



# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**FREE LOCAL NEWSPAPER**

**Wednesday 5<sup>th</sup> February 2025**



## **BARRABA RSL & RECREATIONAL CLUB LTD**

Phone 67821379  
For the information of members and guests.

**THIS WEEK**

### **THURSDAY 6th FEBRUARY**

Bingo from 6pm

### **FRIDAY 7th FEBRUARY**

Meat Raffles, tickets on sale from 5.30pm.

MEMBERSHIP DRAW \$1000

### **SUNDAY 9th FEBRUARY**

AIRCOOLED ASSEMBLY RAFFLES

**Raffles on sale from 12pm, drawn 1.30pm**

MEMBERSHIP DRAW \$1500

### **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 SHOW (7-9 March 2025): GATE ENTRY**



### **Admission & Membership**

#### **Gate Admission/Non-Members:**

Adult - \$20  
Child - \$15 (under 18)  
Pensioner - \$5  
Family Pass - \$60 (2x Adults and any children under 18 for 3 days)

#### **Committee Membership (3 day show entrance):**

Single Member - \$25 per annum.  
Pensioner - \$8 per annum.  
Family - \$60 per annum.

New memberships and renewals are to be purchased at the show office prior to the show.

**Note: Membership fees will not be accepted at the gate and wristbands must be collected prior to the show.**

All patrons **MUST** wear their issued wristband whilst at the showground. Patrons found without a wristband will be asked to pay the admission price again.

### **NO WRISTBAND NO ENTRY**

Gates open at 6am from the 7th of March 2025.

All livestock must be identified with an NLIS tag and must be accompanied by a National Vendor Declaration (NVD) or a Transported Stock Statement (TSS)

**PIC#: NG507971**

### **Barraba Medical Centre**

Surgery will be closed Friday 7<sup>th</sup> February and will re-open Monday 10<sup>th</sup> February.

We apologise for the inconvenience. If you require medical assistance please present to the Barraba Hospital or in an emergency call 000



## **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



### Mobility Scooters for Sale.

Are you thinking of buying some form of mobility scooter? Why pay retail price? Come around to Dave's at 17 Henry St Barraba and pay wholesale. I am importing Scooters direct from China prices start from as little \$1700.

Details of scooter: it's lightweight, folds up for transport, it has a strong night light, warning buzzer, extra child seat, powerful three speed motor, large rear basket and front basket, also reverse gear, 25 to 40-kilometre range, six hr battery recharge. Come and test one. Home most days, just ask for Dave.



### 2025 Barraba Young Woman

As the Barraba Show Society gears up to host the Zone 4 Young Woman Finals on the 8th Feb at the Barraba Golf Club, we thought we might introduce the 2025 Barraba Young Woman - Kaitlyn Smith.

Kaitlyn was our 2024 runner up and decided to give it another go this year after moving to Barraba (Woodsreef area) permanently.

Kaitlyn is originally from Queensland where she has volunteered not only in her community and has been involved in sports but also helps her parents run a campdraft on their property.

We would like to wish Kaitlyn luck in the next round of judging taking place on the 8th Feb. We would also like to thank our Judges, Barraba Show Society President Dave Penna, Guest Judge Rachel Caskey and Barraba Show Secretary Carmen Bennett (photographer).



**From:** Barnaby Joyce MP to David Kelly

**Sent:** Friday, 31 January 2025 4:15 PM

Dear David,

Thank you for your telephone call today regarding the landline outage in Barraba and surrounds.

I have received the following communication from Telstra:

*"I can confirm that the network in Barraba is currently impacted. Technicians were onsite yesterday and determined that hardware needed to be replaced, and an emergency delivery was arranged for today. We will advise as soon as more information, including an estimated restoration time, is available".*

Kind regards

Andra Milne

The Hon **Barnaby Joyce MP**

**Federal Member for New England**

A: 454-456 Peel Street Tamworth, NSW, 2340

PO Box 963, Tamworth, NSW, 2340



## **BARRABA SHOW 2025 - WOOL SECTION**

### **ATTENTION WOOL PRODUCERS!!**

Do you have fleeces to enter in the 2025 Barraba Show? Be in the running for some of the fantastic prizes on offer. You can find the full wool schedule at [www.barrabashow.com.au](http://www.barrabashow.com.au)

**Fleeces can be left at the Show office during the Show week or at the Wool pavilion by 2:30pm on Thursday 6<sup>th</sup> March 2025.**

We are excited to welcome, wool expert, Scott Thrift, to judge the entries this year. Scott will be available to talk to growers about their fleeces and the wool market after judging (approximately 11am) on Friday morning.

The Chief Steward of the Wool Section, Ian McColl, was very happy with the number of entries last year but is hopeful of even more in 2025.



The wool section would like to thank Rocky Glen Ag, Doonba Pastoral, Brooklyn Land, A.C Smith & Son, Addette Grazing, Firmin Allen, Appledore Pastoral, Cobraball, Dan Harris, Paraway Pastoral Co, Andrew Sewell and Wyralla Grazing for donating their fleeces from the 2024 show and Bruce Toms for Judging.

The wool section would also like to thank the continued support from their sponsors; Taminda Wool Trading, IT & N Spencer Memorial, Schute Bell Badgery Lumby, Stock & Crop, Appledore Pastoral Company, Barraba Show Society, Rocky Glen Ag, JPM Contracting and Barraba Sports Shear & Woolhandling

The [Barraba Show Society](http://www.barrabashow.com.au) is holding this year's Zone 13 Qualifiers (Junior Wool Judging) for the Sydney Royal Easter Show:

- Entrants must be 15–24 years old (by 1st May 2025).
- Must not have placed in another Group Final.

If anyone wants to compete in the judging; could you please email to: [barrabapah@hotmail.com](mailto:barrabapah@hotmail.com) or call Carmen on 0419446648

Wool Junior Judging will be start at 11.30am

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## **IT IS TIME TO ORGANISE YOUR PHOTOS FOR THE SHOW**

**A timely reminder that photography entries close at 3:30pm on Tuesday, 4<sup>th</sup> March 2025.**

All exhibits, entry forms and fees must be with the Show Secretary by this time.

**NO ENTRIES WILL BE ACCEPTED AFTER THIS DEADLINE.**

The full schedule for Section 19 – Photography can be found at [www.barrabashow.com.au](http://www.barrabashow.com.au) . **Please pay particular attention to the conditions of entry as exhibits that do not comply with these conditions can not be judged or hung.**

Our feature theme for the 2025 Show is “HARVEST TIME”, we are looking forward to seeing some great photos in this class.

**AI (artificial intelligence) and digital manipulation** are becoming a big part of professional photography in today's world. After much consideration, however, it has been decided that these aids will **NOT** be allowed in any classes *other than Class 20 (Creative)*. Photos entered in any other Class (1-19 and 21-25) which have obvious AI/digital manipulation will be withdrawn and not judged, nor hung. Entry fees for withdrawn photos will NOT be refunded, so read the rules carefully. The Chief Steward and/or Photography Judge will be checking all entries. Photos can be “enhanced” – cropped, exposure adjustment, contrast adjustment, clarity adjustment etc – any BASIC editing that can be done at a photo developing booth or in photography software. The Barraba Show is a contest of who can take a great image, not who can manipulate their photo, or use AI, to make it the best.

The revamped School Section (Young Hot Shots) drew more entries from junior exhibitors in the 2024 Show. There are five great classes which we hope will be well supported by our younger enthusiasts. Age will be taken into consideration, so don't forget to include it on the name label (on the back of the entry).

We have a new Grand Champion Photo sponsor in 2025 – **Bay Park Photos, 258 Peel Street, Tamworth.** We welcome Chris, the proprietor of Bay Park Photos, as a sponsor of our

Section. Please remember Bay Park Photos for all of your photographic supplies and developing needs.

Brenda McColl, Chief Steward, would like to take this opportunity to thank all the wonderful sponsors of the Photography Section for their generous support:

**Bay Park Photos, Barraba Caremore Pharmacy, Wentworth Travel, Chloe Renee Photography, Guy Derrick Memorial (Rhonda Phillips), Rocky Glen Ag, Janene Randall, Jennylyn King, Daisy Groth Memorial (Patti Crowley), Andy's Guesthouse, Jenny Farrar, Mandy Cabot, Paula McIver Photography, Gerda Gamper, Brent J AgSpray, Barraba Veterinary Service Pty Ltd, Nanette Bowman Memorial (Mel Bowman) and Barraba Potters & Craft Guild.**

We look forward to seeing all of your photography entries at the 2025 Barraba Show.



*2024 Grand Champion School Photo - Akira Kanno*



*2024 Open Grand Champion Photo winner and Most Successful Exhibitor - Patti Crowley*

## **Squadron Energy sponsorship helps more than 1,000 helicopter rescues in Northern NSW**

Squadron Energy is renewing its support for the Westpac Rescue Helicopter Service in Northern NSW after helping their Tamworth and Lismore based aircraft complete over 1,280 missions since July 2023. Squadron Energy CEO, Rob Wheals said the team were proud to support this vital service for a second year. "We know how important this chopper service is and are proud to be continuing our support to help it deliver critical emergency medical services, supporting 1.5 million people across Northern NSW," Mr Wheals said. "We are always looking at ways to provide benefits to the communities where our projects are based, and we believe this service is more than a benefit, it is a crucial service that saves many lives every year."

The Westpac Rescue Helicopter Service's Head of Media, Marketing, Fundraising and Strategy, Mr James Lawrence, expressed gratitude to Squadron Energy's team. "We are so grateful to Squadron Energy for their continued support," Mr Lawrence said. "Sponsorship of our Service is vital to our sustainability, growth and standards of excellence at these local bases."

One of the people who benefitted from the service is Tim Alt who, on 28 November 2023 while herding cattle on his property in Rangers Valley, north of Glen Innes, was ejected from his quad bike after hitting a rock. He sustained four broken ribs, a punctured lung, and a fractured collarbone. Local paramedics and the VRA who attended the scene determined Tim needed urgent transport to Tamworth Rural Referral Hospital.

The Westpac Rescue Helicopter was tasked to the scene and a road trip that would have taken just shy of three hours, had Tim in that Tamworth ICU in 45 minutes. After 13 days in hospital, three in ICU and 10 on the ward, Tim went home. "I cannot speak higher of the staff on the helicopter and the first responders – they were all brilliant and I am grateful for their care," Mr Alt said. "The Westpac Rescue Helicopter Service is such an invaluable Service!

In addition to sponsoring the Service's Tamworth and Lismore based aircraft, Squadron Energy's Sapphire Wind Farm team also sponsored the Ride For The Chopper earlier this year, as well as providing support to the Glen Innes and Inverell volunteer support groups.

Sapphire Wind Farm is located on Ngarabal Country, 18km west of Glen Innes and is the largest operational wind farm in NSW.

Local poet Beryl Henshaw, who lives in Morrow Row (now Savoy St) wrote the following poem to acknowledge the houses William Morrow built for his employees in 1895. William Morrow's contribution to early Barraba is described in *The History of Nundle, Manilla and Barraba* by Joanna Boileau 2007:

*The original shop building next to the National Australia Bank, built for Pearce in 1890, had a varied history. In 1895 it became Morrow's Menswear, owned by William Morrow. During the Second World War it was a Red Cross Tea Rooms and later used by Mackenzies as a furniture shop. In recent years it was an antique shop and video shop, before being demolished.*

*In Savoy Street is the Morrow Row, originally eight identical drop-slab houses built of timber from the forests around Narrabri in 1895 for the employees of William Morrow. Most have been modified over the years, but retain their basic structure.*

*William Morrow ran a store in Queen Street Barraba, known as Morrow's Emporium, which he built in around 1900. He also built an adjoining residence of weatherboard with a galvanised iron roof.*



*The Morrrows Store Building: Photo Brian Coote about 1991. Later demolished. Now a storage yard for Hart Rural next to the old NAB building.*



*One hundred and thirty years later, the houses Morrow built are still standing strong! Photos by Terry Threlfall*



## OLD MORROW ROW

It was a hundred years ago  
Old Morrow owned a store.  
He built nine cottages in a row  
To house staff with kids galore.

The cypress pine to build these homes  
Was milled at Maules Creek,  
And bullock teams hauled the heavy load  
Across mountain, bush and creek.

If walls could talk what tales they'd tell  
Of those days long ago.  
How people worked and lived, survived,  
I'd really like to know.

There were no luxuries in those days  
With dunnies in the yard,  
And only basics in the house,  
It made life pretty hard.

The children all played in the street  
With happy cries of glee.  
They played all kinds of games back then  
Until called in for tea.

The houses are still standing  
Though those families have all gone,  
And they've changed a little through the years  
As more residents moved on.

They are now mostly pensioners  
Who in this street reside.  
But the cottages are still called home  
And looked after with much pride.

Savoy Street is its present name  
For all the new tomorrows,  
But we still remember days gone by  
As a tribute to the Morrrows.

So, if you'd like to see this street  
Of days of long ago,  
Just come and take a quiet stroll  
Down old Morrow Row.

Beryl Henshaw 1995



## History Notes

Henry Williams returned to Australia from New Zealand on a small sailing ship- he did not enjoy the trip and was glad to reach Sydney but before we continue with the final section of his life there is more of his English life to be told.

As Henry began his first diary in 1844, it seems that is when he began medical training. He spent quite a bit of time in London visiting friends and also doing some medical jobs under supervision. This section is hard to follow with lots of different names and we have no idea whether they were relatives or friends.

It seems that Henry's medical training may have begun about 1841 when Mr. Alnutt presented him with a bible. This bible came to Australia with him and in later years he added details of his family birth dates.

In June 1845 he caught the steamer to Yarmouth. Here he appears to do chemistry work between walking around the district for the first few months. Gradually he took on more doctor's work which may have been his training.

As the diary progressed through months of medical operations - limbs such as arms or legs amputated, prescriptions made up and vaccinations given. Then on 2<sup>nd</sup> May Henry attended the bridge collapse which helped date the year of the diary.

There are a couple of years missing from Henry's diary collection -the reason for this is unknown although they may have been with some of his belongings left with a friend when he travelled to France in the later 1840s. Finally, he took a job as medical officer on the barque "Cornellia" in 1849 and left England for the duration of the voyage to Australia and New Zealand and return. As mentioned last week he left the ship in New Zealand and returned to Australia where he lived for the rest of his life.

His diary in Australia is much easier to read although his life was not much easier for him. He took a job on a property up in the New England and walked from Sydney with the bullock wagon and camped under the wagon at night. They eventually arrived at the "Moonboy Mountains" where there were a number of drays and wagons helping one another up the mountain. Henry remarked "It was a novel spectacle to me to stand on the summit of one of the steep places and look down on a dray to which was attached between 30 and 40 bullocks toiling up the mountainside."

Henry stayed in the New England working on a couple of stations before he returned to the Hunter Valley and stayed

with Mr Dangar, who was trying to find a job for him. I will finish this next week. There is a copy of these diaries in the museum.

### CATHOLIC CHURCH TIMES

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

### BARRABA UNITING CHURCH NOTICES

Sunday 9<sup>th</sup> February 2025 at Barraba  
8:45am for all services.  
All Welcome.

### ANGLICAN CHURCH TIMES

**St Laurence's Barraba**  
Sunday service at 10.00am  
2nd Sunday of every month, 11:30am at Woodsreef

### Vincent John Urquhart

**23-02-1944 to 23-01-2025**

Loved husband of Marjorie,  
Father of Andrew (dec) and Veronica.  
Only son of Vincent and Esther.  
And brother to Joyce, Margaret (dec), Gwen (dec), Phyllis,  
Dulcie (dec), Colleen & Thelma.  
A brother-in-law and Uncle to their families.  
Passed away in Barraba Hospital.  
Aged 80  
Privately cremated.

### Thank You

#### Vincent John Urquhart

My sincere thanks to the wonderful staff of the Barraba Hospital for the care and comfort shown to my late husband John, during the last week of his life.  
To Dr Strydom, my thanks for the kindness and consideration shown to John.  
Please accept this as personal.  
Marjorie Urquhart.



## Essential Communities

At Essential Energy we look after the poles and wires that deliver electricity to 95 per cent of New South Wales and parts of southern Queensland.

The electricity we deliver powers the homes, hospitals, schools, businesses and services that form our communities.

But we're more than poles and wires. We're also about empowering local groups who contribute so much to their communities. Our Essential Communities Program aims to support these community groups across our network area through a range of funding opportunities, including our new Essential Grants program.



### FUNDING TO SUPPORT IDEAS FROM SOLAR PANELS TO EDUCATION WORKSHOPS AND MORE

Grants of up to \$15,000 are available for community projects that provide a positive social and environmental impact across regional, rural and remote NSW.

The Essential Grants program helps support communities to build a sustainable future through programs, projects and events that align with initiatives supporting the environment, education, resilience, or the energy transition.

Examples could include creating community gardens, assisting with solar and battery installations on community buildings, implementing a waste reduction program, or funding workshops that help communities improve energy efficiency and electrification in homes and businesses.

Essential Energy Chief Corporate Affairs Officer, Annie Pearson says the program aims to spark change by supporting communities to make a difference and provide a positive social impact.

“Our goal is to provide meaningful investment into communities and surrounding areas. It only takes one idea to create something truly incredible that has a long-lasting impact in your community,” Annie says.

Essential Grants are open to not-for-profit organisations delivering benefits to local communities in the Essential

Energy network area. This includes community groups and service providers, registered charities, and other not-for-profit organisations.

Since 2018, Essential Energy has contributed more than \$1 million to over 1500 community groups through the previous Community Choices and Community Halls programs. The Essential Grants program continues this support, focusing on initiatives that align with Essential Energy's corporate and sustainability strategies.

Applications open on 3 February 2025 and close on 31 March 2025. For more information and to apply, visit [the Essential Grants page](#).

### New grant to give NSW footy facilities a facelift

Up to \$50,000 will become available to projects working to upgrade facilities across the state. AFL NSW/ACT is thrilled to announce the new NSW Facilities Fund to contribute funding towards facility upgrade projects across the state.

The NSW Facilities Fund will grant \$10,000 to \$50,000 to projects which, among other criteria, will increase participation and improve the overall use of community football facilities. Grant applications **open on Monday 3 February and close Wednesday 12 March**, with successful applicants notified in April. A second round of applications for the NSW Facilities Fund will be open in July 2025, with successful applicants notified in September 2025.

This NSW Facilities Fund comes 18 months after the ACT Community Football Facilities Fund commenced. Head of AFL NSW/ACT Andrew Varasdi, said: “AFL NSW/ACT is all about providing the best experience for our football community and as we continue to grow throughout the state, it's important our facilities keep up. The NSW Facilities Fund will help support clubs, schools and councils deliver high quality community footy infrastructure as we seek to provide safe and welcoming environments for our participants. This Fund will be a gamechanger for many of our participants, coaches, umpires, volunteers or supporters, and I can't wait to help our communities improve facilities with these two rounds of funding opportunities.”

#### DETAILS ON THE FUND

If you would like to know more about the NSW Facilities Fund and how AFL NSW/ACT can support your applications, please contact:

Sam Thomson

Venue and Government Partnerships Manager – NSW

[samuel.thomson@afl.com.au](mailto:samuel.thomson@afl.com.au)

Grant Applications open 03/02/2025.



## AMA launches new survey to improve rural healthcare in Australia

Doctors working in regional, rural and remote Australia have an opportunity to help shape rural healthcare policies by taking part in the Australian Medical Association’s latest Rural Health Issues Survey.

AMA President Dr Danielle McMullen has urged all doctors working in regional, rural and remote areas to take part in the 2025 survey to ensure their voices are heard on crucial issues affecting access to rural healthcare ahead of the federal election. “Working as a rural doctor can be an incredibly rewarding experience, but it comes with its own unique challenges,” Dr McMullen said. “Workforce shortages, infrastructure issues, the challenge of distance, and higher incidences of major illnesses among the population are all issues our rural doctors deal with every day. The AMA has been calling for dedicated strategies and investments to support our rural workforce for years. We want rural doctors to share their experiences with us and tell us what the priorities should be ahead of the federal election. We will use the results of the survey to ensure rural health is on the agenda of all politicians.”

The AMA has run the Rural Health Issues Survey every three years since 2016, and each iteration has provided crucial insights into the issues that impact both patients and doctors in rural Australia and how to address them.

The 2022 Rural Health Issues Survey highlighted critical gaps in training pathways for rural doctors and workforce retention issues. The AMA used the survey results to call for a range of policy measures, including extra funding and resources to support staffing levels and establishing regional training networks to enhance opportunities for specialist training in rural areas.

AMA Council of Rural Doctors Chair Dr Ian Kamerman said while the survey highlighted the urgent need for reform, an overwhelming number of respondents also expressed the deep fulfilment they experienced from serving rural communities. “We know how rewarding a career in rural health is, but investment and reform is needed to address a range of issues, including workforce and training opportunities, to ensure it remains an attractive pathway for young doctors,” Dr Kamerman said.

The 2025 Rural Health Issues Survey is open to all doctors practising in regional, rural or remote Australia, as well as doctors who have previously worked in those areas. The survey will close on 19 February.



**Invites you to** *Join the Conversation*

Now is your chance to have an input into the future of Gwydir Shire. This survey will help us better understand your priorities and how you want to be involved. Your feedback is valuable and will help guide future projects and initiatives.

To complete the survey, scan the QR code, follow the link <https://www.surveymonkey.com/r/2025GwydirShireCouncilCommunitySurvey>, call into a customer service office or call 02 6724 2000 to request a hardcopy.

This survey will close Sunday, 16 February 2025




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**Message from the Editor**

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

Share your news, views and what you or your local organisation is doing. Advertise in *News* at a competitive cost and reach 750 households in our area who receive a free copy each week.

Contact [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au) or drop into the Community College on the corner of Alice and Fitzroy Sts.





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## RECENT ANNIVERSARIES

- The wedding of King Henry VIII of England and Anne of Cleves. It was his fourth marriage, and it didn't quite work out... (1540)
- Cricket legend Don Bradman scoring 452 not out in only 415 minutes - a then-record in a first-class match (1930)
- Guy Menzies completing the first solo trans-Tasman flight from Sydney to West Coast of New Zealand (1931)
- the death of Edmund Barton, Australia's first PM (1920).
- the first successful caesarean section operation (1794)
- the establishment of the Reserve Bank of Australia (1960)
- the deaths of Lewis Carroll (1898), Dorothea Mackellar (1968) and Alan Rickman (2016)
- of Henry VIII declaring himself head of the Church in England (1535), and of Elizabeth I becoming Queen of England (1559)
- the eruption of the Hunga Tonga–Hunga Ha'apai volcano, which was the largest this century (2022)
- China ceding Hong Kong to the British during the first Opium War (1841)
- the death of Queen Victoria (1901)
- the landmark Roe v Wade ruling, which saw the US Supreme Court legalise most abortions (1973)
- Antarctica being identified as a new continent by Charles Wilkes' American naval expedition (1840)
- the first confirmed case of COVID-19 in Australia, from a returning traveller from Wuhan, China (2020)
- the publication of Jane Austen's Pride & Prejudice in the UK (1813)
- the WHO declaring COVID-19 as a public health emergency (but not yet a pandemic...) (2020)
- The death of Guy Fawkes, a Catholic conspirator who took part in a failed Gunpowder Plot to blow up Parliament (1606)
- Brexit: the United Kingdom officially leaving the European Union (2020)
- the Australian Premiers' Conference deciding to locate Australia's capital (Canberra) to the coldest place they could find between Sydney and Melbourne (1899). Ok, we might have added the 'cold' bit...
- the establishment of the world's first commercial cheese factory in Switzerland (1815)
- New Zealand's worst natural disaster, the Hawke's Bay earthquake, which killed 256 people (1931)



## Bendigo Bank opens online safety lessons to secondary schools.

As students across

Australia prepare to start the new school year, Bendigo Bank has expanded its Banking Safely Online program to secondary schools to help empower young digital citizens.

Specifically tailored to high school students, the face-to-face sessions cover how to identify and avoid scams, spot financial fraud risks, and adopt secure practises for online banking transactions.

“Secondary school students face a flood of would-be scammers, fraud attempts and other potentially serious challenges online,” says Aaron Westberry, Senior Manager Customer Protection at Bendigo Bank. “The Banking Safely Online in Schools sessions are empowering, interactive and highly relevant for younger people. While highly tech savvy, more than \$2 million has been lost to scammers by Australians under 18 since 2020, data from Scamwatch shows, and our younger customers have been asking how we can help,” Mr Westberry says.

Online shopping and classifieds scams caused the highest financial losses for those aged under 18 last year, with social media, text message and emails the top contact methods used by scammers, Scamwatch found.

Stopping scammers in their tracks: Tips for school students

- Fake news? Check, is the website real, or is the caller or texter really who they say they are?
- Don't skip the 'enable multi-factor authentication' step, your best defence against increasingly sophisticated scammers.
- Beware remote access scams, which often target young people. Never provide personal or log in information via phone or text to unsolicited contacts.
- Be very suspicious. Don't click on any links in emails or texts that you are unsure about.
- Too good to be true? If it seems too good to be true, it probably is!
- Time is of the essence. Report any suspicious activity to your bank immediately.

The 30-minute Banking Safely Online in Schools classes are delivered by teams at Bendigo Bank's more than 400 branches. Teachers, administrators, parents and students are encouraged to enquire with their local Bendigo Bank branch to have a Banking Safely Online session for their secondary students.

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Free online tool helping thousands of Australians

## support their financial wellbeing and mental health.

A new online tool designed to help people recognise their level of financial and mental stress has been taken up by thousands. The Money and Mental Health Quiz, has been used by nearly 7000 people since its launch last year.

Developed by Beyond Blue and Financial Counselling Australia, the tool's popularity continues to grow as post-festive season spending, and the cost-of-living pressures continues to place increased stress on families. Co-designed with people who experience financial stress and mental health problems, the quiz allows people to better understand where they sit on a financial and mental wellbeing scale and be linked with free resources and support, helping them to take action earlier.

Beyond Blue's most recent Australia's 2024 Mental Health and Wellbeing Check found financial pressure was the leading cause of distress for nearly half (46%) of all respondents.

Distress over financial pressure was even higher for those aged 25-34 (65%), 35-44 (59%) and 45-54 (53%). And overall, women had higher than average distress from financial pressure (51%). Beyond Blue Clinical Spokesperson and psychologist Dr Luke Martin said while the quiz results are concerning; they are not surprising from a mental and financial wellbeing perspective. “The financial strain people are under is likely to continue for the foreseeable future, so it's good to see members of the community engaging with this resource and taking action. People experiencing financial stress are significantly more likely to experience mental health challenges. We hope this tool will help those who are struggling feel like they are not alone and encourage them to reach out for support sooner and before they hit crisis point.”

Beyond Blue Support Service is available 24/7 on 1300 22 4636 and via web chat or email [www.beyondblue.org.au/Get-Support](http://www.beyondblue.org.au/Get-Support) The National Debt Helpline provides free, independent and confidential help from trained financial counsellors on 1800 007 007 or via webchat [ndh.org.au](http://ndh.org.au). Money and Mental Health Quiz: further information at [www.beyondblue.org.au/mental-health/financial-wellbeing/money-quiz](http://www.beyondblue.org.au/mental-health/financial-wellbeing/money-quiz)



*Yasmine Probst, Professor, School of Medical, Indigenous and Health Sciences, University of Wollongong*

*Karen Zoszak, Accredited Practising Dietitian, PhD Candidate, University of Wollongong*

Whether with crumbled feta or poached eggs, you'd be challenged to find a cafe in Australia or farther afield that doesn't have avocado somewhere on the menu. This fruit (yep, it's a fruit from a tree, not a vegetable) is widely associated with brunch culture and other trendy eating habits.

The Australian avocado industry developed in the 1960s, 30 years after the start of the first large-scale production in California. Orchards producing avocados now span all parts of Australia, except Tasmania, Australian Capital Territory and the Northern Territory. Avocados are considered a monoculture crop: they're grown on the same land each year, making them more susceptible to pests and creating a need for increased fertiliser use. The carbon footprint of avos is almost twice as high as that of apples, but much lower than many animal food sources. There are now over 50 different avocado types globally, but only a few are grown commercially.

### **Not all avos are the same**

You may not notice a difference when you get your avocado toast at a cafe. But at the shops or the market, a striking difference occurs each year in Australia. In autumn, the familiar dark purple Hass avocado disappears and is replaced with the lighter green Shepard variety. In Australia, this typically happens between February and May.

If you don't know the difference between the two, you may expect Shepard avos to perform the same way as Hass – and be left disappointed. There are some important differences.



*Hass avocado skin is very dark when ripe. Nungning20/Shutterstock*

### **Hass avocados**

Hass avocados are known for their dark, pebbly-looking skin that appears almost black when ripe. They have an ovoid shape with a slight pear-like appearance. The thick skin can be a challenge to peel, often requiring a sharp knife or avocado slicer.

Hass avocado flavour is rich, creamy and buttery, with nutty undertones. Their texture is ideal for mashing, blending and spreading, creating a creamy texture in dips, guacamole and smoothies. Hass avocados ripen – and darken in colour – slowly over several days. They remain firm to the touch when ripe, and will feel squishy when overripe. A slight give when pressed confirms Hass avos are ready to eat.

Available in Australia from May to January, Hass are the dominant variety of commercially grown avocado worldwide. They were cultivated by horticulturalist Rudolph Hass in California in the 1920s.

### **Shepard avocados**



*Shepard avocados stay green when ripe, and are only grown commercially in Australia. Zety Akhzar/Shutterstock*

Shepard avocados have smooth, green skin that remains green even when they are fully ripe. They are round to slightly oblong in shape and have a slightly milder and sweeter taste, with less pronounced nutty undertones.

Shepard avocados ripen more quickly than Hass, but you won't be able to tell that by the colour. Instead, check for softness – Shepard avocados are very soft when ripe. What might feel overripe when handling a Hass will likely be ideal ripeness if it's a Shepard. The thin, smooth skin makes them easy to peel by hand or with a gentle squeeze. Their buttery soft texture is firm and creamy, and they hold their shape well when cut, making them ideal for slicing, dicing and spreading despite being structurally firm.

Interestingly, Shepard avocados brown much more slowly than Hass, making them perfect for garnishes. Their milder flavour also makes Shepard avos well suited to sweet dishes, such as chocolate mousse. Shepard avos account for

approximately 10–15% of Australian avocados and are in season from February to April each year while there is a gap in the Hass season.

Australia is the only country in the world that grows Shepard avocados commercially. (They are grown in Queensland.)

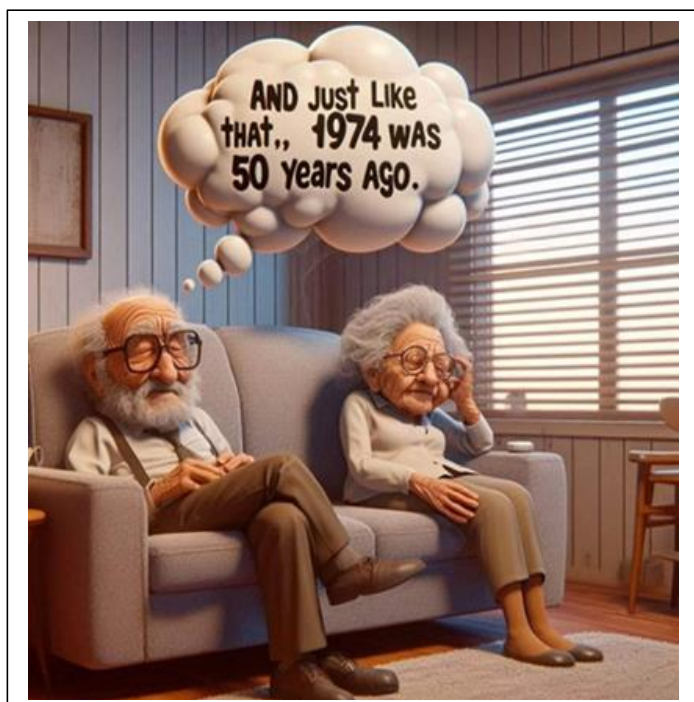
### Avocados and our health

As avocados contain 59% fat, people wishing to lose weight were previously advised to avoid or limit eating them. We now know that a majority of this fat is oleic acid, a monounsaturated (healthy) fat that helps to reduce cholesterol and improve heart health. Additionally, only 1% of an avocado is made up of carbohydrates, making the fruit popular with people following a ketogenic (keto) diet of low carbs and high fat.

People who consume avos also tend to follow a better pattern of eating in general. They eat more whole grains, fruit and vegetables and fewer discretionary or takeaway foods.

As an energy-dense food, consuming a whole avocado is about the same as eating 2.5 whole apples. Per 100 grams, avocado actually gives you less energy than an equivalent amount of cooked white rice.

As avocado dishes are visually appealing and often featured in food photography, they have become a symbol of modern eating habits.



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HLTAID010 Provide basic emergency life support  
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17 February 2025 | 9:00AM to 4:30PM | \$190  
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17 February 2025 | 9:00AM to 12:00PM | \$90  
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