Health Commission CEO David McGrath said the findings highlight the importance of moving beyond simple debates about screen time and that we need to focus on the experiences children and young people are having online.

"This research helps us understand how digital technology affects children and young people's lives and wellbeing. It also shows where work to improve online safety and support mental health can have the most impact," Mr McGrath said. "As governments and industry continue to improve online protections, add safety features and consider the impacts of new technologies such as artificial intelligence, decisions must be based on strong evidence and the real experiences of children and young people."

Many children and young people reported positive experiences with digital technologies. They use them to connect with others, find information, learn new things, access support and take part in their communities.

Online spaces can foster connection, community, acceptance and access to support. This can be especially important when offline spaces do not feel safe or inclusive. The report found this was particularly important for neurodivergent and LGBTQA+ children and young people.

While many digital experiences were positive, some children and young people reported challenges. These included seeing harmful content, finding it hard to stop using technology, and having online experiences that negatively affected their wellbeing.

"Negative online experiences can build up over time and may increase the risk of mental health problems later on," Mr McGrath said. "The relationship between digital technology use and mental health is complex and cannot be explained by a single factor."

A child or young person's age, the design of a platform, the content they see, their social situation and any existing vulnerabilities can all affect their online experiences and the impacts it may have.

"The findings reinforce the importance of creating safe, inclusive and child-centred digital spaces. Technology should be designed with the wellbeing of children and young people in mind," Mr McGrath said. "A one-size-fits-all approach will not work. Greater insight comes from understanding what children and young people are doing online, which platforms they are using, what content they see, and how digital spaces shape their experiences."

The report makes an important contribution to the national and international evidence base. It gives practical insights to guide future policy, regulation, service delivery and digital product design.

Read the Digital Technology Experiences of Children and Young People report.

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COMMUNITY OWNED AND EDITED

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Letter to Editor

Helen ("Henny") Ryder, nee Williams

I'm wondering who might have some memories- stories, anecdotes etc about Henny Ryder, who was brought up at Angle Camp, Barraba in the 1930s, 1940s and 1950s? Her parents were Geoff and Mame Williams. She married John Ryder and has lived in the Mackay area of Queensland for many years. John died on 24th September, and Henny died on 2nd October, just after her husband's funeral. Henny's funeral will be on Friday (9th October) and the family are interested in any memories of her young days in Barraba. Please let me know by phone or email.

Julie Williams (ph: 0412603831, email juliew@shoal.net.au)

John Ryder, Henny Ryder, James Ryder, Julie Williams, Terry Threlfall. This was taken when we visited in 2018.



"Your Council News" October 2026



More Waste Wagon bookings available Heading around the region

We're expanding the availability of our Waste Wagon service, with collections now available on Monday, Wednesday and Thursday from Monday 28 September.

The additional collection day will provide more booking opportunities and greater flexibility for residents across the region.

Residents will soon have more opportunities to book a Waste Wagon collection, following the introduction of an additional weekly collection day from Monday 28 September.

The service expansion comes in response to increasing demand and will help improve appointment availability for residents needing to dispose of bulky household items.

Waste Wagon provides a bookable kerbside collection option for eligible items that cannot be disposed of through regular household waste services. Residents can choose a collection date and time that suits them, place approved items on the kerbside the day before collection and have them collected by our staff.

Each booking includes a subsidised collection fee of \$25 and requires the surrender of one waste voucher. Pensioners and concession card holders are eligible for a 50 per cent discount on the collection fee.

The service is available to residents across the Tamworth region and can be used to dispose of a range of bulky household items, subject to size, weight and eligibility requirements.

Adding a third collection day each week will provide greater flexibility for residents and help ensure the service continues to meet community demand.

To make a booking or find out more about Waste Wagon, visit our website www.tamworth.nsw.gov.au/wastewagon or contact Customer Service on (02) 6767 5555.

Residents are encouraged to review the full list of accepted and non-accepted items, along with booking conditions, before making a booking.



MAKE A SPLASH!



It's already warm outside and public pools across the region are getting ready to open for the 2026-27 season. Tamworth Olympic Pool will open on Monday October 12, with pools in **Barraba**, Manilla, Kootingal, and Nundle opening on **Tuesday October 13**. The South and West Tamworth Memorial Pool will open from the first weekend of Saturday 17 October on limited hours, and increasing as the need arises and more casual staff become available. All hours will be available at www.tamworth.nsw.gov.au/pools



JOBS OF THE WEEK

Looking for a new challenge, a career change, or your next opportunity to make an impact? We've got a diverse range of roles available across our organisation this week!

- Apprentice Operator - Transport Operations (Barraba & Manilla)
- Business Support Officer - Liveable Communities (Part Time)
- IMS Specialist Marketing and Communications Officer
- Mechanic - Leading Hand
- Operator - Sports & Recreation
- Operator - Transport Operations (Barraba/Manilla)
- Operator - Transport Operations - Tamworth (Multiple Roles)
- Projects & Approvals Officer
- Senior Development Assessment Planner - Major Projects
- Specialist Operator - Bridge Maintenance
- Sustainability Officer
- Team Leader - Library Technology

Whether you're looking to kick-start your career, lead a team, work outdoors, support major projects, or help shape a sustainable future, there's an opportunity waiting for you. Know someone who'd be a great fit? Tag them below or share this post with your network!

View all current vacancies and apply today: www.tamworth.nsw.gov.au/work/join-our-team/current-vacancies



Tamworth Regional Council has been made aware of scammers posing as Council representatives and contacting people about event stallholder opportunities. Please be vigilant when receiving emails, messages or requests for payment relating to Council events.

Before providing information or making a payment:

- Check the sender's email address
- Verify application forms through official Council channels
- Be cautious of unexpected payment requests
- Contact Council directly if you're unsure

If something doesn't seem right, trust your instincts and verify before you act. For official event information, always visit the Tamworth Regional Council website or contact Council directly.

BARRABA JUNIOR TOUCH FOOTBALL 2026 COMPETITION

Every Wednesday across Term 4
14th October to 16th December

Children from preschool (4 years old) to Year 6 are invited to register for our 2026 social touch football competition.

The registration links can be found on the Facebook page and must be completed by Friday 9th October.

Children will be allocated a team and a team colour. Children are to wear a shirt in their team colour, shorts and runners. Team lists will be posted before the first round.

If your child is new to the sport and unsure about playing, they are welcome to come and try it out for the first round on Wednesday 14th October.

SUMMER SPECIAL

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Queen Elizabeth Date & Walnut Cake

Thanks to Andrea Fahey for sending this recipe. Note Andrea's comment about converting to gluten-free.

An account of Queen Elizabeth Cake's origins is that it was prepared for the coronation of [Elizabeth II](#) in 1953. During this time, food rationing still existed in Great Britain, and a cake with few ingredients was in order.

A recipe for Queen Elizabeth cake was published in the **Coronation Cook Book** of 1953.

This recipe works equally as well with gluten-free flour.

INGREDIENTS

200g dates chopped roughly.
1 tsp of baking soda
250ml boiling water
150g caster sugar
125g butter at room temp
2 eggs
1 tsp vanilla essence
200g plain flour
1 tsp baking powder
Pinch of salt
100g walnuts chopped

TOPPING

55g flaked coconut
145g brown sugar
85g butter
60ml cream

METHOD

Preheat the oven to 175°C. Butter a baking tin, 25cm by 21cm or a bit larger, with a little butter, add a tablespoon of flour, shake off excess flour and set aside.

Place the dates in a bowl and pour the boiling water over the top, stir in the baking soda. Leave until the mixture is lukewarm.

Cream the butter and sugar together with an electric mixer until light and fluffy, beat in the eggs and the vanilla essence, then add the date mixture.

Sift together the baking powder, flour, and salt, and then fold in the date mixture a little at a time, finally fold through the walnuts and make sure they are spread evenly.

Bake for 25 -30 minutes until golden brown, and the top springs back when lightly touched.

Leave to cool in the pan for 20 minutes, then turn out onto a large plate.

TOPPING

Mix coconut, brown sugar, butter and cream in a small saucepan over medium heat.

Boil for three minutes.

Spread over warm cake, and brown under grill.



**ROYAL LIFE SAVING**
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SUMMER JOB OPPORTUNITY
CASUAL SWIM
TEACHERS WANTED!



We're seeking enthusiastic & qualified swim teachers to deliver Learn to Swim lessons for children aged 3-14 years.

Apply Now!
Complete attached registration form.

Contact our team for further information:
swimandsurvive@royalnsw.com.au
(02) 9634 3700

Location: Barraba

ABOUT THE ROLE

- **Dates:** 11 - 22 January 2027 (Weekdays only)
- **Hours:** Daytime shifts
- **Location:** 70+ regional locations
- **Pay:** Casual hourly rate
- Receive a swim teacher pack as part of the job!