



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 15th May 2024



Barraba's Biggest Morning Tea 2024

Thursday May 23 in the Barraba Queen Street Mall – please mark it in your diaries. The Barraba Cancer Patients Fund Raising Group's **Biggest Morning Tea Street Stall** is being held again from 9am. There will be the usual trading tables laden with home baked goods, plants and produce. Scrumptious morning tea plates with a cup of tea/coffee will be available for sale and delivery, along with a guessing competition, 100 Club and possibly some live music to enjoy whilst having your morning tea.

The whole community is invited to participate in and support The Cancer Council's Australia Biggest Morning tea local event. We encourage you to visit us in the Queen Street Mall and look forward to seeing you there.




2025 BARRABA YOUNG WOMAN

The search is on for Barraba Shows next Young Woman (18yrs - 25yrs) to represent our beautiful town and area at the 2025 zone finals to be held here in Barraba.

This is a wonderful opportunity to make life long friends, gain new skills and knowledge as well as make amazing contacts for different industries all over NSW.

You never know where this opportunity could lead you!

Please contact Carmen via email barrabapah@hotmail.com or by calling 0419446648 for more info or to register your interest.



Ecological Burn Notice

Please be advised that Whitehaven Coal will be undertaking Burn Preparation and a cool season Ecological Burn on the following Biodiversity Properties "Wirradale, Mt Lindesay and Coonor," between 8 April and 31 May 2024. For further information, please contact Whitehaven Biodiversity on call 0488 407 000.

COUNTRY | GLAMOUR

SPECIALISING IN

- Brows
- Lashes
- Builder Gel Manicures
- Pedicures
- Spray Tans
- Body Waxing

APPOINTMENTS ONLY

- Tues 9am - 4pm
- Wed 6pm - 9:30pm
- Thurs 9am - 9:30pm
- Fri 5:30pm - 9:30pm



SCAN TO BOOK

For online bookings scan the QR code, visit the social pages or alternatively phone or text Courtney 0439 725 943 'Stonehouse' 1289 Manilla Rd





St Joseph's Primary School



Term 2 Week 1 Awards Student of the week - Chastity, Grace, James and Fletcher



Reading Awards Elkie, Alfie, Preston, Makenna, Blake, Caspian, Walter, Logan, Georgie and Willow



Term 2 Week 2 Students of the week- Elkie and Angel-Lee



Captains Awards Grace and Ruby



Captains award - Lavana

SIT AND Stretch

FREE

FREE CLASSES | BARRABA

Get your body moving and meet your neighbours at this FREE weekly class!

WHEN: Tuesdays from May 14 until June 25
4pm - 5pm

Chair-based exercises to help improve:

- Mobility
- Range of movement
- Strength and balance.

WHERE: The Barraba Golf Club

Breathing and relaxation techniques:

- Reduce stress and tension
- Improve your sleep.

Numbers are limited, so bookings are essential.

Phone Kaz on 0429 647 928.



This program is run by Selah Yoga, thanks to funding from the Hunter New England and Central Coast PHN, and support from the Bingera Node of the Southern Queensland and Northern NSW Innovation Hub.



Phone: 0459 192 265

Email: admin@barrabaveterinaryservice.com

219 Mulwarree Rd, Barraba 2347

Mon to Fri 8:30am – 5.30pm

Closed from 1-2pm

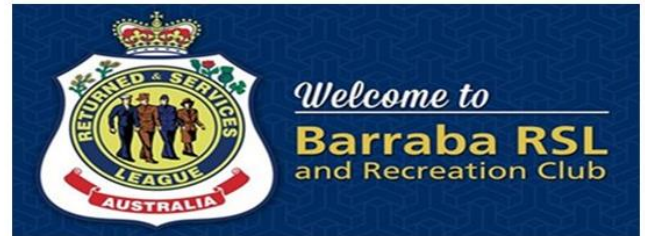
After Hours service available for emergencies only.

Offering veterinary services within the Barraba district for small and large animals in clinic or on farm.

Cat & Dog Boarding available for short or long-term stays.

BARRABA CANCER PATIENTS FUND RAISING GROUP INC.

BIGGEST MORNING TEA
Thursday 23rd May, 9am
Barraba Queen Street Mall



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 16th May

Bingo from 6pm

FRIDAY 17th May

MEAT RAFFLES

Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1000

SUNDAY 19th May

ANGLER CLUB RAFFLES

Membership Draw \$1200

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm

SUNDAY: 12-2pm



Barraba Pathology Collection Centre

For A Trial Period to 26th July 2024

Closed Monday's

Open Tuesday 8AM-1PM

Wednesday 8AM-1PM

Thursday 8AM-1PM

Closed Fridays

Contact 67822500



History Notes

A rainy day on Saturday threw the markets into confusion - we had a market when you don't have a market! Well done to those who braved the weather. Second hand books and lots of materials set for the society stall will have to wait until June which will probably be freezing!!

Last week we had an enquiry re a member of the Russell family and this week some more information about the same person came in with the history of the Colonna Memorial.

Sergeant Charles Sidney Russell, 33rd battalion, is on the Memorial and one of our members managed to track him down. His mother was Elizabeth Jobson and as he lived at Back Plain he attended the Black Springs School, which was known as Colonna in those days. Incidentally, the site of the school is still known as the school paddock.

At 24 years of age he enlisted to serve with the 33rd Battalion on 12th February, 1916. His papers listed him as 6 foot tall - a farm labourer of Back Plain near Barraba. He sailed for Europe on the Marathon on 4th May, 1916 with a number of other Barraba boys. As a Sgt. he was a Lewis gunner at Messines. He was wounded twice - at Passchendale and Villers-Bretonneux and was reported sick but he survived to return to Australia in January 1919 where he belonged to various organizations such as Lodge No.203 Tamworth.

Charles Russell married Nellie Griffiths in 1921 and moved to Sydney where he lived for the rest of his life. He died at the age of 80 years and he and his wife are buried at Liverpool in Sydney.

So far we have had no information about the motorcycle club on the show-ground in the 1920's and 1930's -there must be a photo or two somewhere or even a newspaper cutting.

In 2003 Pam Whalley completed and later donated a full set of her husband's family history books to the museum. His mother was Ida Spencer, a member of the Ironbark Spencer family and his grandmother was Minnie nee McKid. There is a lot of history in the eight books. These books have been separated in the couple of moves the society has undergone and two of them have been found amongst some of the maps - has anyone found the others? Pam has put years of work and expense into producing these books and it is a shame that they are not available to people interested in Barraba history.

John Harris 1950-2024

It is with deepest sorrow that we inform you of the death of John Harris, who passed away on the 8th May, at Barraba Hospital. Loving husband of Barbara Harris, sons Colin and Wayne, grandchildren Alyssa and Euan.

A memorial service will be held on the 17th May in the park at Cherry Street, Barraba, commencing 11am.

A huge thank you to the doctors, nurses, palliative care, Barraba Hospital, Cancer Centre Tamworth.

Barbara Harris

On behalf of the family of Maurie Conway, I would like to thank everyone for their kind thoughts, cards and the help given to me after the passing of Maurie.

Judy Conway

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef 2nd Sunday of the month at 11.30am

BARRABA UNITING CHURCH NOTICES

Sunday 19th May

Service time 8.45am for the next 4 months

PLEASE NOTE TIME CHANGE OF TIME. All Welcome.

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday

evening Mass 5pm

All other Sundays 9am

Catholic Women's Association

Street Stall Raffle

Meat Tray

Kaye Sawyer

Fruit and Veg Tray

David Kelly

WE NEED YOUR HELP!

TRANSPORT DRIVER
Provide transport to individuals or groups of older persons

COMPANION INDIVIDUAL
Spend one on one time with a GoCo client in their home or out in the community

COMPANION GROUP
Deliver fun activities to our clients such as bingo or mystery tours!!

MEALS ON WHEELS DELIVERY
Deliver meals to clients straight to their door

GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE



At The Playhouse Hotel

Open Saturday and Sunday
8am to 2pm
Breakfast, morning tea, brunch and lunch

To book or enquire please phone Shelley on 0488192256

Warm & Woolly Exhibition



At The Claypan Gallery, Barraba

OPEN 10am – 3pm on Saturday 8 June and Sunday 9 June.

Exhibition of Warm & Woolly items for sale to keep you snug through winter. Lots of arts, craft, pottery, photography and preserves will also be available. All locally made. Browsers welcome.

Morning tea & lunches available on both days.

Ceramic Break Sculpture Park—Triennial Travelling Quilters Challenge Competition entries will be on display to admire.

Seniors Raffle Results



Winners

- 1st Lee Jackson
- 2nd Kerry Solomons
- 3rd Shannon
- 4th G Unwin

Thanks to all who purchased tickets.

VEGAS IS COMING TO BARRABA

CASINO NIGHT

AT THE GOLF CLUB

SCAN TO PURCHASE YOUR TICKET!
SATURDAY, 8TH JUNE
6 PM

Tickets \$90
Includes
Bubbles on arrival
Nibbles & Dinner
Starter pack of Casino chips

CASINO TABLES & LOTS OF GAMES!
BROUGHT TO YOU BY BARRABA PRESCHOOL



Prize exhibition makes its way to Tamworth

Friday 10 May, 2024

Tamworth Regional Gallery is thrilled to open the doors

to art enthusiasts from near and far to celebrate the arrival of the prestigious Archibald Prize 2023 this Friday 10 May, 2024.

The Archibald Prize 2023 is an Art Gallery of New South Wales touring exhibition and Tamworth is one of only six locations across Victoria and New South Wales to be included, and the only gallery in the New England and Northwest region. The portraits will be on display from 10 May – 23 June, 2024.

Director Art Gallery & Museums Bridget Guthrie said the exhibition in Tamworth is a real treat for gallery visitors with the University of New England (UNE) sponsoring the tour and allowing free entry for all patrons. "Tamworth Regional Gallery prides itself on making art accessible to all, and the partnership with UNE provides a wonderful opportunity to allow residents and visitors to the Tamworth region to experience this nationally significant exhibition in person." Acclaimed artist Jaq Grantford, creator of the People's Choice 2023 portrait "Through the Window" featuring Noni Hazlehurst, will attend the official opening as a guest speaker. "This exhibition is a testament to the vibrancy and diversity of Australian art and we are honoured to host Jaq Grantford as she offers a glimpse into the process of creating an award-winning portrait" Ms Guthrie said.

Throughout the exhibition gallery staff and volunteers will be providing guided tours of the Archibald Prize, in addition to education programs for schools and the public. Included in these programs, is the Young Archies - a competition to celebrate young artists in their local communities, which is currently running alongside the Archibald Prize 2023 tour and is expected to engage hundreds of children and their families from the region. Australia's foremost portraiture prize, The Archibald Prize was first awarded in 1921 following a bequest from former Art Gallery trustee and founder of The Bulletin magazine, JF Archibald (1856-1919). The open competition has been awarded annually (with two exceptions: 1964 and 1980) to the best portrait, 'preferentially of some man or woman distinguished in arts, letters, science or politics, painted by any artist resident in Australasia'.

You can find out more about each of the Archibald Prize 2023 finalists here: artgallery.nsw.gov.au/prizes/archibald/2023.

First Aid Training

Provide First Aid



Enrol in this course to learn how to recognise and respond to an emergency situation, assessing the casualty and the need for a first aid response, managing immediate hazards to the health and safety of those present and seeking assistance from emergency response services.

Course Program
 HLTAID009 Perform cardiopulmonary resuscitation
 HLTAID010 Provide basic emergency life support
 HLTAID011 Provide first aid


31 MAY 2024 | 8:30AM to 4:30PM | \$190
 Issuing Registered Training Organisation:
 Community College Northern Inland Inc. RTO 90027

Provide Cardiopulmonary Resuscitation



Learn the skills and knowledge required to perform cardiopulmonary resuscitation (CPR) in line with the Australian Resuscitation Council (ARC) Guidelines. The course applies to all workers who may be required to provide CPR, in a range of situations, including community and workplace settings.

Course Program
 HLTAID009 Perform cardiopulmonary resuscitation


31 MAY 2024 | 8:30AM to 12:00PM | \$90
 Issuing Registered Training Organisation:
 Community College Northern Inland Inc. RTO 90027




REGISTERED TRAINING ORGANISATION 90027

Tel: (02) 6782 1662

www.ccnin.nsw.edu.au/first-aid-courses



NEW REFUGE FOR DOMESTIC VIOLENCE VICTIM-SURVIVORS

A project to support accommodation for domestic violence victim-survivors and their families in Tamworth is progressing. Member for Tamworth Kevin Anderson said the 'Core & Cluster' refuge model co-locates independent living accommodation with access to on-site support services and counselling.

"We know that having a safe, secure place to live is one of the biggest barriers preventing women and children from escaping domestic violence situations," Mr Anderson said. "The new "core and cluster" refuge model will significantly improve capacity in Tamworth by providing more independent living spaces for women and children that will be co-located with support services and Tamworth Family Support Services staff. We have zero tolerance for domestic violence, and I commend Tamworth Family Support Services and Housing Plus for the outstanding work they have been doing to build this facility."

Tamworth Family Support Services CEO Belinda Kotris said the core and cluster will forever change how the sector supports women and children experiencing domestic violence. "While we eagerly wait for construction to start, I want to remind the community that there is support available for anyone experiencing domestic and family violence, locally and through services like 1800 RESPECT," Mrs Kotris said.

Housing Plus CEO Justin Cantelo said the accommodation would support more women and children impacted by domestic violence. "Accommodation provided will mean women and children impacted by domestic and family violence will be provided with a safe and supported environment to recover. This environment starts with safe, trauma-informed physical design and is complemented by a service delivery model that provides intensive support when it is needed most."

If you require support, please contact 1800 RESPECT or 1800 WDVCS. In case of emergency, please contact Triple Zero (000).

NSW OPPOSITION TO INTRODUCE BAIL REFORM LEGISLATION

The NSW Opposition will seek to introduce the Bail Amendment (Serious Personal Violence and Electronic Monitoring) Bill 2024 when Parliament resumes next week. The legislation will amend the Bail Act 2013 to implement our proposals to strengthen bail laws:

1. Expand the use of electronic monitoring devices to bail on serious domestic violence charges
2. Expand the grounds for staying the granting of bail for serious domestic violence charges
3. Remove the power for registrars to determine bail for serious personal violence charges where bail is opposed, given the widespread audio-visual capacity across our courthouses enabling magistrates to make orders from centralised locations if necessary.

Member for Tamworth Kevin Anderson said these measures will improve safety for victims of family and domestic violence in our community. "We need to do more to protect women and children living in our region, and across NSW," Mr Anderson said. "These changes will make our community a safety place for victim-survivors of domestic violence and their families."

The NSW Nationals invite the Government and the crossbench to act and to support our proposals. We wish to be constructive - we are more than willing to discuss and consider any amendments they suggest to our legislation and their own proposals.

DRUG AND ALCOHOL PLAN FOR OLD BANKSIA BUILDING

The existing Banksia Mental Health Unit on Dean Street, Tamworth should be kept in public hands and repurposed as a drug and alcohol detoxification unit once the new Tamworth Mental Health Unit is built.

Member for Tamworth Kevin Anderson said he had been campaigning for the building to be repurposed and said now is the time for the government to plan for the building being vacated in just 18 months time. "We are building a \$58 million, modern mental health unit for Tamworth that will service the entire Northwest and better serve those who need clinical inpatient mental health support," Mr Anderson said. "While construction of that facility continues for the next 18 months, we need to think about what's next to better support our community. Clearly, we need services from those who suffer from addiction to drugs and alcohol, which is why I'm pushing for the existing Banksia to be kept in public hands and repurposed as a drug and alcohol detoxification facility. While the region does have drug and alcohol outreach services, who do an outstanding job, we do not have the inpatient facility we need for detox. It makes good sense to repurpose the existing Banksia facility as it is located near with other medical services, and is a short distance away from emergency. The government are aware of my push to repurpose the existing Banksia building, and I'm calling on them to commit to the plan."



Council named State awards finalist

Five Tamworth Regional Council projects and a staff member have been named as category finalists in the 2024 Local Government Professionals Australia NSW Excellence Awards.

Tamworth Regional Council General Manager, Paul Bennett, said it was great news for the local community to know the work of its council’s staff is ranked among the State’s best.

“We submitted nominations in six categories and we are finalists in each – that’s a fantastic acknowledgement from our Local Government peers,” he said. “Our people should be proud to know they are delivering excellence to our community.”

Fiesta La Peel Street Festival – 10 year anniversary is a finalist in the Community Partnerships – under 150,000 Award category. The annual celebration of culture, food and family fun has grown since its inception as the region’s multicultural community has grown. It is attended by thousands of community members each year.

The Paws for Life Animal Shelter and Boarding Kennels, - a finalist in the Special Project Initiative – Under 150,000 Award category, is leading the way in NSW with its innovative solution to Companion Animal management. Using a new model for Local Government, staff and specially-trained community volunteers at Paws for Life take in abandoned cats and dogs, giving them a safe space and care until they are rehomed.

During NAIDOC Week 2023 Council partnered with the local First Nations community, particularly the Tamworth Local Aboriginal Lands Council Walaaybaa Rangers, for a Cultural Burn of Locks Lane. A finalist in the First Nations Community Partnership Award category, the project had cultural, ecological/environmental and social benefits for both Council and the local First Nations community.

Saturday Sounds - a finalist in the Supporting Local Enterprise Award category - comprised weekly musical performances in the three months leading up to Christmas 2023. It provided work for local musicians and gave locals another reason to visit the CBD, helping to increase spend at local businesses.

Council’s Tamworth Global Gateway Park development, which reached a significant milestone in November 2023 with the opening of the Tamworth Intermodal Freight Facility – is a finalist in the Asset and Infrastructure – over \$1.5 million category. The facility will encourage new industry opportunities, facilitate economic development and support

the shift in moving freight from road to rail. The three levels of government have invested more than \$32.3 million in funding the Park’s infrastructure projects.

Senior Project Engineer, Callum Fletcher, is a finalist in the Emerging Leader category. The Emerging Leader Award recognises professionals, aged 35 or under, who are working in NSW Local Government, made a notable contribution and demonstrated the potential for leadership and continuing service. Mr Fletcher joined Tamworth Regional Council in 2017 as a construction engineer and in his current role project manages the delivery of high value and high complexity civil and community infrastructure projects with a combined total value of about \$50 million.

Councils state-wide nominated projects for the Awards in 15 categories and are judged on a range of set criteria. Winners and highly commended in each category will be announced at the Local Government Awards Dinner on June 6, 2024.



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Rugby News

On Saturday 11 May the Barraba Rams travelled across the mountain to take on the Narrabri Blue Boars. This week the Men took the field first and with only 3 players on the bench it was bound to be a tough game. The Rams started off strong with Connor Rogers getting over the line to get Barraba on the board first. Liam Mack lined up the conversion but an unlucky gust of wind knocked the ball off, leaving him no time to reset the ball meaning the try went unconverted. Narrabri came back with an unconverted try of their own 10 minutes later, taking it to 5 all. Not long after getting off the nodie, Connor was shown a yellow card after an unlucky tackle at the ruck meaning Barraba were now playing one man down. Barraba managed to keep Narrabri out with 14 on the field man and once back up to full numbers newcomer Jacob 'Brommy' Clarke got the next 5 points on the board for Barraba. Liam Mack slotted the ball over the sticks to take the score to 12-5 with ten minutes to go in the half. Narrabri managed to sneak a converted try around the rams with 2 minutes left, taking the halftime score to 12 a piece. The Rams worked hard in the second half but unfortunately the Blue Boar's capitalised on Barraba's lack of fresh legs by running six of their own bench players out early in the second half. They managed to score a try a few minutes into the second half, putting them in the lead for the first time in the game, 17-12. Barraba found themselves in another undesirable situation when Harrison Davies completed a questionable tackle and got himself 10 in the bin but Barraba again managed to keep Narrabri at bay and stopped any points from being added while a man down. It took Narrabri another



10 minutes to bag a converted try leaving the full-time score at 24-12.

The Women had strong numbers again this week with 15 named in the squad for a big hit out against the 2023 grand final winners. The women started the first quarter off on the back foot with Narrabri wasting no time and getting 7 points up on the board. The Rams came back with their own 5 points after another display of quick thinking from Charlie Norton with a quick tap. Kicking right from the sideline made it tough to convert though, leaving the score 5-7. The next two quarters were tough for the Rams with Narrabri proving why they won the grand final last year. Coming into the last quarter the Rams ladies were trailing by 30 points but they continued to persevere and got Jessica Kelso over the line for her very first try for the Rams, just to the right of the sticks making it an easy conversion for Charlie. The final score of the game was 12-53.

Points for the day

Mens

3- Tom Green

2- Cody Townsend

1- Nick Sweeney

Players player - Tom Green

Womens

3- Jess Kelso

2- Zahlie Cabot

1- Chantelle Pursell

Players player - Chantelle Pursell and Jess Kelso

This weekend the Gunnedah Devils are making their way over for Ladies Day. The Ladies Day tent opens up at 1:30 with the women scheduled to kick off at 1:50 followed by the men. Make sure to jump online and buy your tickets at <https://www.trybooking.com/CRELS> to secure your spot at the rugby event of the year!

Golf Notes

Josh Austin won Phil Hiscock's trophy this week with a good score of 36 Stableford Points. The other winner was the course with daylight runner up Mike Artis on 29 points just ahead of Sam Faint 28, Tom Mellor 28, Will Sedgwick 28, and Campbell Tonkin 28 all winning balls. NTPs went to;

3rd Will Sedgwick

6th Bill Simpson

18th Josh Austin

Next Sunday 19th May we will play an Individual Versus Par for Daniel Anderson's trophy. Following week we will switch to Sat 25th May for a 4 Ball BAM for Will Sedgwick and Peter Simpsons trophy. The switch to Saturday is because on Sunday 26th May is the Barraba Ladies Open 4BBB.



BINGARA SHOW

PROGRAM OF EVENTS

FRIDAY 17 MAY 2024

8:30am - 12:00pm	All Pavilion entries accepted
9:00am - 12:30pm	All Wool entries accepted
1:00pm	Judging of Pavilion entries (no public access permitted)
1:30pm	Judging of Wool entries (no public access permitted)
4:00pm - 6:00pm	Poultry entries accepted

Saturday 18 May 2024

6:00am	Gates Open
7:30am	Campdraft Comeptiton Commences
7:40am	Show Jumping course open for walking
8:00am	Show Jumping Competition Commences
8:00am	Horse Events Commence
8:30am	Stud Beef Cattle Classes Commence
8:45am	Poultry birds must be penned
9:00am	Sheep to be penned ready for judging
9:00am	Pavilion Open
9:30am	Poultry Judging Commences
10:00am	Sheep Judging Commences
10:00am	Wood Chop
2:30pm	Sporting Events - Run by the Bingara Pony Club
3:00pm	OFFICIAL OPENING OF THE BINGARA SHOW
5:00pm	Pavilion Closes
5:45pm	Six Bar Spectacular
6:00PM	ENTERTAINMENT ~ RODEO

SUNDAY 19 MAY 2024

7:30am	Campdraft Comeptiton Commences
8:15am	Show Jumping course open for walking
8:30am	Show Jumping Competition Commences
9:00am	Pavilion Opens
10:00am - 12pm	Pavilion exhibits and prizes to be collected
11:00am	Pet Show - Located underneath the red shade sail
1:00pm	Dog High Jump - located out the front of the bar near campdraft

From The Conversation

Handkerchief or tissue? Which one's better for our health and the planet?

Mark Patrick Taylor, Chief Environmental Scientist, EPA Victoria; Honorary Professor, School of Natural Sciences, Macquarie University.

Hester Joyce, Adjunct Associate Professor, Creative Arts, La Trobe University

Maybe you have hay fever, COVID, a cold or the flu, and are reaching for a tissue or handkerchief. But which one's better at stopping infections spreading? Which has a smaller environmental impact? Is it the hanky, which has been with us since at least Roman times? Or the more recent and widely-used paper tissue? You might be surprised at the results.

A short history of the handkerchief and tissue

Today, we think of hankies as something to wipe noses, and catch coughs and sneezes. But such a simple square of cloth has a complex history. In the first century, the Romans used a sudarium (Latin for sweat cloth) to wipe off sweat, or to mask the mouth and face.

Over time, people have used what we now call a handkerchief or hanky, as a head covering, as a veil and for disguise, to clean hands, for wounds and to staunch blood.

Wealthy people have used them to signify class and manners, and for discretely wiping away phlegm rather than smearing snot on sleeves or down skirts. Royalty have used them to indicate wealth and power through their gifts of fine linen and silk handkerchiefs to favoured subjects. Henry VIII owned an extensive collection, some embossed with gold and silver.



The handkerchief was once a token of love, such as between this lady and the soldier. Wellcome Collection

Handkerchiefs have also been markers of love, fidelity and sexual preferences. In the late 19th century the "handkerchief code" was a system of colour coding and handkerchief placement used to indicate sexual preferences, which is still active in LGBTQ+ communities today.

We can trace the origins of paper tissue to China in the 2nd century BC. But it wasn't until the 1920s that tissue as we know it today was developed to remove make-up and wipe runny noses from hay fever.

So, which one is better for our health?

More than 100 years ago, a cloth hanky was considered a "little flag of Death" because of the germs it carried and how it contaminated pockets it was left in. Later, we were urged to use a hanky as "coughs and sneezes spread diseases".

Today, we know nasal secretions harbour cold-type viruses that can be transferred to a range of surfaces – hands, handkerchiefs, tissues, door knobs, keyboards – sometimes surviving long after the initial exposure. So, blowing your nose into a reusable cotton hanky, then touching another object, means these viruses can spread. Even if you put your cotton hanky in the wash immediately, you'd likely contaminate surfaces on the way, such as doorknobs, and use your infected hands to operate the washing machine. Viruses don't tend to survive so long on tissues.

As long as you throw tissues away after using them, and don't leave them lying around for others to pick up, the chance of passing germs to others from a used tissue is far lower.



This 1960s poster from New Zealand urges us to use a hanky. Archives New Zealand, CC BY-SA

Then there's the question of whether hankies or tissues are effective barriers to coughing and respiratory spray. Basic cloth coverings, such as handkerchiefs or bandannas, can catch sputum, as can tissues. But several studies have shown they do not effectively filter respiratory aerosols, or stop you inhaling pollutants, pathogens or small airborne particles.

Which one is better for the planet?



Surely, cotton hankies are better for the planet than tissues? Let's see.

If you want to look at environmental considerations, US company Ecosystem Analytics compared reusable cotton hankies to disposable paper tissues using a lifecycle analysis. It considered four measures of environmental impacts associated with production, transport, use and disposal:

- climate change (sum of greenhouse gases: carbon dioxide, methane, water vapour, nitrous oxide and CFCs)
- ecosystem quality (chemical pollution of land and water)
- human health (carcinogenic and non-carcinogenic toxicity to humans)
- resources (total energy requirements of non-renewable energy and mineral extraction).

The verdict? Across the four measures, a cotton hanky had five to seven times greater impact than an equivalent tissue.

And, by far, the greatest impacts were related to the production of each of these products, rather than using or disposing of them.

If you're still keen to use a cotton hanky, you could opt for organic cotton, which has a lower ecological footprint compared to standard cotton produced in the same location. But organic cotton production has lower yields than its conventional equivalent, meaning more land is needed to produce an equivalent amount, compounding the total environmental impact.

If you want to feel better about using tissues, ones made from recycled material may be a better option. Their manufacture leads to fewer greenhouse gas emissions compared with making regular tissues.

The verdict

Wiping our noses with paper tissues we dispose of properly after use (and don't store in our pocket), made from recycled material, is preferable from both a health and environmental perspective.

But tissues don't quite have the same panache as the historic and versatile cloth hanky.

Pinking up the Gwydir

Upper Horton Ladies Night Out

Come along and sparkle for a night of fun, women's health education and catchup with friends and acquaintances.

Date: Thursday, 23rd May, 2024

Time: 6.00pm - 10.00pm

Where: Upper Horton Sports Club
22 Cobbadah Street
Upper Horton NSW 2347

Cost: Free!

RSVP: by 20th May 2024
Register via QR code
or contact Chris 0429046691

Logos: BreastScreen NSW, Cancer Council NSW, Health Hunter New England Local Health District, ramhp, HealthWISE, and www.healthwise.org.au

BARRABA COMMUNITY NEWS
COMMUNITY OWNED AND EDITED

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**Apparently this weekend
there will be constant rane,
hale, gails, drissle, thundre,
litnin, hy tydes, tawnaydoes
and frizzing colde.
Just a really bad spell of
weather.**