



**FREE LOCAL NEWSPAPER**

# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Wednesday 13<sup>th</sup> July 2022**

## **Stuart Peake Memorial Cancer Research Trust Donates to Garvan Institute of Medical Research**

Nick & Kim Peake (of Bowen Stud Cattle) travelled to Sydney on Friday to Donate \$14000 Dollars on behalf of the Stuart Peake Memorial Cancer Research to the Garvan Institute of Medical Research. Since 2003 the trust has donated approximately \$54000 to cancer research.

Nick & Kim got to tour the Garvan Institute and the Kinghorn Cancer Centre organised by Melissa Chungue. Associate Professor Christine Chaffer gave them a tour of her labs and explained Research that is currently being undertaken at the Kinghorn Cancer Centre. One of the topics discussed was Cancer Cell Plasticity where their work focuses on the ability of cancer cells to change their physiological characteristics: cancer cell plasticity. This feature of cancer cells is central to their potential to create and spread tumours around the body, to resist current therapies, and to recur post-treatment. By establishing the mechanisms underlying cancer cell plasticity, we will enable the design of novel therapies that target advanced-stage cancers, and ultimately improve patient survival.



*Right to Left (Kim Peake, Nick Peake, Associate Professor Christine Chaffer, & Philanthropy Officer Melissa Chungue)*

Nick and Kim said it was an amazing opportunity to be able to see the amazing research in the labs and meet the researchers behind the life changing research being undertaken. They also wanted to emphasize the importance of donations to Medical Research so projects like this one can continue into the future.

If you would like to donate

Stuart Peake Memorial Research Cancer Trust - contact David Kelly on 0267821403 – Email [david@djkelly.com.au](mailto:david@djkelly.com.au)

The Garvan Institute - <https://www.garvan.org.au/support-us/give-now> or 1300 73 66 77

**Walking Through a Songline' is a must-see exhibition, now open at the Tamworth Regional Gallery.**



**Entry to the 'Walking Through a Songline' exhibition is free...**

**For more information see page 7 of Barraba Community News**

We're  
HIRING





## Richardson House Aged Care Barraba

### Assistant in Nursing (AIN) - Casual & Permanent Part Time

We are currently seeking caring and motivated people for Assistant in Nursing/Carer roles here at Richardson House.

Applicants will need to meet the following criteria:

- Certificate III or IV in Individual Support (Aged Care Residential) or equivalent - applications from persons enrolled or willing to enroll in and complete an Individual Support course will be considered and supported
- First Aid Certificate
- Current Police Check (or the ability to obtain)
- Computer Literacy and the willingness to learn our computerised Resident Care System
- Be a team player and be able to understand and comply with written and verbal instructions including policies & procedures
- Knowledge of Workplace Health and Safety requirements
- A commitment to providing exceptional care to the Residents of Richardson House
- Willingness to work a variety of shifts including mornings, afternoons, night and sleepover shifts. Availability for weekend shifts is also required

**All applicants are required to have received the COVID-19 Booster (3rd dose) prior to commencement of employment.**

Applications addressing the selection criteria are to be sent to the Facility Manager, Joanna Bridges

joanna.bridges@richardsonhouse.com.au or mailed to PO Box 185, BARRABA NSW 2347

**Applications Close 29th July 2022**

## BARRABA TIP OPENING HOURS REDUCED

In their meeting on 14 June 2022, Tamworth Councillors agreed to amend the opening hours schedule across all waste facilities. Changes include standardising the number of opening hours across facilities by size category, the optimisation of start and finish times to assist with staffing requirements, and ensuring that all facilities have at least one weekday and one weekend opening. This means for Barraba, the tip will now be closed on Thursdays, and not open on Sunday morning. The new hours are:

Operating Hours Barraba Tip	
Day	Operating Times
Monday	8:30am - 11:30am
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	8:30am - 11:30am
Saturday	8:30am - 11:30am
Sunday	1:00pm - 4:00pm

Can you pick the people?



See page 3 for the list of  
students and teacher



**D.J. Kelly & Co.**  
**Chartered Accountants**  
**122 Queen St Barraba.**  
**Phone 67821403**

### **Tax Changes that may affect you**

#### **DIESEL FUEL REBATE**

For farmers and others that use heavy vehicles on the road there have been changes to the amount that you can claim for diesel fuel used in farm vehicles and other vehicles for both on-road and off-road use.

These changes have been brought about by the reduction in the fuel excise of twenty two (22) cents per litre which was implemented to reduce the cost of fuel.

For the period 30<sup>TH</sup> MARCH 2022 TO 30 JUNE 2022 THE FOLLOWING RATES WILL APPLY:

For off-road use 22.1 cents per litre

For eligible on-road use the rate is Nil.

These rates will need to be used for the calculation of your fuel tax credit for the June 2022 quarter.

These rates have been reduced from 44.2 and 17.8 cents per litre respectively.

For anyone who reports and claims the fuel tax credit on a monthly basis these rates will apply for the month of July.

#### **SUPERANNUATION**

As of the 1<sup>st</sup> July the amount of superannuation that you, as an employer, need to remit on behalf of your employees increases to 10.5%. (Previously 10.0%).

A further change is that superannuation at the rate of 10.5% will need to be remitted on all wages paid.

Previously employers were not required to remit superannuation where the wages paid were less than \$450.00 per month. This threshold has now been removed.

Note that any amount paid for wages will attract the 10.5% superannuation guarantee charge.

If you need any further information on these changes, please do not hesitate to contact us. Email [kelly@djkelly.com.au](mailto:kelly@djkelly.com.au) or phone 02 6782140.

This information has been provided by D J Kelly & Co Chartered Accountants.



*Welcome to*  
**Barraba RSL**  
and Recreation Club

**BARRABA RSL & RECREATIONAL CLUB LTD**  
Phone: 67821379  
For the information of members and guests

**WE ARE A COVID-19 SAFE CLUB**  
**ALL NSW HEALTH REGULATIONS APPLY**

**THIS WEEK:**

**THURSDAY: 11AM-**  
MULTISCREEN DRAW-SUSPENDED UNTIL FURTHER NOTICE  
**FRIDAY: 11AM-**  
MEAT/VEG RAFFLES 6PM  
EXTRA DRAW AFTER EACH RAFFLE FOR A BONUS PRIZE  
MEMBERSHIP DRAW \$1,800  
**SATURDAY: 10AM-**  
**SUNDAY: 10AM-5.30PM**  
ANGLERS CLUB RAFFLES 1PM  
MEMBERSHIP DRAW \$1,500  
**MONDAY: CLOSED**  
**TUESDAY: 11AM-5.30PM**  
BINGO 11AM  
**WEDNESDAY: 11AM-5.30PM**  
**HAPPY HOUR: 11am-1pm Wed & Fri**  
**BISTRO HOURS**  
Phone 0427330808  
CLOSED MON/TUES/WED  
**THURS/FRI/SAT: LUNCH 12-2PM DINNER 6-8.00PM**  
**SUNDAY: LUNCH 12-2PM**

#### **Barraba Infants 1st & 2nd Classes 1967.**

The second of Catherine King's class photos shared, this one from 1967. The names supplied are below. Any suggestions, differences or discussion is welcome.

Barraba Central Infants 1st & 2nd Class 1967.

**Rear:** Peter Tooth, Graham Mulligan, Chris Akers, Chris Brodbeck, Greg Yates, Scott Reed, Peter Chalmers.

**3rd Row:** David Urquhart, Arthur Quigley, Rodger Cramp, Graham Groth, Ken Chalmers, Wayne Riley, Paul Smith.

**2nd Row:** Sue Robertson, Vicki Ratliff, Jenny Yates, Tracy Smith, Lisa Mitchell, Catherine King, Debra Roberts, Lyn McGregor.

**Front Row:** Jayne Crowley, Merryn Brodbeck, Amanda York, Nerida Rumsby, Vicki Smith, Ann-Maree Bottrell, Leanne Grant, Sandra Freestone.

**Teacher:** Lynn Saunders.

## Hans Kunnen



**Husband and father**  
**Ex UNE and economist**  
**Anglican church parishioner**  
**Mentor of refugees**  
**9/11 survivor**

Hans Kunnen was born in Scotland to Dutch parents and migrated with his family from England to Australia 50 years ago. Hans taught at the University of New England in the early 1980s and was a tutor in Robb College. In 1984 he joined State Bank NSW and by 2001, Hans was chief economist at Colonial First State, one of Australia's largest fund and superannuation managers.

Hans retired from Colonial First State in 2008 but by 2009 his wife had encouraged him to 'get a job'! He was chief economist at St. George Bank for a few years before attempting to retire again. So far so good, but he still works casually in the finance sector.

Hans is married to Suzanne and they have three adult children. Hans attends Glenhaven Anglican church in Sydney and has been involved in mentoring refugees. He enjoys a good book and collects coins from time to time. He also supports South Sydney in the NRL - having married into that particular tribe!

**Barraba Anglican invites you to meet Hans Kunnen**

**25 July at Youth Centre from 6.30 pm**

**\$10/head – meal/dessert/drinks included**

**Bookings from church office in Maude Street,**

**Phone 6782 1037**

**Email – [office@barrabaanglican.org](mailto:office@barrabaanglican.org)**

**Website – [barraanglican.org](http://barraanglican.org)**

### St Laurence's Barraba

Sunday service at 10.00am  
Woodsreef: 2nd Sundays 11.30am

### Uniting Church Notices

Sunday 10<sup>th</sup> July  
services return to 8.45am

### CATHOLIC CHURCH NOTES

Barraba–1st & 5<sup>th</sup> Sunday, 5pm Saturday evening  
2nd 3rd & 4th Sunday 9am  
Upper Horton 3rd Sunday 11am  
Weekday Mass Wednesday 10am

## Message from the Catholic Church

### **DREAMS & REALITY!**

In the 1990's there was a Hollywood film that began with a businessman standing behind a big glass window just watching people buy the daily newspaper. What then happened is that a stranger came up to him and seriously asked him; "*Do you want to buy tomorrow's newspaper today?*" The man bought it all right. "You beaut...." That afternoon he invested his saving, backing the horses that were going to win and by the next day, he was a multi-millionaire!

The rest of the movie showed what happened in the life of this man and it was not very good. he tried to give money away but people got greedy and hated him for giving them less than they expected. So many of his friends avoided him as they now felt he was a rich snob who had forgotten where he came from. He also stopped working and had so much time before him that he was bored and became joyless and lifeless.

The message here is that so often the most important thing in our life is the quality of the relationships that we have with other people, and this so often comes about by the level of availability we have with people. The amount of money we have can easily create barriers as money is a good servant but a poor life master!

Jesus of Nazareth had something to say about this reality in these words; "*Lay not up for yourselves treasures upon earth, where moth and rust can corrupt and where thieves can break through and steal.*" (Matthew Chapter 6, verse 19)

Greetings from St. John's Catholic parish. Fr John Curran



Another busy week with requests for help with family history. There has been a correction in family history over one hundred years ago but it turns out that the records are correct but the person concerned did not wish to use the correct name on official records! It all adds to the

interest in family history.

Does anyone know where Cohen's shop was in Barraba in the 1950's? The person making the enquiry says that it was an electrical shop and it was not here for very long. I am wondering if it had anything to do with the power lines being built throughout the district but that does not help with the position in the main street.

On Sunday we had a visit from a descendant of Bernard Hagan's who lived in Narrabri. This family included the McGovern family from the Horton Valley and we learnt a bit about the family as well as our visitors. They are now travelling through the Horton village to Rocky Creek and on to Narrabri.

Another request for information has come in this week for the Potter family. This fellow wants to come down when he returns from his holiday in Queensland so we have a bit of time to get ready – fortunately this is a family we already have on file so there will not need to be much research there, apart from one elusive ancestor who doesn't seem to have any parentage or date of birth. We know she married in 1863 and that she was buried in Barraba in 1909 with no age given. There were nine children in the family and most of them were born on Connor's Creek.

Actually, it was one of the Potter daughters worked at the Victoria Hotel when it was the Commercial Bank. One night in 1894 she saw a ghost roaming around the premises and she was so frightened that she left the next day. A few days after that, the fatal bank robbery took place.

There is plenty of interest in Maurie Conway's book and it looks like being a while before it comes together as new information keeps coming in both from the original author and those who are proof reading and adding pieces.



### THE CHEMIST SHOP AND SOME HISTORY OF COOTES PHARMACY IN BARRABA

This very old photo of Harry Blackall's Chemist shop on the south-eastern corner of Queen & Alice St.

Harry was an old man by the 1940s and he had been the sole chemist in town for decades. The Mallam brothers, chemists in Armidale &

Inverell for some reason decided to open a business in competition to Harry and hired dad in the beginning of 1929 to run it. Dad had completed his apprenticeship and Sydney Uni by 1929 but had to wait until Oct when he turned 21 to be officially a registered chemist. Dad worked for Mallams in Inverell until then.

We kids always went into Harry's to weigh ourselves as his scales were free and dad's cost a penny. Harry also had a pair of marvellous Apothecary flagons 3 or 4 feet high on either side of the front door. One was full of blue water and the other of red. Of very thin glass they were already worth a fortune in the 40s and by the time Ken Stanton smashed them in the late 50s it was almost impossible to guess how much they were worth. We have all dad's Dispensary books and some days he did no prescriptions and on another day a solitary one. So, it was a real struggle to begin with. He bought the business from Mallams before it became successful. Harry Blackall's shop was later the town library, run by Aggie Anderson and the residence was owned by Pat Byrnes.



Ms Bronwyn Clinch, Editor  
Barraba Community News  
C/ Community College-Northern Inland Inc  
PO Box 20  
**BARRABA NSW 2347**

Dear Ms Clinch

*Bronwyn,*

I write to congratulate the Barraba Community News, a free, community owned and edited local newspaper for its success in bringing weekly local news and information to the Barraba district.

I note the members of the news team, Terry Trethfall, Lesley Grigg, and yourself as Editor for this service and their commitment to the Barraba community along with the Barraba-Community College Northern Inland Inc in their support with printing hard copies for distribution.

Once again, congratulations and I thank you for your consistent dedication and professionalism in this time of dwindling local publications by offering the district their local news.

Yours sincerely

*Adam Marshall*

*Well done Bronwyn!!*

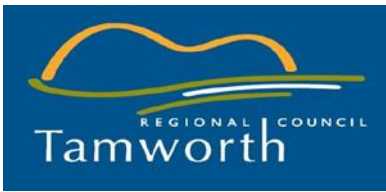
**ADAM MARSHALL MP**  
Member for Northern Tablelands

**Armidale office:** Suite 1, 175 Rusden Street, Armidale NSW 2350 **Phone:** 02 6772 5552 **Fax:** 02 6772 5026  
**Moree office:** Suites 2-6, 161 Balo Street, Moree NSW 2400 **Phone:** 02 6752 5002 **Fax:** 02 6752 6102  
**Mail:** PO Box 77, Armidale NSW 2350 **Email:** [northerntablelands@parliament.nsw.gov.au](mailto:northerntablelands@parliament.nsw.gov.au)  
**Web:** [www.adammarshall.com.au](http://www.adammarshall.com.au)

 @a\_j\_marshall

 adamjmarshall

 adammarshallmp



### **Council's Heritage Assistance Fund applications now open**

Applications are open for funding assistance to the maintenance and repairs of the region's historic buildings under Tamworth Regional Council's Heritage Assistance Fund. Tamworth Regional Council Heritage Working Group chair, Councillor Helen Tickle said there is \$50,000 available through the fund in the 2022-2023 year to owners of heritage buildings wishing to improve the physical appearance of their buildings. All grants provided are on a dollar-for-dollar basis.

"The Heritage Assistance Fund is a Council initiative to assist owners of historically significant properties to make improvements to their buildings. Funding covers works such as external paint, repairs and replacement of certain features like verandahs, roofs and fences, in residential and commercial buildings. I would like to especially encourage owners of properties in commercial precincts across our region to consider seeking funding this year."

Applications will be assessed by Council's Heritage Working Group and successful applicants will be notified by mid-October 2022. Previous recipients include the Bendemeer Hotel for repairs and restoration of paint-work on the western side of the building and 'The Strand' on the corner of Peel and Fitzroy Streets for maintaining the heritage façade.

Applications for the 2022-2023 Heritage Assistance Fund close 5pm Tuesday, 23 August 2022. Applications can be made at: <https://www.tamworth.nsw.gov.au/>

[about/forms/forms-supporting-documents/2022-23-heritage-assistance-fund-application-form](#)

To be eligible for funding, projects must be completed by Friday, 21 April 2023 with successful applications eligible for the Tamworth Regional Biennial Heritage Awards in 2024.

### **Immersive multimedia installation *Walking through a Songline* opens in Tamworth**

A dramatic digital experience based on a component of the National Museum of Australia's internationally acclaimed exhibition *Songlines: Tracking the Seven Sisters* will open at Tamworth Regional Gallery on 9 July – 28 August 2022.

It is an Aboriginal-led exhibition developed in 2017 which takes visitors on a journey along the epic Seven Sisters Dreaming tracks, through art, Indigenous voices, innovative multimedia and other immersive displays.

While the original *Songlines* exhibition tours Europe, including in Germany and France, a pop-up technical iteration is undertaking a national tour of Australia.

Margo Neale, Senior Indigenous Curator, Head of Indigenous Knowledges and advisor to the Director, at the National Museum, said "We need to remind all Australians, that although this story has ancient origins, it has critical contemporary relevance and uses contemporary technology as well as more conventional art forms. If you want to call yourself Australian and share this continent with us, you need to know your story about the creation of this continent and its history beyond 240 years," Adj. Professor Neale said.

Bridget Guthrie, Tamworth Regional Council Director Art Gallery and Museums said "It's free at the Tamworth Regional Gallery, this immersive digital exhibition will appeal to the whole family", she said. "Artwork from local First Nations artist Kaleb Waters will also be on display so participants can explore songlines from the Tamworth region."

*Walking through a Songline* will open at Tamworth Regional Gallery on Saturday 9 July 2022.



### **OXLEY POLICE DISTRICT WELCOMES FIVE NEW PROBATIONARY CONSTABLES**

Five new probationary constables have commenced duties in the Oxley Police District after they were attested at a formal ceremony at the Goulburn Police Academy.

Member for Tamworth Kevin Anderson welcomed the new police to Tamworth "Probationary constables play an important role within our police district, doing a wide range of jobs including responding to domestic issues, motor vehicle accidents, stealing offences, and many other incidents.

"We welcome these five new constables to our district who will be partnered with a Field Training and Assessment Officer for the first couple of months to ensure they are supported as they start their new role. Three of our recruits will be based in Tamworth, one in Gunnedah and one at Narrabri and I know our communities warmly welcome our new recruits," Mr Anderson added.

## Australia is heading for its third Omicron wave. Here's what to expect from BA.4 and BA.5

*Adrian Esterman, Professor of Biostatistics and  
Epidemiology, University of South Australia*

Australia is heading for its third Omicron wave in the coming weeks, as BA.4 and BA.5 become the dominant COVID strains.

BA.4 and BA.5 are more infectious than previous COVID variants and subvariants, and are better able to evade immunity from vaccines and previous infections. So we're likely to see a rise in case numbers.

So what are BA.4 and BA.5? And what can we expect in this next phase of the pandemic?

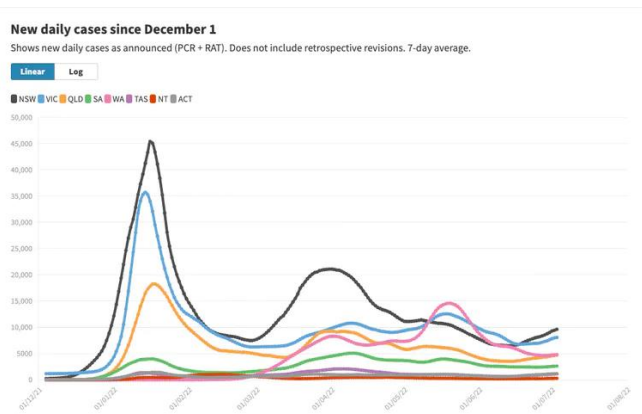
### How did it start? BA.1, BA.2 and BA.3

Omicron started off as three subvariants (that is, a group of viruses from the same parent virus), all appearing in late November 2021 in South Africa: BA.1, BA.2, and BA.3.

The three are genetically different enough that they could have had their own Greek names. But for some reason, this did not happen, and the World Health Organization designated them as subvariants of Omicron.

BA.1 rapidly took over from Delta in Australia in early January this year, forming a massive wave of cases, peaking at more than 100,000 a day.

However, BA.2 is even more transmissible than BA.1, and Australia saw a second wave of cases, this time caused by BA.2. This wave peaked in early April at more than 60,000 cases a day.



*The first and second Omicron waves peaked in early January and early April. Covid19data.com.au*

### When were BA.4 and BA.5 detected?

BA.4 was first detected in January 2022 in South Africa. BA.5 was also detected in South Africa, in February 2022.

Both appear to be offshoots of BA.2, sharing many identical mutations. They also have many additional mutations likely to impact transmission.

They are talked about together because mutations in their spike protein (the bit that latches on to human cells) are identical. (For brevity, I refer to them as BA.4/5.)

However, they do differ in some of the mutations on the body of the virus.

### How transmissible are BA.4/5?

We measure how contagious a disease is by the basic reproduction number ( $R_0$ ). This is the average number of people an initial case infects in a population with no immunity (from vaccines or previous infection).

New mutations give the virus an advantage if they can increase transmissibility:

- the original Wuhan strain has an  $R_0$  of 3.3
- Delta has an  $R_0$  of 5.1
- Omicron BA.1 has an  $R_0$  of 9.5
- BA.2, which is the dominant subvariant in Australia at the moment, is 1.4 times more transmissible than BA.1, and so has an  $R_0$  of about 13.3
- a pre-print publication from South Africa suggests BA.4/5 has a growth advantage over BA.2 similar to the growth advantage of BA.2 over BA.1. That would give it an  $R_0$  of 18.6.

This is similar to measles, which was until now was our most infectious viral disease.



*BA.4/5 are as contagious as measles. Shutterstock*

### How likely is reinfection?

BA.4/BA.5 appear to be masters at evading immunity. This increases the chance of reinfection.

Reinfection is defined as a new infection at least 12 weeks after the first. This gap is in place because many infected people still shed virus particles many weeks after recovery.

However, some unfortunate people get a new infection within the 12 weeks, and therefore are not counted.

Likely, there are now tens of thousands of Australians into their second or third infections, and this number will only get bigger with BA.4/5.

### How high are case numbers likely to rise?

Around Australia, we are starting to see a third wave of cases because of BA.4/5.

The effective reproduction number, or  $R_{eff}$  tells us, on average, how many people an infected person will pass it on to, given the immunity in the population. All Australian states and territories now have a  $R_{eff}$  greater than 1, meaning that even with the current levels of immunity, we are seeing an exponential growth in case numbers. This will inevitably lead to an increase in hospitalisation and deaths. The second Omicron wave due to BA.2 was not as high as the first one caused by BA.1, probably because there were so many people infected with BA.1, that the ensuing immunity dampened the second wave down.

This third wave may not be as high as the second for the same reason.

### How severe is the disease from BA.4/5?

A recent pre-print publication (a publication that has so far not been peer-reviewed) from a Japanese research group found that in lab-based, cell-culture experiments, BA.4/5 was able to replicate more efficiently in the lungs than BA.2. In hamster experiments, it developed into more serious illness.

However, data from South Africa and the United Kingdom found that their BA.4/5 wave didn't see a major increase in severe disease and death.

This is possibly because of the high rates of immunity due to previous infections. Our high rates of vaccine-induced immunity might have a similar protective effect here.

### Will BA.4/5 change long COVID?

At this stage, we do not know whether any of the Omicron subvariants differ in their ability to cause long COVID. However, we do know that full vaccination (three doses for most people) does provide some protection against long COVID.

### How protective are our vaccines against BA.4/5?

Each new subvariant of Omicron has been better able to evade immunity from vaccination than its predecessor. Although current vaccines based on the Wuhan strain will still provide some protection against serious illness and death against BA.4/5, they are unlikely to provide much, if any, protection against infection or symptomatic disease.



Existing vaccines are unlikely to provide much protection against infection. Shutterstock

### What about new vaccines?

The good news is second-generation vaccines are in clinical trials. Moderna is trialling a vaccine containing mRNA against the original Wuhan strain and Omicron BA.1.

Early results are very promising, and likely to give much better protection against BA.4/5.

But this third Omicron wave – along with a very severe flu season – will likely see our hospitals struggling even more over the next few weeks.

If things get bad enough, state and territory governments might be forced to reintroduce face mask mandates in many settings – in my opinion, not such a bad thing.



## Barraba Central School Sport Report



In the first game, we were defeated 5-4 vs Walcha in a close game. We played Guyra in the second game and were defeated 8-1. Guyra were the eventual winners.

In the next 4 games we won convincingly; 5-2 vs Bingara, 9-0 vs Woodenbong, 9-0 vs Bundarra and 6-1 vs Ashford.

It was a great day and we had a great time. We played well and would like to thank the school for giving us the opportunity to play.

Also thank you Mr Princic for taking us to Maccas and buying us all a frozen coke! Written by Michael Walker

Our first game saw us defeated by Ashford 2-1. In the second game, another defeat by Bingara 4-1.

We won the third game convincingly vs Woodenbong 4-0.

We were defeated by Bundarra 5-1 in the fourth game. In the final game, we were defeated by Walcha 4-2.

It was a great day and the girls seemed to play better as a team as the day progressed. Written by Mia Coombes



Macey Cabot and Cody Simpson braved the cold in Armidale on Monday 23 May 2022 to attend the North West Rugby Union Trials. They were both selected to attend the next round of selection trials in Tamworth. We are so proud of you both! Congratulations Macey and Cody!



Macey Cabot and Cody Simpson had their final round of Rugby Union selection trials. They were both successful and will now compete in the North West team at the State Carnival in Mudgee. What a great achievement! Congratulations Cody and Macey!



Congratulations to Macey Cabot who was selected for the Girl's North West Rugby Union team. She has now been selected to play in the Boy's AND Girl's North West team. Well done Macey!

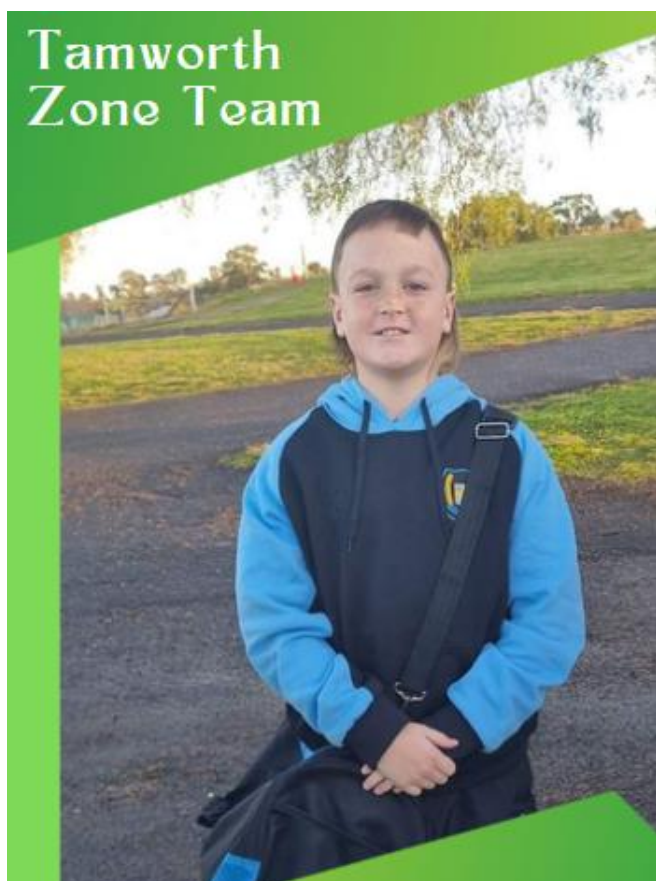


Riley Phillips competed at the State Rugby League carnival in Kiama representing the North West! Well done Riley!



### Tamworth Zone Cross Country

On Friday 27 May 2022 the Cross Country team attended the Tamworth Zone Cross Country in Nundle. We were lucky enough to have fantastic weather for the day. All students put in an amazing effort in their race and had the best sportsmanship cheering on the team. Congratulations to all of our cross country runners! Mrs Lowe



Kade Spence on his first day at the State U11's Rugby League Carnival representing the North West.



### Rugby Union News

This coming weekend Barraba will be home to Scone with 2 games. The Ladies game commencing about 2pm to be followed by the Men's game at 3pm. Scone played here early in the season, but because of venues being changed last season they owed Barraba/Gwydir this home game after last week's bye.

The Rugby Test in Brisbane did not turn out the best for Australia and some of the decisions on the field did not help. There is a difference in interpretations by the northern unions to the southern hemisphere teams, an Irish referee and injuries made it hard for the Aussies.

### Rifle Club

The weather held off for our shooters on Saturday and there were four for the Centrefire and seven for the afternoon Benchrest event. Andrew was once again one off a perfect 300 and Brendan scored a perfect round in the first stage off the 100m shooting all bulls eyes and Casey again scoring a possible. Noah is shooting well and giving his Pop a run for his money. In the Centrefire HESSIE is showing Rohan how it is done, shooting well also.

#### Unlimited 50m

B. McIlrick 97.5, 96.4, 98.5 = 291.14

#### AA Grade 50m

A. White 96.5, 98.5, 93.1 = 287.11

D. Dewson 87, 94.2, 91.1 = 272.3

R. Bridges 96.4, 92.3, 86 = 274.7

#### A Grade 50m

C. Wells 94.4, 95.4, 94.3 = 288.11

#### B Grade 50m

N. Hull 84, 94.1, 89 = 267.1

J. Moloney 10, 65, 75 = 147

#### Unlimited 100m

B. McIlrick 100.10, 99.5, 98.5 = 297.20

#### AA Grade 100m

A. White 100.5, 99.3, 100.3 = 299.11

D. Dewson 96.1, 98.4, 96.2 = 290.7

R. Bridges 95.5, 91.1, 92.1 = 268.7

#### A Grade 100m

C. Wells 100.5, 96.2, 95.2 = 295.9

#### B Grade 100m

N. Hull 98.3, 93, 94.3 = 285.6

J. Moloney 80, 82, 87.1 = 249.1

#### Centrefire

D. Dewson 98.3, 97.5, 99.2 = 294.10

A. White 92, 92.1, 91.1 = 275.12

H. Clark 86, 87, 93 = 266

R. Clark 89, 82, 73 = 244

## Golf Notes

We played a Vs Par for Daniel Andersons trophy last week in what was beautiful conditions for the most part but got rather chilly towards the end. Peter York continued his improving form to claim the trophy with +2 while Sam Faint had his second consecutive week of playing the bridesmaid with +1 along with Campbell Tonkin. Balls also went to Bill Simpson, Kerrie Smith with square and Paul, down the middle, Grigg and Graham Bowman -1. Bill Simpson claimed the NTP on the 6th, Graham Bowman the 12th, Peter York on the 16th and Daniel Anderson with a great shot on the 18th. Sam Faint and Campbell Tonkin had convincing wins over Garry Allen and Ian Cabot in the singles matchplay. This week we have our club Foursomes Championships where you really do need the 19<sup>th</sup> to rekindle friendships!

## Old-fashioned Baked Rice Pudding



### Ingredients:

- 1/2 cup of long grain rice
- 2 cups of milk
- 1 cup of water
- 1/2 tablespoon of butter
- 1/3 cup of sugar
- 1/2 teaspoon of nutmeg
- 1/2 teaspoon of salt
- 1/3 cup of raisins

### Directions:

Stir all ingredients (except raisins) together in a buttered 2 litre casserole. Bake in a slow oven (150C) for 1 hour without disturbing the rice.

Reduce temperature to 120C and continue baking for 1-1/2 hours more.

Add raisins 1/2 hour before removing from the oven. You can also sprinkle either cinnamon or more nutmeg over the top just before the pudding finishes baking.

## Barraba 7 day Forecast from the Bureau of Meteorology

**Wednesday 13 July**

**Summary** Max 12

**Morning fog. Shower or 2**

Chance of any rain: 50%



**Thursday 14 July**

**Summary** Min -1 Max 13

**Morning frost. Mostly sunny**

Chance of rain: 5%



**Friday 15 July**

**Summary** Min -1 Max 17

**Morning frost, sunny**

Chance of any rain: 0%



**Saturday 16 July**

**Summary** Min -2 Max 17

**Morning frost, mostly sunny**

Chance of any rain: 5%



**Sunday 17 July**

**Summary** Min 3 Max 17

**Shower or 2**

Chance of rain: 50%



**Monday 18 July**

**Summary** Min 3 Max 16

**Shower or 2**

Chance of any rain: 60%



**Tuesday 19 July**

**Summary** Min 1 Max 15

**Possible shower**

Chance of any rain: 40%



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