



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 12th June 2024



YOU'RE INVITED!

Regional Australia Bank would like to invite you to our up and coming event.

Come and join us as we celebrate the power of Banking in regional communities and immerse yourself in the lively atmosphere of our Branch.

Enjoy a Free coffee & morning tea on us Thursday the 27th June from 10am.

Discover how we are taking banking to new heights. Have a chat to our team and experience the true essence of community banking.

We hope to see you there!

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Welcome to
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and Recreation Club

BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 13th June

Bingo from 6pm

FRIDAY 14th June

MEAT RAFFLES

Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1200

SUNDAY 16th June

ANGLER CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

Membership Draw \$1600

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

A successful Warm and Woolly Weekend

The Warm and Woolly Exhibition started with the Yarn Bombing of the trees and seats outside the Fuller Gallery on Friday. This is the second year the 'woolly' workers have 'bombed' the trees and it looks great. Thanks to all the people who donated wool, knitted and crocheted squares and Mandy Cabot who made it all happen in the street.



the region over the next few months. There are a number of quilts, two by local Barraba quilters, and the prizes are very generous. Please drop into the Guild, look at the quilts and take the opportunity to vote on your choice for winner. It will be hanging until Friday this week.



The Ceramic Break Park, near Warialda, also had their bi-annual quilt competition with a theme of '2024 Year of the Dragon'. This is a travelling competition, with Barraba the first stop then onto Armidale and other locations around



Despite a cold and drizzly Saturday, the smell of fresh baked scones brought visitors into the Warm and Woolly Exhibition. Visitors from Sydney, Bingara, Manilla and many locals dropped into the Gallery for Devonshire Tea, enjoyed Annette's scones and a bottomless cuppa to warm up.



Annette and her scones, straight from the oven



The baby's quilt, a three-way project by Lyn Forbes, Jenny Simpson and Rebecca Beatie, was purchased by Leanness Hawkins from Sydney. Leanness was visiting her local Ambo daughter for the long weekend and couldn't resist the quilt for her new grandchild.



Paul & Janice Wilkins from Bingara dropped in



Joan Currell & Iris Ingles did morning tea both days



Debbie & Ed Halvorson, locals who couldn't resist the opportunity for fresh scones



Lunchtime and visitors had a choice of home-made soups, roll and a quick sweet treat to finish. The catering ladies at the Guild were very busy both Saturday and Sunday and the sales from the Gallery were constant.

It's not too late to drop in and browse the Gallery, we all need warm and woolly items for winter.



**Back by popular demand
Jude's Tomato Soup. See
page 14 for the recipe.**



Visiting 'Furies' dropped into the Gallery on Saturday to warm up and buy some goodies to take home.



Reading Awards



Grace, Makenna, Hudson C



Parker T



Students of the Week Monty, Felix and Parker T.



Captains Award Christina

The
PLAYHOUSE HOTEL
PRESENTS



6pm **FRIDAY 21st JUNE**

Eric Clapton's
Unplugged & Hits

Performed by
**Matt Arthur
& the Lazybones**

TKTS \$39 - POST-SHOW DINNER \$50

BOOKINGS: <https://www.trybooking.com/CRWPG>
or Phone: 6782 1109

"Unplugged"

Matt Arthur and The Lazybones at The Playhouse Hotel

Singer, guitarist and songwriter Matt Arthur has been an active and much respected part of the Australian music scene for fifty years. In addition to his own material, he regularly performs works by the artists who have influenced him, such as Van Morrison, Bill Withers and Eric Clapton.

Eric Clapton's music virtually defines the rock and blues genre, but throughout his long and lauded career he has also explored pop rock, reggae and acoustic folk.

Matt Arthur and the Lazybones will be appearing at The Playhouse Hotel at 6 pm on Friday 21st June with their homage to Clapton, focussing in particular on his album 'Unplugged'.

This will be no mere "tribute" show, as Matt Arthur and the Lazybones are no mere "cover" band. They are four superb jazz/rock musicians who offer their own unique spin on Clapton's legendary music. In addition to Matt Arthur on lead guitar and vocals, the band features veteran musicians Sam McNally on keys, Michael Vidale on bass and Dave Egan on drums.

This is going to be a great night that fans of jazz/rock/blues will not want to miss. Tickets to the show @ \$39 are still available.

The concert will be followed by an optional two course dinner with the performers @ \$50 pp.

The Playhouse Hotel bar will be open from 5 pm.

Either book online at <https://www.trybooking.com/CRWPG> or phone 6782 1109. You can also drop into the hotel to book in person.



The Playhouse Hotel Cinema. 2.00 pm SUN 16 JUN

THE COLOR PURPLE

(M, 141 mins)

Alice Walker's novel-turned-musical depicts an African-American woman's journey to independence in early 1900s southern America. Despite adversities, she finds strength and hope in the enduring bonds of sisterhood. This popular uplifting film is filled with music and emotion.

Lorraine Crittenden. The Power Comes to Horton.

Lorraine Crittenden is the granddaughter of Mrs. Montroy, who was the Post Mistress at Upper Horton and who visited on a regular basis during the 1950's and 60's.

It was Sunday morning, and the smell of freshly baked bread hung in the air. Wearily Joe stepped from the old stone bakehouse, removing his baker's hat as he crossed the yard to the house. It was only early October, but already the weather was hot. A strong blustery wind whipped up grit and dead leaves around his legs as he walked. His wife, Elvy, looked up as he entered the kitchen.

"Joe, don't forget you promised to take Wayne for a driving lesson to-day," she said as she walked into the deep, cool recess of the pantry.

"I hadn't forgotten. We'll go for a run over to the common to check on the cattle, after lunch "

"That's good, he's very keen," she replied as her eyes swept around the shelves of preserves, home-made pickles and sauces. As she reached for the jam, she noticed the now disused kero and trolley lights relegated to the back shelf. The power had been connected to the century old village, barely three months before. Electric refrigerators replaced the old but effective coke safes and television brought the world to their living rooms.

Later that afternoon, with Wayne behind the wheel, father and son made their way to the Common. A hotly contested cricket game was in progress on the Sports Ground, both teams battling the gritty wind as much as each other. As they passed by, Joe reflected that life was pleasant and that he was well content. Joe relaxed in his seat. as they circled around, now and then offering advice to the youthful driver. They had not been there long, when on completing a turn, Joe noticed a trail of black smoke was rising in a thick black column so dense that even the blustery wind was not able to do more than tatter the edges.

"Someone's burning old tyres." he remarked casually to his son.

The sound of a car horn blasting urgently reached their ears.

"That's Uncle Bevan." Wayne said in amazement. "Boy, he sure is in a hurry."

They watched as Joe's brother-in-law's car hurried across the paddock, coming to shuddering stop beside them.

"Joe, Joe. " Bevan yelled, eyes wide in his pale face. "The Post Office is on fire. Winds blowing away from your place, but

you'd better come, quick." Bevan then wheeled his car around and headed back to the village with Joe close behind.

Nothing could have prepared Joe for the sight that met his eyes as they pulled up in the main street. Wind whipped flames had completely engulfed the old timber Post Office. Even as he watched the weakened timber frame began to collapse, sending a curtain of sparks spiralling, skywards. Joe's mouth went dry as he watched the iron roof come crashing down forcing great flames out sideways to lick the walls of his home.

"The wind has changed direction," someone yelled.

"Col managed to get at call out to the fire-brigade before the wires burnt," another called.

Knowing that the fire-brigade was in another town, 24 miles away, Joe felt panic rising as he saw that the flames were taking hold of the walls of his home. He threw himself from the cab of the ute.

"Quick. son, park up the end of the street. I'll see what I can save".

The call for help had reached the fire-brigade headquarters, and although the fire-brigade had been formed decades ago, this was the first call to a house fire.

"Morrie, Morrie, call the guys, Horton Post Office is on fire " his voice trailed off. "My God, where's the engine," he screamed.

"I think Dave took it to water the golf greens this morning," Morrie stuttered, his usually florid face pale. Sure enough, that's where they found it, and Dave, who was busily repairing two flat tyres.

"Hi guys, what's up," he queried as they screeched to a halt. "Get a move on mate, Horton Post Office is on fire."

"She's empty too, " Dave groaned

"My god."

Joe raced around to the back of the house, yelling for his wife, "Elvy, Elvy, get out, the house is on fire."

Elvy dashed past him from out of their semi-detached small business shop, her arms laden with the till and a box of business papers.

"The bird, Joe get the bird from the back veranda."

Joe rushed onto the veranda, grabbed the bird cage, and with its occupant screeching and fluttering in alarm at this unaccustomed rough handling, raced outside in time to meet his son. Thrusting the cage into Wayne's arms he wheeled around to return to the house.

"My car collection dad, would you see if you can get it for me". the boy called urgently.

"OK. mate, I want to get my good suits too." he called. As he entered the house he could hear exploding glass and the deafening roar of the flames. One glance showed that the boy's room was already an inferno. Coughing and with eyes steaming from the smoke he tried to enter his room, but the heat was so intense all he was able to do was to snatch up at bundle of clothes lying on a chair near the door. He shook his head sadly at his son's unspoken question on his return to the yard. The cricket teams had arrived to see if they could help but the house was now engulfed in flame. Two of the cricketers hustled Elvy out of the shop, where they had found her calmly packing butter into a cardboard box.

Clustered together at a safe distance all they could do was to watch the destruction of their home. "Joe, all our photos of the kids, my jewellery, all gone." Elvy said tearfully.

"Mum, where's Blue." Wayne suddenly shrieked. His concern for his dog momentarily over-riding his grief caused by the loss of his treasured collection.

"I'm sure he's safe son, he would have run. as soon as he felt the heat." And he had too. Wayne found him up the end of the street near the ute.

Two hours later the fire engine drew up before the remains of the two buildings. Here and there, from amongst the twisted roofing iron, the odd wisp of grey smoke eddied in a faint breeze. When it was discovered that the fire had begun when a refrigerator at the Post Office dwelling, had shorted out, Joe gave a wan smile and said "So much for progress."



All that remained of the shop after the fire (thought to be mid 1968

(Thank you to Shirley Simmons who provided a copy of this story and photo)



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**

A vertical poster for GoCo volunteer opportunities. The background is a mix of green and yellow. At the top, it says 'WE NEED YOUR HELP!' in bold white letters. Below that, there are four sections, each with an illustration and text:

- TRANSPORT DRIVER**: Provide transport to individuals or groups of older persons. Illustration shows a yellow GoCo car with a driver and passengers.
- COMPANION INDIVIDUAL**: Spend one on one time with a GoCo client in their home or out in the community. Illustration shows a man and a woman sitting at a table.
- COMPANION GROUP**: Deliver fun activities to our clients such as bingo or mystery tours!! Illustration shows a group of people sitting around a table.
- MEALS ON WHEELS DELIVERY**: Deliver meals to clients straight to their door. Illustration shows a person delivering a meal to a client.

At the bottom, it says 'GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE' in bold white letters.



If you would like to have a stall at this years Orange Festival, please email btourism@gwydir.nsw.gov.au to request an application. Applications close one (1) week prior to the event. Hope to see you there!

Stride, ride and drive: Tamworth’s Future Transport Plan

A more sustainable, connected and efficient transport network is the aim of the draft Tamworth Integrated Transport Plan, now open for community feedback.

With a goal to reduce the level of dependency on travelling by private vehicle, a key aspect of this plan is to develop and improve the walking and cycling paths.

Tamworth Regional Council and Transport for NSW have worked in partnership to develop this plan, which focuses on what is required to enable a functional transport network as we continue to grow. This includes public transport services, active transport networks, intersection upgrades, corridor upgrades and new road linkages.

The success of the plan is reliant on working closely with Transport for NSW, and recognising that the majority of key transport infrastructure in the Tamworth Local Government Area intersects with the State Road Network.


Tamworth Regional Council’s Senior Transport Engineer Nicholas Smith said “There’s been a lot of work placed into this plan so it meets the transport needs of the community into the future, aligning closely with our Blueprint 100 vision and also Transport for NSW’s Future Transport Strategy. There are many aspects to this plan, one of which is to better connect active transport paths between the CBD and residential areas, so people have the option to get to work or move around the city in a more active way”. Some of the proposed major active transport projects include a Hills Plain walking and cycling loop, Calala to CBD walking and cycling

connection, and a Kootingal to Moonbi walking and cycling connection. “Community input is vital as it will help us understand the top road and transport priorities and areas of greatest need so I encourage all residents to share their feedback on the plan” said Minister Aitchison.

The community can give their feedback on the plan and its inclusions until 5pm Wednesday 3 July, 2024. Feedback can be made by visiting haveyoursay.tamworth.nsw.gov.au

Key dates – 2024 NSW Local Government elections

- Tamworth Regional Council has engaged the NSW Electoral Commission to conduct the election of nine Councillors to represent the community of the Tamworth Local Government Area on Saturday 14 September, 2024.
- Applications for non-residential rolls are open and will close at 6pm on Monday 5 August, 2024. If you own property in the Tamworth region but do not reside here or if you are an occupier or rate-paying lessee, then you can have a say in who is elected to Council by asking to be included on the Non-residential roll. For details, visit www.tamworth.nsw.gov.au
- On Wednesday 17 July, there will be an information session held for anyone who is considering running in the 2024 Local Government elections for Tamworth. Registrations for the session can be made at www.tamworth.nsw.gov.au
- The candidate information session will provide details about the role of a Councillor as set out in the NSW Local Government Act and other legislation, what their commitments will look like and an opportunity for potential candidates to ask questions.
- The successful candidates will vote for a Tamworth Region Mayor and Deputy Mayor when they meet for the first time in October.
- Candidate nominations will open from Monday 5 August to Wednesday 14 August. The ballot paper draw will be on Thursday 15 August, and conducted by the Returning Officer.
- Applications for postal votes open Tuesday 6 August and close Monday 9 September, 2024.
- Pre-poll voting will start on Saturday 7 September, and close on Friday 13 September (Tamworth Region locations to be announced)
- For more information about the elections, voting or being a candidate go to the [NSW Electoral Commission website](https://www.elections.nsw.gov.au).




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.



ANGLICAN CHURCH TIMES
St Laurence's Barraba
 Sunday service at 10.00am
 Woodsreef – No service in June

BARRABA UNITING CHURCH NOTICES
 Sunday 16th June
 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



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🔥 Join the Fire and Rescue Team 🔥

Bingara are looking for on-call firefighters. If you are interested in becoming a firefighter, please come along to the information session at 6pm on Thursday 20 June 2024 at The Roxy Theatre in Bingara. Hope to see you there!



WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN BINGARA

Join the team who are prepared for anything

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- Hold a current NSW driver's licence.
- Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- Live or work within a reasonable distance from your local fire station.
- Have daytime availability to respond to emergencies.

INFORMATION SESSION
 An information session will be held for all interested applicants at Bingara Station.
Date: THURSDAY 20th JUNE
Time: 6.00 pm
Location: ROXY THEATRE
Reserve your place contact:
 Amy on 0458 554 016





For more information or to apply, visit fire.nsw.gov.au/on-call or call 0458 554 016 or 1800 347 437

From The Conversation

What are the main factors in forming someone's personality?

Tim Windsor, Professor, Director, Generations Research Initiative, College of Education, Psychology and Social Work, Flinders University

Natalie Goulter, Lecturer, College of Education, Psychology and Social Work, Flinders University

Let's start by exploring what we mean by personality. Have you noticed no two people are completely alike? We all see, experience, and understand the world in different ways. For example, some people love spending time with friends and being the centre of attention, whereas other people are more shy and enjoy having time to themselves. Your unique personality is shaped by your genes as well as various influences in your environment. And your personality plays an important role in how you interact with the world.

The big five

Did you know there are scientists who spend time researching personality? Their research is concerned with describing the ways people differ from each other, and understanding how these differences could be important for other parts of life such as our health and how well we do in school or at work.

There are many different perspectives on personality. A widely accepted viewpoint based on a lot of research is called the five factor model or the "big five". According to this theory, a great deal of a person's personality can be summarised in terms of where they sit on five dimensions, called traits:

the introversion-extraversion trait refers to how much someone is outgoing and social (extroverted) or prefers being with smaller groups of friends or focusing on their own thoughts (introverted)

agreeableness captures how much someone tends to be cooperative and helps others

openness to experience refers to how much a person is creative and enjoys experiencing new things

neuroticism describes a person's tendency to experience negative feelings, like worrying about things that could go wrong

conscientiousness encompasses how much a person is organised, responsible, and dedicated to things that are important to them, like schoolwork or training for a sports team.

A person can have high, low, or moderate levels of each of these traits. And understanding whether someone has higher or lower levels of the big five can tell us a lot about how we might expect them to behave in different situations.

So what shapes our personalities?

A number of factors shape our personalities, including our genes and social environment.

Our bodies are made up of many very small structures called cells. Within these cells are genes. We inherit genes from our parents, and they carry the information needed to make our bodies and personalities. So, your personality may be a bit like your parents' personalities. For example, if you're an outgoing sort of person who loves to meet new people, perhaps one or both of your parents are very social too.



Our personalities are influenced by the genes we get from our parents.

Personalities are also affected by our environment, such as our experiences and our relationships with family and friends. For example, some research has shown our relationships with our parents can influence our personality. If we have loving and warm relationships, we may be more agreeable and open. But if our relationships are hurtful or stressful, this may increase our neuroticism.

Another study showed that, over time, young children who were more physically active were less introverted (less shy) and less likely to get very upset when things don't go their way, compared to children who were less physically active. Although we don't know why this is for sure, one possible explanation is that playing sport leads to reduced shyness because it introduces children to different people.

While we're learning more about personality development all the time, research in this area presents quite a few challenges. Many different biological, cultural and environmental influences shape our development, and these factors can interact with each other in complex ways.

Is our personality fixed once we become adults?

Although we develop most of our personality when we are young, and people’s personalities tend to become more stable as they get older, it is possible for aspects of a person’s personality to change, even when they are fully grown.

A good example of this can be seen among people who seek treatment for conditions like anxiety or depression. People who respond well to working with a psychologist can show decreases in neuroticism, indicating they become less likely to worry a lot or feel strong negative feelings when something stressful happens.



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Tips to become a better conversationalist

LESSON 10: ASK PEOPLE QUESTIONS THAT GIVE THEM AN OPPORTUNITY TO TALK ABOUT THEMSELVES.

WHAT THE HELL IS WRONG WITH YOU?

©2013 BY BOUG SAVAGE

From The Conversation



The surprising key to magpie intelligence: it's not genetic

Lizzie Speechley, Behavioural Ecologist, The University of Western Australia

If you've ever had the pleasure of encountering Australia's iconic magpies, you know these birds are intelligent creatures. With their striking black and white plumage, loud warbling voices and complex social behaviours, magpies possess a level of avian brilliance that fascinates birders and scientists alike. But what enables these clever birds to thrive? Are their sharp cognitive abilities innate – something coded into their genetic makeup? Or are magpie smarts more a product of their environment and social

experiences? In a new study, we shed light on the “nature versus nurture” debate – at least when it comes to avian intelligence.

Bigger social groups, smarter birds

Our study focused on Western Australian magpies, which unlike their eastern counterparts live in large, cooperative social groups all year round. We put young fledglings – and their mothers – through a test of their learning abilities.

We made wooden “puzzle boards” with holes covered by different-coloured lids. For each bird, we hid a tasty food reward under the lid of one particular colour. We also tested each bird alone, so it couldn't copy the answer from its friends.



A mother magpie and a fledgling standing side by side.

Do fledgling magpies get their smarts from their mothers?

Through trial and error, the magpies had to figure out which colour was associated with the food prize. We knew the birds had mastered the puzzle when they picked the rewarded colour in 10 out of 12 consecutive attempts. We tested fledglings at 100, 200 and 300 days after leaving the nest. While they improved at solving the puzzle as they developed, the cognitive performance of the young magpies showed little connection to the problem-solving prowess of their mothers.

Instead, the key factor influencing how quickly the fledglings learned to pick the correct colour was the size of their social group. Birds raised in larger groups solved the test significantly faster than those growing up in smaller social groups.

Fledglings living in groups of ten or more birds needed only about a dozen tries to consistently pick the rewarded colour. But a youngster growing up in a group of three took more than 30 attempts to learn the link between colour and food.

How the social environment shapes cognition

Why would living in a larger social group boost cognitive abilities? We think it probably comes down to the mental demands that social animals face on a daily basis, such as recognising and remembering group members, and keeping track of different relationships within a complex group.

Magpies can learn to recognise and remember humans, too. The bird populations we work with live in the wild, but they recognise us by our appearance and a specific whistle we make.



*Magpies recognise researchers and come looking for food.
Sarah Woodiss-Field*

A young magpie living in a group gets plenty of mental exercise recognising and remembering numerous individuals and relationships. Working to make sense of this stream of social information may boost their ability to learn and solve problems.

Our findings go against the idea that intelligence is something innately “set” within an animal at birth, based solely on genetic inheritance. Instead, we show how cognition can be shaped by the environment, especially in the first year after leaving the nest when young magpies’ minds are still developing.

While we focused specifically on Australian magpies, the implications of our research could extend to other highly social and intelligent species.



Golf Notes

Can't help to think the memories were turned back when our club stalwart David York took out the Betty Artis

memorial trophy on Sunday. Davo carded 35 stableford points to win the day with Mandy Koopman, Gary Allen and Chris Sweeney joint runners up on 33 points. Balls went to Helen Kelly 32, Will Sedgwick 32, Stacey Sedgwick 31, Jesse Phillips 31, John Hartley 31 and Rodger Fisher 31.

NTPs went to
3rd L Lole
12th S Sedgwick

In singles match play games,
A Smith d L Johnston 3 and 2
A Koopman d S Sedgwick 2up
W Sedgwick d G Allen 2 up
R Fisher d J Hartley 3 and 2

Next week Sunday 16th June is our 3BBB SAND trophy with individual players playing for Graham Bowmans trophy. Sunday 23rd June is the 2nd Round of our Club Championship for Campbell Tonkins trophy.

EMERGENCY SERVICES CONTACT LIST

Ambulance	000
Fire	000
Police	67900360
VRA	000
Barraba Police Station	67821003
Barraba Fire Brigade	67821179
Barraba Health Service (Hospital)	67822500
Barraba Medical Centre (GP)	67821621
Barraba Vet Service	0429192265
Essential Energy	132080
Beyond Blue	1300224636
Lifeline	131114
NRMA	131122
SES Barraba	132500
Tamworth Regional Council	
Emergency Number	1300733625
Council Office	67821105

My clothes are divided into three categories; summer, winter, and in case I lose the weight.

Jude's TOMATO SOUP

Ingredients:

800g tomatoes (canned)
2 tablespoons tomato paste
1 medium onion, diced
2 garlic cloves, crushed...optional
60g butter
1 heaped teaspoon vegeta stock powder...or chicken stock powder
1 tablespoon sugar or to taste
cracked black pepper to taste
600ml chicken stock
1 can evaporated milk
crème fraiche, optional
basil, optional

Method:

In a large pot and over medium heat add butter, onions and garlic and sauté until transparent. Add tomato paste and cook out for 2 minutes before adding sugar, stock powder, pepper, tomatoes and chicken stock. Cook over gentle heat for 10 minutes. When the soup has cooled enough blend and sieve, return to the pot to reheat. Remove from heat, add evaporated milk, adjust seasonings and sugar and serve with a dollop of crème fraiche and torn basil.

From The Conversation

Why do we shiver when we feel cold?

*Charlotte Phelps, Senior Teaching Fellow, Medical Program,
Bond University*

*Christian Moro, Associate Professor of Science & Medicine,
Bond University*

Our bodies like to be nice and warm, usually around 37°C. This allows our internal functions to work at their best. But our bodies are constantly losing heat to the outside air. When it's cold outside, or if we jump into a cold swimming pool, or even if the air-conditioning is a bit strong, our body temperature can lower, sometimes to levels that are uncomfortable.

If our body temperature drops too low, our heart, nervous system and other organs are not able to work normally. If it falls to extremely low temperatures, called hypothermia, this can cause some organs to completely fail. Luckily, our bodies have their own internal heaters to protect us against small changes in temperature. This is mostly thanks to the actions of our muscles, through a process called thermoregulation. It's this process that leads our bodies to shiver when we're chilly.

Muscles are our bodies' personal heaters

When our muscles twitch, they generate movement. This is called "muscle contraction", and can involve the muscles tightening and shortening. Muscle contractions help us walk around, smile, lift heavy objects and high-five each other. Moving our muscles also generates a bit of heat. With many muscles moving most of the time, this helps our bodies stay nice and warm.



The more our muscles move, the more heat they generate. This is why you might feel hot and bothered after running around or playing sports. On the other hand, when we stop moving our muscles, we start to cool down. This is one of the reasons we cover up with bedsheets at night.

What about the shiver?

Shivering is the rapid contractions of our muscles over and over. This doesn't generate any significant movement, but instead releases heat that helps to warm us up. Most of the time we don't have control over when our brain tells our muscles to shiver. We have special sensors throughout our body that pick up when our system is cold, and our brain then responds by telling the muscles to start shivering. And we aren't the only ones who shiver! All mammals have the ability to shiver, so your pet cat or dog might shiver when they're cold too. Even birds shiver.

When it's a chilly day outside, you might also notice you get goosebumps. Goosebumps happen when tiny muscles connected to the hair follicles (from which our hair grows) tighten. This causes the little hairs on our arms to stand up, helping to trap in warm air and slow down body heat loss to the outside.

How can you 'chill out' your shiver?

Thermoregulation is key to maintaining a nice, consistent body temperature, which keeps our internal organs happy. While shivering can help us warm up, it's best to make sure you wear the right clothes if you're going to be out in the cold.

The perils of travelling from Tamworth to Bingara in 1873

Recently we introduced you in the "History Notes" to one man's journey from Tamworth to Bingara in 1873 as recorded in the 'Australian Town & Country Journal' Saturday 15 February 1873. It took a bit longer (about twenty-four hours longer), and the roads weren't quite as good -

.....Shortly after leaving Attunga, my attention was called by the Jehu to the shameful and dangerous state of the roads. We were crossing Mr. S. Burdekin's run then, where there is a gully which, on our approach to it, seemed as though nothing short of being bogged could possibly be the result. We entered it by a decline on the bank side, which from its precipitous nature, made me close my eyes. We gained the centre, when I ventured to take a look at our position; there we were to all intents and purposes as though cemented to the bed of the gully in a thick mass of mud; the horses strove and strove again to extricate themselves, when with a strong pull and a pull altogether, aided by the whip the poor animals got us through the mire, and with much difficulty drew us up the opposite bank.....

.....Dinner over, the opposition coach arrived, and we again proceeded on our journey, eventually reaching Cobbedah; crossing the Sheep Station creek, where only a few days since, in consequence of the sudden rise of the water, the mail coach was lost. It appears Mr. Chaffey, the proprietor, was driving at the time from Tamworth, and on arriving at the creek side, he plunged the animals into the water; they safely reached the opposite bank, when they jibbed at having to rise the hill; the driver therefore backed them into the middle of the creek with a view to obtain a fresh start, but no, the horses would not move either one way or the other, but remained stationary. The coachman finding his position, thought of the mails and his one passenger, Senior-constable Drew, who was proceeding to Bingera, the waters at the same time was rising very rapidly rendering their situation a perilous one; the two however united their efforts, and at about 2.30 in the morning, in torrents of rain, they managed by swimming and wading to get the mail bags safe to land, then released the horses, leaving the vehicle to its fate, which was afterwards found in portions, some two miles, and others five miles distant from the scene of the accident. Mr. Chaffey's loss amounted to some 60 pounds: The mails were taken on by Mr. Gill's coach, and the unfortunates took shelter at Bridger's Hotel where everything was done to relieve them from the sousing they had received. He managed however to save the horses and got them safely to the hotel.

.....This recommencement of our journey was not so fruitful of success as previously, for the leading horse became fractious, and did not seem to like facing the darkness of the ravines we had to traverse, and the driver seemed somewhat to regret having started so soon. Dark indeed it was, enough to try the nerve of the boldest, and no lamps to aid us, and our situation was rendered more disagreeable by the determined attacks of mammoth mosquitoes, who penetrated their poisonous proboscis through your trousers, and even your boots. I found next day my legs and knees bore the appearance of a plum pudding from the attacks of these horrid flies.....

..... This excursion at night in the wilds of Australia being my first I most candidly acknowledge I did not relish it, particularly at this point when the driver said "Look out, here we are at the Devil's Pinch." You may rest assured I attended to his instructions, and as I endeavoured to peer into the black appearance of things ahead, the moon having receded behind the mountains, I thought if not of "Home, sweet home," of a couple of blankets, and a quiet camp till Aurora thought fit to put in her appearance. Hi, hi, wo, wo, gee, gee, and a lot of other language understandable only by men of the horsey fraternity. Were all the sounds that saluted my ear, save the cry of the wild night birds, which echoed from mountain to mountain, when Lo! and behold something apparently was wrong, when to my horror I discovered that the leader had unhooked herself and the wheel horses were endeavouring to stop the coach. They did so, when it resolved itself into this, that the leader must be led, so I volunteered, 'and took it' in hand, but the descent proved too much for my ability. I could not keep pace with the four-footed beast, so shouted out "Here she goes," and away the grey leader scampered, I unfortunately getting my foot under the fore wheel, which I found next day had left its autograph painful enough to look at and bear. To the bottom of the pinch we got, more I think by good luck than anything else, for it was proof evident that the man in possession hardly had confidence in his proceedings, still it was a relief to reach even that point, but then we had to come to the "Devil's Elbow." Why these names so Satanic are used, is a mystery to explain, further than the roads require strength of body, strength of mind, and nerves without end to face them. Such chances of coming to grief, are to be met with going from Tamworth to Bingera. "Jordan is a hard road to travel," so says the song, and I think I may add Bingera is also. Talking to a Chinaman since, he made what struck me as rather an apt remark, "I did not travel by the coach but in company with it. I walked 50 out of 100 miles," and a just remark too, for no one knows on starting for these outlandish districts if there is ever a chance of reaching your destination.....

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Have your say

The **Tamworth Regional Local Environmental Plan 2010**, **Tamworth Regional Development Control Plan 2010** and **Tamworth Regional Housing Strategy** are proposing changes to how we plan for the region's future, including:

- **Precinct Planning**
- **Corrections to Heritage Items**
- **Secondary Dwellings on rural lands**

Our planning team are holding a community information session on **Thursday 20 June, 2024 from 11am to 12pm** in the Mall.

Residents will be able to drop in and ask any questions relating to the two planning documents and the housing strategy.



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