



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 11th August 2021

We're in Covid Lockdown. Read the details and 'stay at home' rules on page 7

Award Nomination for the Potters and Craft Guild



Barraba Potters and Craft Guild have been nominated for the Tamworth Business Awards in the Outstanding Community Organisation category.

"Thank you to the mystery person who sent in the nomination" said Karin Thurston, President of the Guild. "It was a very pleasant surprise to be recognised in our local community for the work our members contribute and the support we all give each other in pursuit of art and craft or social interaction."

The Guild is a social outlet for many members of the community. Through the drought and then Covid having the friendships created at the Claypan, as it affectionately known, helps keep the sanity of our community. The Guild provides a place for people to have an interest in creating, working and talking together. Two essential ingredients for a healthy mental outlook.

The organisation is entirely run by volunteers which gives everyone involved a sense of ownership and participation. Whether you read a book, play scrabble or chess or create a craft item the choice is yours. The Claypan is for enjoyment.

The Gallery provides a place where art can be hung, pottery, patchwork, knitting crochet, jams, plants and excess produce can be sold. This all contributes to the local economy and provides a small income for a lot of older people.

Karin went on to say "The gallery showcases the talents of the members which helps attract visitors to our region. Some visitors may only wander through, but they will tell

their friends and so the word spreads. Others come back regularly. And some, myself included, are so impressed they move here to live. This is a sign that we are reaching outside of our premises and contributing to the economic growth of the community."



Salvation Army Family Store

It is with a thankful, sad heart I write for the last time as the Manager of the Salvation Army Family store.

I wish to thank the team of volunteers who have worked so very hard in the last ten days we were open to clear out all we had for our customers to browse and buy for the last time. What a mammoth effort they have put in, thank you. May God bless each of you in your next life stage.

Vinnies also helped pack and move things to their shop after we closed. It was helpful to have a community based charity to take unsold merchandise.

Thank you to the Barraba community for coming out and supporting us with their purchases and more importantly the wonderful positive feedback for staff.

We were treated to a delicious farewell lunch by the Army at Polkadot on Tuesday where Sandra and Jess attended to our every need. Thank you

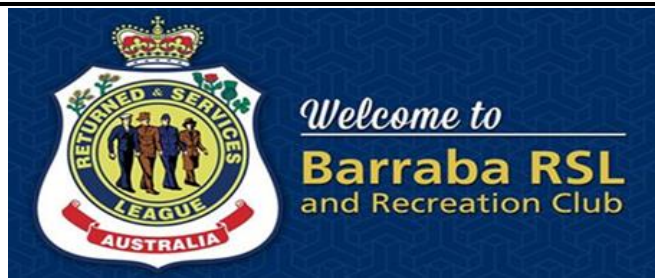
I would also like to acknowledge past volunteers and Roylene Conway for their contribution over the years that the store has served the community.

To Peta, the shop owner with whom I have enjoyed a positive working relationship. I wish you well with the next stage of life for this beautiful building.

Mostly I thank God for the blessings working at the Salvos store and serving the community of Barraba has brought.

Prayerfully yours always

Dale



BARRABA RSL & RECREATIONAL CLUB LTD

Phone: 67821379

For the information of members and guests

THIS WEEK:

THURSDAY: 11AM-

ANGLERS CLUB RAFFLES

MULTISCREEN DRAW-THIS WEEK \$8,400

FRIDAY: 11AM-

MEAT/FRUIT/VEG RAFFLES 6PM

MEMBERSHIP DRAW-THIS WEEK \$1,800.00

SATURDAY: 10AM-

SUNDAY: 10AM-5.30PM

ANGLERS CLUB RAFFLES 1PM-3PM

MEMBERSHIP DRAW-THIS WEEK \$2,000 (8 draws)

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM

BINGO 11.30AM

WEDNESDAY: 11AM-5.30PM

HAPPY HOUR: 11am-1pm Wed & Fri

BISTRO HOURS Phone 0427330808

CLOSED MON/TUES

WEDNESDAY: LUNCH 12-2PM

THURS/FRI/SAT: LUNCH 12-2PM

DINNER 6-8.30PM

SUNDAY: LUNCH 12-2PM

DINE AND DISCOVER VOUCHERS ACCEPTED

Barraba Hospital Auxiliary News

The Auxiliary held the AGM last Friday and after much discussion, it was decided to continue in a recess mode for the next year. Due to Covid restrictions, the Auxiliary is very limited in fund raising activities. However, with the funds currently available, new TVs will be purchased in Garvin House as well as new shower chairs which will be greatly appreciated by staff and patients. A recess year means there must be a caretaker executive elected which is as follows.

President : Joan McCarthy

Vice President: Lib Croll

Secretary: Julie Williams

Treasurer: Estrella Hamilton

Asst Treasurer: Barb Groth

Publicity Officer: Linda Eustace

Patron: Meg Crowley

NOTICE OF AGM

Please be advised that the AGM of The Barraba Showground Management Committee is to be held on the 18th August at the Barraba Bowling Club commencing at 6 p.m.

ALL WELCOME

Volunteers wanted – if you can drive a tractor or large ride on-mower (or would like to learn) and you have a few hours to spare each week amongst mates please contact Des Brittain on 0459 471 513 or Don Roberts on 0419 116 261

Don Roberts

Secretary



Please note the postponement of the Barraba Burundi Campdraft planned for 21/22 Aug. due to wet ground and COVID situation.

Many thanks

Sandra Renshaw

Rotary Community Liaison

Barraba Civilian & Military Rifle Club AGM

14th August 11.45am

Barraba Rifle Range

Barraba Shotgun Club

Annual General Meeting

Sunday 29th August at 4pm

Barraba Bowling Club



Queen Street Café

82a Queen St. Barraba

Ph 0267822106

Dine in or takeaway.

Open 7 days



Across the Desk from the Relieving Principal Kirsty Ebzery

Thank you to parents and carers for your ongoing support as we begin this semester of learning. We are fortunate to be operating on-site and continue to empathise with those in remote-learning mode. A flowchart regarding COVID-19 Response Symptoms went out on the schools Facebook page this week and it is important parents are aware and follow these guidelines to keep students, staff and community safe. As per NSW Health directives regarding the Hunter Region (COVID Update 6 Aug 2021), stay at home orders apply for anyone who has travelled in that area on or after Saturday 31 July. If this applies to your child, stay at home and notify the school by email or phone.

The Round 4 Premiers Debating Challenge saw the 5/6 Gold team verse Bingara Central School. The team debated exceptionally well and achieved a glorious win to become Zone 4 Champions. The Gold team progresses on to the Regional Knockout. The 5/6 Green team versed Warialda Public School and demonstrated great public speaking skills and developed strong arguments for the topic posed, however despite this they were defeated, thus ending their progression in the debating competition. Good luck in the Regional Knockout Team Gold, I'm sure with Mrs Lowes support, guidance and knowledge your team will continue to thrive.

The Under 14's Rugby Team came from behind in the second half of the game against Scone Friday week 2 in Quirindi to again record yet another win for the team. The game against The Armidale School 1 Team last Friday was challenging, the boys were just behind at half time, they demonstrated true grit and determination, despite being defeated.

Congratulations to the Secondary PBL Assembly Dream Awards recipients Jack Thomson, Eloise Chandler, Jack Coombes, Riley Payne, Michael Walker, Dustin Hiscock, Phoebe Watkins-Wilson and Abbey Thomson; your commitment to learning and school community is to be celebrated and commended. We certainly appreciate your contribution to the school and its community, thank you.

Secondary staff have been recording uniform non-compliance each day. Students who are compliant and wear their uniform with pride will go into a draw each fortnight to win a \$50 voucher at Lowes, this will be drawn at the Secondary PBL Assembly. The winner for Term 3, week 4 uniform compliance was Lilly Aitkin.

The Australian Government has an initiative for schools to have access to mobile Dental and Eye Screening Clinic services. I urge parents and carers to register immediately to access these free services which are available from Tuesday 7 September to Friday 10 September. Forms have been sent home with students and are accessible online on our school's Facebook page, School Bag App and School Bytes.

Education Week was celebrated in week 3 with staff uploading classroom snapshots of learning onto the school's Facebook page. It was a great opportunity to showcase student achievement and the commitment and dedication of staff within our school. It was a delight to share this with parents and the wider community.

'The First place we lose the battle is in our own thinking. If you think it's permanent, then it's permanent. If you think you've reached your limits then you have. If you think you'll never get well then you won't. You have to change your thinking. You need to see everything that's holding you back, every obstacle, every limitation as only temporary.'
– a quote by Joel Osteen

Kirsty Ebzery
Relieving Principal



Primary students at Barraba Central School participating in Education Week 2021 activities including drawing, reading, counting, board games, physical exercise and speaking on Australian Federation.



Barraba Poetry Month Challenge

Australian Poetry Month (1–31 August) is a new initiative to increase the profile of Australian poetry, poets and publishers. Several locals have joined the challenge and submitted a poem or 4 to 'Community News' for printing. Following are several we received this week, more will follow in coming weeks.

Comm'on Barraba, I know we have more poets out there, send your writings to us and enter the challenge for the Chocolate Freddo Frog prize.

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 up 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 kind 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 now are 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 Morrows.

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

Trying Times

Corona Virus rules my life
It now is all in tatters
Keeping distance from my friends
It seems is all that matters

The world is suddenly upside down
Nothing stays the same
Things keep changing every day
It's driving me insane

Everything is closing down
I miss my old routine
I am now in isolation
But my hands are very clean

Time stretches out before me
In a long and dreary way
Perhaps a walk will do me good
And help fill in my day

I knit, I read, I watch TV
Until my eyes are sore
And so I lie down for a rest
I can't stand it anymore

I'll try some meditation
To clear my restless mind
Remember to be thankful
And to myself be kind

This virus now controls our life
But it will end one day
And everything will turn out right
As we say a big HOORAY.

Beryl Henshaw

Celebrating 25 years at Hart

At Hart Rural we are celebrating with Tracy Kelly, who has been employed with us at our head office in Barraba for 25 years!



What a fantastic milestone to reach – we thank Tracy for all her hard work and loyalty over the years, it definitely hasn't gone unnoticed.

She has been with us from pretty close to the start of CB Hart Pty Ltd and she has some great stories of her time here! Looking forward to all the future brings, we are sure the best is yet to come.



WEEKLY SPECIALS

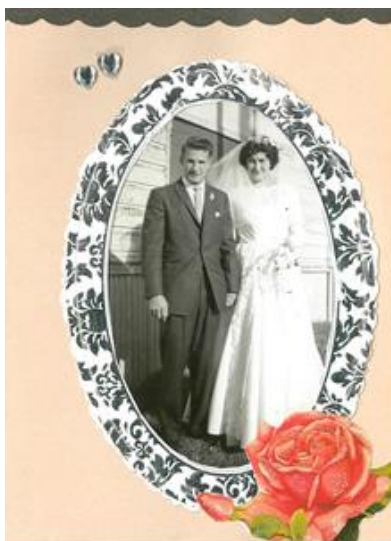
WIRELESS WEATHER
STATION 118-485
NOW \$132 SAVE \$32

STIHL RB 600 PETROL
PRESSURE WASHER
NOW \$1,300 SAVE \$300

SUPA SWIFT 777
LAWN MOWER
NOW \$339 SAVE \$30

Barraba: 6782 1006 Manilla: 6785 1911
Offer ends 20/08/2021. While stocks last.

"CONGRATULATIONS" 60th WEDDING ANNIVERSARY



Geoff and Rita Baker
Married on the 12th August 1961
At St Anne's Catholic Church
Merriwa
A wonderful achievement
Lots of love
Kim, Shane and their families



History Notes

It seems that the C.W.A history and recipes went down a treat! It is nice to know that people have treasured the old recipe books even if they do not always use them these days.

There has been some discussion about the markets on Saturday. At this stage they are on at the museum – open air is always safer – but things could change. Watch out for the signs. Lots of markets already booked in so it would be a pity if we have to cancel.

The July 9th, 1925 newspaper has been retrieved from the floor and the

advertisements on the back page include the Golden Bell Refreshment Rooms which were where Rodger's Supermarket was quite a few years back – I do not know what happens there now. Back in 1925 Mr Cassim & Co. were in charge and they offered choice fruit, confectionary, fruit salad and Ice Cream, Tobacco and cigars as well as meals served at all hours.

A.P. Gray was the baker and pastry cook in those days at The Crown Bakery and A.D. Noble was baker and pastry cook at "The Digger Bakery" where good bread is made. The Star Bakery (R.Byrnes) offered hot pies, small goods, fruit and confectionary. He had recently leased the shop next door to his own to provide more room for his customers. It seems that Barraba was well fed in those days. Three of the four hotels were advertised – Victoria (Dan Kelaher), Central (Arthur C. Swain) and the Commercial (Michael Casimaty). The Royal Hotel would have been functioning at this time as well.

Booth Brothers were operating their butchery in Queen Street with a new refrigeration plant to keep the meat fresh – no matter how hot or muggy the weather, you will be able to obtain beautiful fresh meat, just the same as in the middle of winter.

The other noticeable number of advertisements deal motor vehicles – T.J. Hawkins sold the Hupmobiles and Grays, Cliftons Ltd sold cars and also provided a passenger service from Bingara, Barraba and Manilla to Tamworth and a through service to Wialda for 40/- which would not have been cheap in those days.

News of the day concerned Stabilisation of wool – trying to get growers together with preparation of woolclip and thus more certainty of quality to the buyer. The article takes up most of page three!

Snippets from St Laurence's

Unconfirmed report

Yes, I know about a pun and the lowest form of wit, but I couldn't resist it. With Armidale in lockdown, the Bishop was unable to come to Barraba last weekend, so our confirmees are still unconfirmed. Lockdowns permitting Confirmation will be at the beginning of September.

Meanwhile the youth groups for young people from years 7 to 12 continues to meet each Saturday evening between 7 and 9pm. They meet in the Youth Centre and new faces are always welcome.

This Sunday, 15th August, our AGM will follow the services. Reports on our various church activities are available.

August has five Sundays, so on 29th we shall be having a traditional service followed by a fellowship lunch. The New Life Women's Conference, September 3-4, is still scheduled, but Men @ Glen 2021 has been cancelled. We have a street stall on 16th September and Synod meets from 17th to 19th.

As the coronavirus cavorts around the state, remember Paul's advice to the Philippians, chapter 4, verse 4: "Do not be anxious about anything, but in every situation, with thanksgiving, present your requests to God."

Beth

Barraba Anglican

Parish

Sunday Service Times

10am St Laurence's

Barraba

Uniting Church Notices

Sunday 15th August

Preparation time 10.30am

Service time 10.45am

All Welcome

CATHOLIC CHURCH NOTES

Barraba – 1st & 5th Sunday 5pm

2nd 3rd & 4th Sunday 9am.

Upper Horton – 3rd Sunday – 11am.

Weekday Mass – Wednes - 10am.

IN MEMORIAM

Remembered with Love

Christine Frances Wakeling

(nee Dunshea)

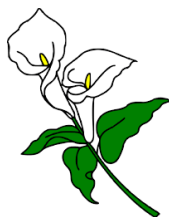
Passed Away 26.07.2015

Linda May Dunshea

Passed Away 24.10.2005

John (Jack) Andrew Dunshea

Passed Away 12.08.1999



COVID-19 LOCKDOWN INFO.

Attention Tamworth Community

To protect the people of NSW from the evolving COVID-19 outbreak, new restrictions will be introduced for the **Tamworth Local Government Area, from 5pm today until 12.01am Tuesday 16 August.**

Following updated health advice from the Chief Health Officer Dr Kerry Chant about the growing risk to the community, stay-at-home orders will apply to all people who live in the Tamworth Regional area.

The rules for this area will be the same as those already in place across Greater Sydney, and other parts of NSW.

<https://www.nsw.gov.au/covid-19>

As a precaution anyone in the Tamworth area should immediately isolate and have a COVID-19 test if they have even the mildest of symptoms.

People should not to seek exceptions to the rules, but to ensure they comply with them so we do not see further cases of COVID-19 in the community.

You must stay home. Only leave your home if you have a reasonable excuse.

* obtain food or other goods and services in your local government area, within 10km of your home if reasonably practicable

* for the personal needs of the household or for other household purposes (including pets)

* for vulnerable people

* only one person per household may leave the home to obtain food or other goods and services each day (you may take a dependent person with you if that person cannot be left at home on their own)

* leave home to go to work if you cannot reasonably work from home and the business is allowed to be open

* leave home for education if it is not possible to do it at home

* exercise and take outdoor recreation in the local government area you live in or 10km from your home

* go out for medical or caring reasons, including obtaining a COVID-19 vaccination.

* If you must leave home, stay within your local area. Do not travel outside your local area if you can avoid it.

* Limit your physical contact with people you do not live with. See the restrictions for [visitors to a residence](#).

* You must carry a face mask with you at all times when you leave your home.



LOCAL ORGANISATIONS AND COUNCILS INVITED TO TAKE PART IN 2022 SENIORS FESTIVAL

Member for Tamworth Kevin Anderson has encouraged local organisations and councils to apply for grant funding for activities for local seniors during the 2022 NSW Seniors Festival.

Mr Anderson said the \$200,000 NSW Seniors Festival Grants Program supports initiatives that encourage people aged 60 and over to stay healthy, engaged and active.

"This is a great opportunity to celebrate our local senior's community by building on their diverse skills and interests in areas like art, music, sport, health or technology," Mr Anderson said.

"Local events have been hugely popular and beneficial in the past including the Aussie Bush Bash in Walcha or Gunnedah's Mackellar Care's 2-18 'Enrichment week' which ran exercise classes, run in conjunction with community restaurants to improve physical and mental health.

Programs like these will be vitally important next year when we're finally able to put COVID restrictions firmly in the rear view mirror."

Local councils, community groups and not-for-profit organisations are among those who can apply for grants of up to \$10,000.

"Social isolation has been one of the most concerning aspects of the current COVID situation, particularly among our seniors community, so I

am keen to see events next year which will break down the barriers to social connectivity and activity," Mr Anderson added.

The NSW Seniors Festival is the largest event of its kind in the Southern Hemisphere and has been running for more than 63 years.

Minister for Seniors Natalie Ward said the program reinforces the NSW Government's dedication to older people, outlines in the Ageing Well in [NSW: Seniors Strategy 2021-2031](#)

"We're committed to ensuring everyone can enjoy the benefits that come with living longer. This is our thanks to seniors for their decades of supporting families and communities, which they continue to do as role models, carers and volunteers."

The Seniors Festival will be run from 25 March to 3 April 2022. Applications for grants are now open and close on 30 August.

For more information and to apply, please visit: <https://www.seniorsfestival.nsw.gov.au/events/nsw-seniors-festival-grants>

JOBTRAINER PROGRAM UPSKILLS TAMWORTH REGION

The Tamworth Region is enjoying the benefits from the fee-free Jobtrainer program with 1616 locals taking the opportunity to receive free training in response to the COVID-19 pandemic. Tamworth's enrolment figures come as NSW records more than 100,000 enrolments state-wide since the program funded by the NSW and Federal Governments was announced in October.

The Member for Tamworth said it was great to see locals using the opportunity to gain more skills with

the three most popular courses proving to be:

- Statement of Attainment in Construction
- Certificate III in Community Services
- Statement of Attainment in Forklift operations

"It's great to see so many people take up this great opportunity for free training," Mr Anderson said.

"It's particularly good to see people being trained in those areas of need for Tamworth. We have a booming construction and manufacturing industry in our region and these new trainees will be filling vacancies in no time.

People of all age demographics are taking up the opportunity to upskill with around a third of our local enrolments being in that 17-24 age bracket.

"I encourage anyone who wants to further their skill set to take advantage of this opportunity while it's still on offer."

Other key findings:

- 97% of people enrolled in a course achieved their main goal for training with the most common motivation being to get a job or progress their career.
- Highest number of enrolments were from those aged 17-24 years: 36%
- 94.5% of people said they achieved at least one work related benefit from the training such as improved employability, expanding skills and growing or starting their business.

NSW JobTrainer courses are available for young people, job seekers and school leavers to gain vocational skills in Australia's growing industries.

For more information and to enrol in a JobTrainer course, visit: <https://www.myskills.gov.au/jobtrainer/NSW?js=8>

2021 BINGARA RACES POSTPONED!



Unfortunately, due to the uncertainty of COVID-19 and what may arise within the next few weeks, the 2021 Bingara Races scheduled for Saturday the 28th of August have been POSTPONED!

However, in 2022 they are looking to host not 1 but 2 Race Meets!

Details will be posted closer to the time.

GRAVESEND COUPLE WIN NATIONAL LANDCARE AWARD



This year's Landcare Farming Champion is Amarula Dorpers, a sheep stud run by Justin and Lorroi Kirkby at Gravesend, north of Bingara, in northern NSW.

Since buying the farm 16 years ago, the couple has revegetated the degraded property of rundown cropping blocks – with scarce ground cover and poor nutritional grasses — to revitalise the land to 100 per cent biodiverse grasslands. Justin Kirkby said while regenerative farming was

now becoming common practice, early on, their changing methods raised a few eyebrows. "We've been doing what we're doing on our farm for quite some time with no intent other than just changing things, but quite a few people were looking over the fence early in the part and thinking we were mad," he said. "We did what's technically called deep inversion tillage, which is otherwise deep ripping, and that was trying to break up the hardpan and the scalded patches in the farm cultivation paddocks.

Then we subdivided a lot, 2,200 acres, and I think there would have been about 10 paddocks on the place, and we've now got 46, and we're continuing to cut it into smaller paddocks, and that allows us to manage our grazing and ground cover. Over the last few years, we've planted 130,000 to 140,000 Saltbush plants and last guess around 7,000 to 8,000 trees, and that's just purely to try and change the landscape back to what it used to be." With 20 per cent of the property now revegetated with native trees specific to the region, the farm's carbon footprint has decreased.

From Mark Coulton, Federal MP – 2021 Regional

Telecommunications Review

The 2021 Regional Telecommunications Independent Review Committee has released an [issues paper](#) for the Regional Telecommunications Review.

[Have your say](#) on the issues paper and your views and experiences with telecommunications in regional, rural and remote Australia.

The Committee has published initial dates for public consultation. For Northern NSW this will take place online on Wednesday 25 August

2021. Details will be available on the Website shortly.

About the Review

The Regional Telecommunications Review is an opportunity for people living and working in regional, rural and remote areas of Australia to share their views and experiences using telecommunications services in their area. Every three years the Regional Telecommunications Independent Review Committee is appointed to conduct the review. Committee reports are important in setting the regional communications policy agenda in the following years.

The 2021 Committee was [announced by the Hon Mark Coulton MP](#) on 2 June 2021. The Review will be held from June to December. The [five members appointed to the Committee](#) are the Hon Luke Hartsuyker (Chair), Ms Sue Middleton, Ms Kristy Sparrow, Professor Hugh Bradlow and Mr Michael Cosgrave.

The Review will examine the adequacy of telecommunications services in regional, rural and remote Australia. It will also consider particular issues identified in the [Terms of Reference](#), including the impact of Government policies and programs, insights from COVID-19, emerging technologies, service reliability, regional development, and improving coordination between tiers of government.

The Committee has been asked to deliver its report to the Australian Government by 31 December 2021 or earlier. The Committee is established and conducts its review under [Part 9B of the Telecommunications \(Consumer Protection and Service Standards\) Act 1999](#).

Information about past reviews can be found at [Regional Telecommunications Review](#).

When a snake sheds its skin, why isn't it colourful?

Damian Lettoof, PhD Candidate, Curtin University.

Snakes come in all sorts of colours and patterns, especially in Australia. Our prettiest snakes include the Jan's banded snake, the black-striped snake and the broad-headed snake (but this one is endangered, which means there aren't very many broad-headed snakes left in the world).



The black-striped snake. Damian Lettoof, Author provided



The endangered broad-headed snake. Damian Lettoof, Author provided



Jan's banded snake. Damian Lettoof, Author provided

Snakes are well known for being able to shed their entire skin in one piece. But why isn't the shed skin of a snake colourful, like the snake itself?

To answer your question, we should explore how snake skin and colour works.

All animals grow new skin over their lifetime. This replaces old skin, heals wounds and lets the animal grow

bigger. Most animals, including humans, shed tiny pieces of dead skin all the time.

But snakes have to do it all at once, and this is because snake skin is quite different to a lot of other animals.

Snake skin is actually made up two main layers: the soft, colourful tissue (what scientists call the "dermis"), and hard, mostly see-through scales. The dermis is filled with nerves, which is what we use to feel things touching us, as well as tiny grains called pigments, which is what gives skin its colour.



Scales sit on top of the snake's soft dermis. Shutterstock

Scales sit on top of the snake's soft dermis. These are much harder than the skin because scales are made of "keratin" — the same thing our fingernails and hair are made of.

In mammals, like us, the keratin grows from a single point and keeps on growing — think how your fingernails grow from the end of your finger. But in snakes, keratin grows all over, and is stuck on top of the soft dermis, protecting it like a thin shield. While the keratin in snake (and lizard) scales is mostly see through, it also holds lots of tiny dark brownish black grains called "melanin", which protects snakes from harmful sun rays. This means scales themselves are mainly either colourless or dark brownish black, depending on the snake.

But sometimes, like for Australian water pythons, the outer layer of scales can shine rainbow colours when the light hits it at the right angle.



The outer layer of some snake scales, like for Australian water pythons, can shine rainbow colours when the light hits it at the right angle. Wikimedia, CC BY-SA

So let's say it's time for a snake to shed its skin

First, it'll grow a new layer of keratin scales underneath the old layer. When the new layer has finished growing, the snake rubs its body along rocks, plants and other rough things to peel the old layer of keratin off — often in a single, snaky piece. Because all the brightly coloured pigments live in the soft dermis, and not the scales, the colour mainly stays on the snake, not the part it sheds.

But every so often, the shed skin can show dark brownish black stripes or blotches, because of melanin in the scales.



A little bit of melanin sometimes make the shed skin looks black, so it isn't always see through. Shutterstock

Have you ever touched a snake's shed skin?

Since it's made up of both the hard keratin scales and a bit of the softer dermis, it feels both rough and soft. And because it's so stretchy, it can be much longer than snake itself!

North West Regional Rugby 14's Boys

Friday 23 July 2021

Round 8 saw Barraba undertake the long trip to Quirindi to play Scone. Scone arrived with a full team and several reserves as they were strengthened by the addition of players being home from boarding school.

Our 10 representatives joined with our 2 mates from Manilla Logan Northey at half and Sully Taber at inside centre along with a new player from Coonabarabran and volunteers from Scone to make up the full 15.

Our patched-up team started slowly and went behind 20 nil in the first half. A comeback was inspired by Jack 'Deano' Myers which saw him charging at the opposition. Dalton Chapman backing up scored our first try as he dived over buried opposition players. The boys responded and started contesting rucks and finished on top with another try before half time.

The second half saw Scone score an early try while Deano was on the sideline recovering from a sudden illness. Barraba then responded by changing tactics and throwing the ball around in the backs where Dalton Chapman, Cooper Chapman and Brandon Newell excelled in the open play. A good team try finished off by Cooper saw Barraba come back into the game. The re-emergence of 'Deano' in the last 10 minutes saw Barraba finish strongly scoring the last 2 tries to take the lead for the first time with a few minutes remaining. Barraba held on for a come from behind win 29-27.

'Deano' Myers was outstanding and was well supported by the other forwards including Will Russell in the Front row, Jack Thompson at hooker, Jack Coombes and Harvey Tooth in second row and in particular Michael 'I don't care how big they are' at breakaway who tackled his heart out and made a number of darting runs at the opposition.

All of the backs played well including Dalton 'the nightmare' Chapman at five eight, Brandon 'the blonde assassin' Newell in the centres and Captain Cooper Chapman at fullback.

Thanks to Troy Thomson for driving the bus and Ben Freeman for his help at training. Thankyou also to Mr Melville and Mr Davis.

Points : 3 each to Deano and Michael, 2 to Dalton and 1 each to Cooper and Brandon.

Friday 30 July 2021

Barraba travelled to Tamworth to play the number 1 TAS side. Our 10 representatives joined with our 2 mates from Manilla, Logan Northey (half) and Sullivan Taber (Lock) along with Thomas Makim from Coonabarabran and 2 borrowed TAS players to take on the well-drilled TAS A side (TAS having 3 teams in this competition).

Despite being starved of possession Barraba somehow managed to stay in the game and at half time were only just

behind. Tries to Jack 'Deano' Myers playing in the front row and Dustin 'chopper' Hiscock in the centres were the highlight. Fatigue set in as TAS continued to starve us of possession in the second half (along with a lop-sided penalty count against us) for TAS to run out 34-12 winners. The boys are to be commended for continuing to chase and tackle until the final whistle.

Deano led the way in the forwards and was well supported by the other forwards Will Russell, Jack Thomson, Sully Taber, Michael Walker and Jack Coombes. Thomas Makim had a great game with his throws into the lineout and work at the breakdown and Sully made some valuable contributions in the ruck and with his running game.

Dustin 'chopper' Hiscock tackled his heart out in the backs as did, Logan Northey, Cooper Chapman (who played despite carrying an injury) and Dalton 'the nightmare' Chapman. Brock (Brockinater) Phillips playing in the centres tackled everything and competed well in the ruck.

Brandon (the blonde assassin) Newell playing out wide was impressive particularly in the ruck where he ferociously contested and made a regular 'pest' of himself to the opposition.

Boys we have work to do at training but keep your head up as in competing so well against a much bigger school (as we have done all season), we keep defying the odds and are punching well above our weight. Let's learn from this experience and keep improving.

Thank you to Ben Freeman for his help at training and to Matt Walker for driving the bus. Thank you to the contingent of family, friends and staff including Ms Ebzery and Mr Good for supporting on the night. Thank you once again to Mr Davis.

Points for the night: 3 to Deano Myers and Dustin 'chopper' Hiscock. 2 points to Brandon Newell and 1 point to 'Brockinater' Phillips.

See you at training.....

Mr Maloney





Golf Notes

A good field of 26 players contested a 2 Person Ambrose on Sunday for a trophy donated by Turning Heads Hair and Beauty. The winners were Firmen Allan and Trent Hartwig with a good net score of 66.5 just ahead of Will Sedgwick and Campbell Tonkin on 67.5. Balls went to Rodger Fisher and Gary Allen 70.25, Amanda Koopman and Kerrie Smith 71, Graham Bowman and Dave McMurtrie 71 and Craig Rutley and Dusty Hiscock 71. Great to see another of our up and coming juniors amongst the ball winners. Well done Dusty. NTPs went to Amanda Koopman on the 3rd and Mike Artis on the 12th.

Next week Sunday 15th is the third round of our Men's Club Championships when we will play for a trophy donated by Sam Faint. The following Sunday 22nd is a 4BBB for the time honoured Col and Rene Sweeney and Middlemiss trophies. The Ladies Club Championships is on the 28th and 29th of August. Players are also encouraged to get their match play games over as soon as possible.

Around the district the Werris Creek Veterans is on this Friday 13th whilst the Boggabri Vets is planned for Sept 3. This will be all subject to Covid developments.

Golf during Lockdown.

Golf NSW has advised that golf is considered exercise and as such we can continue playing if our Club has and complies with a COVID-19 Safety Plan.

The actual clubhouse will be closed however takeaway refreshments will

be available through the veranda bar window.

During lockdown Golf will be limited to groups of 2 players and a limit of 1 player per golf cart.

Where possible please arrange your playing partners before Sunday.

Play in Sunday's Championship round will commence at 12 noon off Tees 1, 10 and 15.

A table will be at the front veranda where nominations are taken and cards issued.

Flag Sticks and Smoothing Rakes can be touched with a towelled hand. Towels should also be used when emptying the hole of sand.

Players are required to wear a mask upon arrival at the golf course and be vigilant regarding social distancing.

Players are able to remove their masks when playing.

Following the completion of their round, players are required to put their masks back on as soon as possible prior to leaving the venue.

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Barraba 7 day Forecast from the Bureau of Meteorology



Wednesday 11 Aug

Summary Max 21

Partly cloudy

Chance of rain: 0%



Thursday 12 Aug

Summary Min 7 Max 21

Shower or two

Chance of any rain: 40%



Friday 13 Aug

Summary Min 6 Max 21

Shower or two

Chance of any rain: 30%



Saturday 14 Aug

Summary Min 2 Max 21

Sunny

Chance of rain: 10%



Sunday 15 Aug

Summary Min 3 Max 20

Partly cloudy

Chance of any rain: 30%



Monday 16 Aug

Summary Min 3 Max 20

Partly cloudy

Chance of any rain: 20%



Tuesday 17 Aug

Summary Min 4 Max 20

Partly cloudy

Chance of any rain: 20%

Regional Dam Levels from Water NSW

Chaffey 100.3%

Copeton 71.2%

Keepit 95.5%

Split Rock 38.5%