

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 27th November 2024



Are you on your own on Christmas Dav?

Join the Senior Citz for lunch on 25th December at 11.30 for lunch at 12.

Lunch is planned for people who have no local family or nowhere to go on Christmas Day and wish to celebrate the life of Jesus.

There is no cost but you must register your name at Freeman's Butchery, Saunders Fruit and Veg, Liberty or the Op Shop by 15th December.

Phone Debbie 0428 617 417 if you have any questions



58 Alice Street Barraba Saturday 30/11/24 8:00am

Good quality furniture, Linen, Blankets, Books, Crockery, Cooking utensils, Cooking equipment, Clothing, Nicknacks.

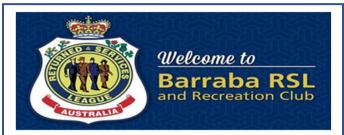


The Vic

- Imported and craft beer
- Wine and cocktails.
- * Finger food available
- Wednesday to Sunday
- * 11am to 9pm

Cnr Queen and Alice Streets
Barraba Phone 02 67825375





BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 28th November

Bingo from 6pm

FRIDAY 29th November

RAFFLES Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1200

SUNDAY 1st December

AIRCOOLED ASSEMBLY RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1500

HAPPENING SOON

Friday 13th December

HAM RAFFLES

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

Message from the Mayor



Since the September Local Government election there has been a strong focus among your elected representatives to connect with each other and work together. Through briefings, induction sessions and meetings, we are getting to

know each other better. It is clear to me that all Tamworth Region Councillors are making it a priority to get on with the job our community has charged us with.

In a very positive move, we agreed to continue the Councillor Catch Up initiative which started last year. Each Catch Up sees various Councillors visit a different location in the region.

The first was at Nundle earlier this month. On Saturday 23 November there will be another at Molly May's Cafe in Manilla 10am-11am and then on Saturday 7 December at the new Kootingal Multipurpose Centre from 10am to 11am. There will be more in 2025.

Please take the opportunity to come and say hello. I know Councillors are looking forward to meeting community members across our region. I hope to see you soon.

IT'S ON AGAIN - GIRLS NIGHT OUT



FRIDAY, December 6 at 5 PM Girls Night Out - Barraba 2024 Queen St, Barraba

Cool savings



With warmer weather now is the perfect time to service your evaporative air conditioner. Regular maintenance ensures

optimal performance and efficiency, saving you money in the long run. An evaporative air conditioner can use up to 100 litres of water an hour. To encourage water savings, Council offers rebates of up to \$200 for servicing and \$50 per ceiling fan installation. Remember to adjust your system based on outside conditions for better cooling and energy efficiency.

NEW BARRABA SIGNAGE







When I was just a little kid, I used to pray for a bicycle.

Then as I grew older I learned in Sunday school, that's not how prayer works.

So, I stole a bike...and prayed for forgiveness.



History Notes

In a few weeks' time we are expecting a visit from a Sinclair descendant who is tracing the family's connection with Barraba and the McKid family.

Both the Mckid and Sinclair families came from northern Scotland in the 1840's and apparently kept in touch between the Hunter Valley and Goulburn in the earliest years.

John McKid was born in Watten, Scotland, in 1808, and arrived in Sydney in 1837. It seems that he worked his way north to the Hunter Valley where he met and then married Louisa McCartney in 1841. Three years later, John and Louisa were living at Barraba, running a store on the corner of Alice and Queen Streets, somewhere near where Fuller Gallery is today.

The Sinclair family came to Australia also in the 1840's, although they arrived in several groups through the decade. James Sinclair and his wife were re-united in Australia adding four more children before tragedy struck the family.

Christina Sinclair died giving birth to their sixth child, and only daughter, in 1848. It was soon after this tragedy that James widowed sister, Jean, and her daughter and sister came to Australia.

Unfortunately, this was not the end of the tragedies - Louisa McKid died leaving John to rear their four children and run the store. John made his way to Goulburn, to see Catherine Sinclair. In the meantime, James Sinclair had disappeared while selling supplies on the goldfields and to this day no one is sure what happened to him.

There were now two families - McKid and Sinclair-with no mother and only one father! The problem was solved when John McKid married Catherine Sinclair and both families settled down in Barraba. Catherine's older sister, Jean and her daughter also moved to Barraba about the same time. Later Jeans' daughter married Henry Williams.

On arrival in Barraba the older Sinclair children were given jobs and later ran the post office and went droving cattle. They both married and in later years their sister became Mrs. Quelch. More on the next generation next week.

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

 9 December 2024 | 9:00AM 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

9 December 2024 9:00AM to 12:00PM \$90 Issuing Registered Training Organisation: Community College Northern Inland Inc. RTO 90027



Tel: (02) 67821662

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



Term 4 Week 5 Awards



Student of the week - Dexter, Jax and Grace D



Captains Award - Emily



Reading Awards - Ava-Jane, Willow, Jack & Hudson B

Term 4 week 6 Awards



Students of the Week - James, Elkie, Georgie and Ben



Captains Award – Hadley



Reading Award -Neveah



Poetry Competition Award Recipients - Archie, Dexter, Elkie and Gus



Barraba Central School

Across the Desk from the Principal, Patrick Sullivan

On Friday 8 November 2024, I had the privilege of accompanying 28 of our students and five incredible staff members on an unforgettable 12-day adventure to the South Island of New Zealand. What an amazing experience it was! From exploring the Antarctic Centre in Christchurch to the breathtaking beauty of Milford Sound and the adrenaline-pumping Jet Boat ride in Queenstown, every day was filled with awe and excitement.

On our final day, I asked the students two questions: their favourite activity and what they thought they would remember most about the trip in 10 years. For me, the answer to the second question is clear — it will be the outstanding group of students we took away. Their conduct throughout the trip embodied what it truly means to be a Barraba Central School student.

It was the little things that stood out - from the compliments we received about their behaviour to the heartfelt email from the holiday park we left at 2am praising the students for being so quiet and considerate to the moment when one of our students helped a mother juggling toddlers, a baby and luggage onto the plane. These moments filled me with immense pride.

Our senior students stepped up as leaders, and the entire group worked together, helping without hesitation whenever needed. A heartfelt thank you goes to the P&C and Rotary for their fundraising support, the wonderful staff who drove, cooked, and kept everything running smoothly, and especially to Amie Middlemiss for her outstanding organisation of this incredible excursion.

This trip truly showcased the best of our school community and left me with memories I'll treasure for years.

Warm regards,



More NZ pictures on page 9



Pictured left: Akira Kanno, Thomas Gadd, William Fitzgerald (not pictured) and Abigail Johnson who participated in the 2024 Newcastle Permanent Primary School Mathematics Competition. All four students received a Distinction Award.

ANGLICAN CHURCH TIMES St Laurence's Barraba

Sunday service at 10.00am
Woodsreef service 2nd Sunday of the month,
11:30am

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening Mass 6pm All other Sundays 9am

BARRABA UNITING CHURCH NOTICES

Sunday 1st December 2024 at Barraba 10:45am for all services. All Welcome.

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Published by Community College Northern Inland Inc.

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

TRIVIA QUESTIONS

- 1. .li-Young is which US children's TV show's first Asian-American character?
- 2. Name the three of the four capital cities located along the Danube River that start with "B".
- 3. What is NaHCO3 commonly known as?
- 4. What is the name of singer-songwriter Emma Donovan's backing band?

\$8.7 Million Cut to New England Rail Trail

The Hon Aileen MacDonald OAM Province MLC for the Northern Tablelands today slammed the Albanese and Minns Labor Governments for their callous decision to sabotage the New England Rail Trail.

"This decision has both distressed me and infuriated me because it affects the lives of thousands of people around the 35 km stretch from Glen Innes to Ben Lomond," Ms MacDonald said today. "This savage cut in the lead up to Christmas is typical of this Sydney-centric NSW Labor Government who couldn't care less for those of us living in rural and regional NSW," she said.

Ms MacDonald said the Glen Innes Severn Council had been successful in securing the \$8.7 million from the Bushfire Local Economic Recovery Fund only to have it now savagely cut from beneath its feet. "This project was much anticipated by local businesses like motels, cafes and bike hire shops because of the revenue it would bring to the region only to have the Minns Labor Government stomp on their dreams," Ms MacDonald said.

Ms MacDonald said this project was expected to deliver \$5.8 million annually into the local economy. "This was going to bring 15,000-day visits, 14,000 overnight visits and lead to the creation of 26 new fulltime jobs, now all destroyed by a government which can't see beyond western Sydney", she said.

Ms MacDonald said rail trails are renowned for ensuring the preservation of rail heritage assets including bridges, tunnels, and cuttings. "Our growth, prosperity and connection has now been destroyed in a hasty and devious decision to make us second class citizens," Ms MacDonald said. "It shows absolutely no regard for the long-term benefits for families, businesses and tourism operators. I am appalled because this savage cut is not just a cut to a rail trail project, but a cut to the future of our regional communities. I'm appalled the Federal and State Labor governments would make this cut in the middle of a cost-of living crisis which is being felt hardest in the bush," she said.

4 The Putbacks.

3 Baking soda (Sodium bicarbonate).

·(emsu/

Z Budapest (Hungary), Bratislava (Slovakia) and Belgrade (Serbia; the fourth capital city is Vienna,

1 Sesame Street

TRIVIA ANSWERS



Bendigo Bank issues scams warning in the countdown to Christmas

It's beginning to look a lot like Christmas for scammers, as Australian shoppers gear up to spend more than \$35 billion on retail trade in December 2024.

With Bendigo Bank customers alone expected to increase their spending by 5% over the busy period. Head of Customer and Threat Protection, Jason Gordon, has delivered a timely reminder on the importance of staying safe while shopping for loved ones.

"With the expected increase in spending over the festive season, it's crucial for shoppers to remain vigilant against potential scams," Mr Gordon said. "Most of us are doing at least some of that shopping online, with eight out of ten Australian households shopping online in 2023[2], it pays to be extra scam aware".

Bendigo Bank customers expecting to be online and spending more this festive season should be on the look-out for scammers trying to target unsuspecting shoppers. Australia's most trusted bank's top three tips to stay scamsafe this festive season are:

1. Don't get caught by phishing emails

More than 80,000 phishing scams have been reported to ScamWatch so far this year. The holidays are a busy time, and scams catch us out when our guard is down - particularly phishing scams. Look out for unsolicited emails, messages, or calls requesting personal or financial information. At this time of year, these could look like missing or undelivered parcel emails or texts. Always verify the legitimacy of the communication with the people or business sending them before sharing any sensitive data. Never share your passwords!

2. Look out for fake online shopping sites

Scammers may set up fake online storefronts selling desirable items at attractive prices, enticing Christmas shoppers to make payments to snap up the deal. Unfortunately, these stores usually sell fake products or simply sell nothing at all. Scammers are known to forge legitimacy by promoting their stores on social media, only to disappear a few weeks later and never deliver on sales or provide refunds.

To avoid falling victim, do thorough research into companies you don't recognise. Search their ABN, check for reviews online, and search for scam alerts on ScamWatch if something doesn't feel right.

3. Be wary of impersonation scams

With more money being spent at this time of year, scammers might try to impersonate trusted organisations, with criminals often posing as cyber security or fraud specialists from banks. And because it's also a time of giving, scammers may also see this as an opportunity to target people's generosity with charity scams.

Texts, emails and websites may pose as people or organisations you trust.

Australians lost an estimated \$2.7 billion to scams in 2023, including impersonation scams, so if you're not sure, hang up, don't reply, or don't engage.

With these tips, customers can have a safe and happy Christmas shopping experience online and avoid being scammed. Bendigo and Adelaide Bank stopped \$34.4 million in fraudulent transactions last year, but by working together with customers, Mr Gordon says the incidence of scams and fraud can be reduced even further.

Mr Gordon's advice to customers who may have fallen victim to a scam is to visit bendigobank.com.au/security immediately to report it and get support.

Bendigo Bank recommends stopping scammers in their tracks by following ScamWatch's advice:

1. STOP – Don't give money or personal information to anyone if unsure.

Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust like Services Australia, police, government, or a fraud service.

2. THINK – Ask yourself could the message or call be fake?

Never click a link in a message. Only contact us, businesses or government using contact information from their official website or through their secure apps. If you're not sure, say no, hang up or delete.

3. PROTECT – Act quickly if something feels wrong.

If you notice unusual activity or if a scammer gets your money or information, visit bendigobank.com.au/security to report it and get support.

It Couldn't Be Done BY EDGAR ALBERT GUEST

Somebody said that it couldn't be done
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it!

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it;"
But he took off his coat and he took off his hat
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,

There are thousands to prophesy failure,
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start in to sing as you tackle the thing
That "cannot be done," and you'll do it.

Copyright Credit: n/a

JPs in Barraba

Mrs Pamela Kathryn Mary Urquhart 0267821480

Mrs Patti Elizabeth Crowley 0267821795

Mrs Elizabeth Ann Sawyer 0267825334

Mrs Sonia Gaye Simpson 0267831382

Mr Owen David Rigby 0400020307

Mr Neville Alexander Moore 0418251280

Mrs Tanya Mary Clarke 0427949127

Mrs Patricia Merris Currell 0428268632

Mrs Janene Helen Randall 0428832282

Mrs Pauline Ann McIver 0429671294

Mr Stephen Laurence Ely 0438427033

Ms Marilou Simpson

A BUSHMAN IN THE CITY

I don't understand the city
Or the people living here
They walk past you in the street
Just like they are in top gear

They do not dare look at you
Or look you in the eye
Put their head down and keep on walking
In the street as they pass you by

Up home in the country
When you walk along the street
People smile and say good day
Country people are a pleasure to meet

Please forgive me, I don't mean
This to each and every one
I've met some lovely friendly people here
But on the street not one

They must live in an atmosphere
Of trusting not a soul
I'm afraid this does not appeal to me
I live my friendship to unfold

I would not change my country life For the city and its sin The molesting and corruption Fear some people must be living in

You can have your football and your beaches And the traffic's rushing race Let me see a rainbow on the mountains And green grass growing around the place

The quiet peaceful bushland
We don't realize how lucky we are
To live in this quiet peaceful country
Near the town of Barraba

Stumpy "Vic" Turner



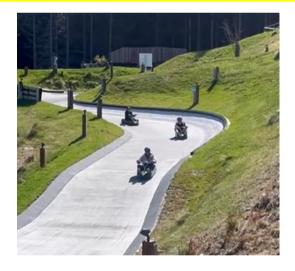
Golf Notes

Next Gens, Jack Myers and New and Olds, Tim Mallise both carded excellent 25 points to share the chook on Friday. Other good scores were Thabiso Msiza (Eagle Hunters) 23, Sam Knight (6666) 21, Lachie Smith (Ruttleys Earthmoving) 21, Kevin Smith (Who Gives a Putt) 21, Chris Sweeney (The Bogey Men) 20, Paige Phillips (The Wouldbes) 20, Andrew Hillier (Visitor) 20 and Neil Smith (Stock and Crop) 19.

In the Teams Leaderboard the Next Gen lads aren't going to give up last years' title without a fight.

161- Next Gen	151- Stock and Crop
150- Eagle Hunters	150- Who Gives a Putt
148- Over the Hill	148- The Wouldbes
140- New and Old	139- The Bogey Men
138-6666	137- The Forgettables
136- Family Affair,	135- Ruttleys Earthmoving
132- No Hopers	127- Geriatrics
106-Vintage	101- No Names
37-Hackers	30- Worm Burners

SOME OF THE ACTION IN NEW ZEALAND







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From The Conversation

The science of happier dogs: 5 tips to help your canine friends live their best life.

Mia Cobb, Research Fellow, Animal Welfare Science Centre, The University of Melbourne

When you hear about "science focused on how dogs can live their best lives with us" it sounds like an imaginary job made up by a child. However, the field of animal welfare science is real and influential.

As our most popular animal companion and coworker, dogs are very deserving of scientific attention. In recent years we've learned more about how dogs are similar to people, but also how they are distinctly themselves.

We often think about how dogs help us — as companions, working as detectors, and keeping us safe and healthy. Dogcentric science helps us think about the world from a four-paw perspective and apply this new knowledge so dogs can enjoy a good life.

Here are five tips to keep the tails in your life wagging happily.

1. Let dogs sniff

Sniffing makes dogs happier. We tend to forget they live in a smell-based world because we're so visual. Often taking the dog for a walk is our daily physical activity but we should remember it could be our dogs' only time out of the home environment.

Letting them have a really good sniff of that tree or post is full of satisfying information for them. It's their nose's equivalent of us standing at the top of a mountain and enjoying a rich, colour-soaked, sunset view.



2. Give dogs agency

Agency is a hot topic in animal welfare science right now. For people who lived through the frustration of strict lockdowns in the early years of COVID, it's easy to remember how not being able to go where we wanted, or see who we wanted, when we wanted, impacted our mental health.

We've now learned that giving animals choice and control in their lives is important for their mental wellbeing too. We can help our dogs enjoy better welfare by creating more choices and offering them control to exercise their agency.

This might be installing a doggy door so they can go outside or inside when they like. It could be letting them decide which sniffy path to take through your local park. Perhaps it's choosing which three toys to play with that day from a larger collection that gets rotated around. Maybe it's putting an old blanket down in a new location where you've noticed the sun hits the floor for them to relax on. Providing choices doesn't have to be complicated or expensive.

3. Recognise all dogs are individuals

People commonly ascribe certain personality traits to certain dog breeds. But just like us, dogs have their own personalities and preferences. Not all dogs are going to like the same things and a new dog we live with may be completely different to the last one.

One dog might like to go to the dog park and run around with other dogs at high speed for an hour, while another dog would much rather hang out with you chewing on something in the garden.

We can see as much behavioural variation within breeds as we do between them. Being prepared to meet dogs where they are, as individuals, is important to their welfare.

As well as noticing what dogs like to do as individuals, it's important not to force dogs into situations they don't enjoy. Pay attention to behaviour that indicates dogs aren't comfortable, such as looking away, licking their lips or yawning.



4. Respect dogs' choice to opt out

Even in our homes, we can provide options if our dogs don't want to share in every activity with us. Having a quiet place that dogs can retreat to is really important in enabling them to opt out if they want to.

If you're watching television loudly, it may be too much for their sensitive ears. Ensure a door is open to another room so they can retreat. Some dogs might feel overwhelmed when visitors come over; giving them somewhere safe and quiet to go rather than forcing an interaction will help them cope.

Dogs can be terrific role models for children when teaching empathy. We can demonstrate consent by letting dogs approach us for pats and depart when they want. Like seeing exotic animals perform in circuses, dressing up dogs for our own entertainment seems to have had its day. If you asked most dogs, they don't want to wear costumes or be part of your Halloween adventures.

5. Opportunities for off-lead activity - safely.

When dogs are allowed to run off-lead, they use space differently. They tend to explore more widely and go faster than they do when walking with us on-lead. This offers them important and fun physical activity to keep them fit and healthy.

A recent exploration of how liveable cities are for dogs mapped all the designated areas for dogs to run off-leash. Doggy density ranged from one dog for every six people to one dog for every 30 people, depending on where you live. It also considered how access to these areas related to the annual registration fees for dogs in each government area compared, with surprising differences noted across greater Melbourne. We noted fees varied between A\$37 and \$84, and these didn't relate to how many off-lead areas you could access.

For dog-loving nations, such as Australia, helping our canine friends live their best life feels good. Science that comes from a four-paw perspective can help us reconsider our everyday interactions with dogs and influence positive changes so we can live well, together.

One Pot No Bake Lasagne

From The Free Range Butcher

If you love lasagne but dread the time and effort it takes to bake, you're in for a treat! This one-pot, no-bake lasagne is a game-changer. It's packed with all the classic flavours you love including; cheese, basil, tomato, and garlic, but without the long cooking process. It's simple, quick, and requires minimal clean up, making it the perfect weeknight meal for when you want something comforting without the wait.



(Serves 5-6).

Ingredients

- 1 tbsp olive oil
- 500g beef mince
- 2 cloves garlic, minced
- 2 chilli's
- 1 tbsp chilli oil or chilli flakes (optional)
- 1 onion, diced
- 1 capsicum, finely diced
- 6 mushrooms, finely diced
- 800g tinned tomatoes
- 2 tbsp tomato paste
- 250g packet of lasagne sheets
- ½-1 cup of water
- ½-1 cup fresh basil
- ½ cup ricotta
- ¾ cup bocconcini/cheese of choice
- 1 pinch salt & pepper

Method:

- Heat saucepan on a medium heat and add in olive oil, garlic, whole chilli's and onion. Sauté until the onion is translucent and the garlic is golden in colour.
- 2. Add beef mince to the saucepan and cook for 3-4 minutes or until browned. Add mushrooms and capsicum to the saucepan and cook for 2-3 minutes before adding tinned tomatoes, tomato paste, salt and pepper. Stir all ingredients together until combined and cook for 10-15 minutes, stirring throughout.
- 3. Break dried lasagne sheets or cut fresh lasagne sheets into half, and add to them to the saucepan. Add in water and slowly stir the pasta and sauce together, making sure then pasta sheets are covered with sauce. Turn down the heat to low and cook until pasta is al dente.
- Serve with ricotta, bocconcini or your choice of cheese and basil and enjoy!

TIP: To ensure your lasagne noodles cook evenly and absorb all the delicious flavours, break them into smaller pieces before adding them to the pot. Stir occasionally to prevent them from sticking together, and if the sauce starts to thicken too much, just add a little extra water to keep everything perfectly saucy!

A Brian Coote Post. The second part of Ted Smith's photo record of the transport revolution that occurred in the early 1900s. This is of passenger transport. The railways were really the major part of this revolution gaining total dominance for freight and passenger on all the routes they entered. Where the rail-lines never ran motor coaches quickly replaced horse drawn carriages.

Ted first photo is Hubert Kelaher's coach to transport passengers from the railway station downtown and I think those that required it on to Bingara.

The 2nd. photo is Ted Smith's own motor coach which performed the same service for years. In this pic the coach is outside Batterhams's Newsagency in Bingara. This coach service of Ted's was by no means the first motor coach service to Bingara.



