



# BARRABA COMMUNITY NEWS

**FREE LOCAL NEWSPAPER**

COMMUNITY OWNED AND EDITED

**Wednesday 20<sup>th</sup> November 2024**



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

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

Phone 67821379

For the information of members and guests.

### **THIS WEEK**

**THURSDAY 21st November**

Bingo from 6pm

**FRIDAY 22nd November**

**RAFFLES** Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1100

**SUNDAY 24th November**

ANGLER CLUB RAFFLES

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

MEMBERSHIP DRAW \$1400

### **HAPPENING SOON**

**Friday 13th December**

HAM RAFFLES

### **BISTRO HOURS**

**Phone 0427330808**

**DINE IN OR TAKEAWAY**

**DAILY BLACKBOARD SPECIALS AVAILABLE**

**ALSO PIZZAS MADE TO ORDER**

**MONDAY/TUESDAY/WEDNESDAY: CLOSED**

**THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm**

**SUNDAY: 12-2pm**



## **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



# **GARAGE SALE**

**58 Alice Street Barraba**

**23/11/24 8:00am**

**Plants, Garden items, Tools, Garden Furniture  
Books, Camping equipment, Cooking equipment**

## **LETTER TO THE EDITOR**

A few weeks ago, while walking up Queen Street, I was attacked by a dog. The attack went on for several minutes, as my scream for help took some time to be heard. I'd like to give a big thank you to Phil and Reece for tending my wounds and driving me to the hospital. To Dr Heine, Natalie and her nurses, thank you for your treatment and Senior Constable Law for his attention to this matter. Thank you to the Ranger for keeping me informed of what is happening.

Thank you all.  
Carolyn Frame.

## Clock poem winner list

*From Patti Crowley*

Thank you to everyone who entered the Clock Poetry Competition. There were 16 entries in the Adult Section and a large number of school entries. There were 3 sections. Primary and Secondary Students and an Adult Section.

Thank you to the teaching staff at both schools for their support and encouragement of their students to write a poem. Thank you also to our judges, who had a very difficult task coming to a final decision. Congratulations to all entrants. Thank you also to our sponsors, the Barraba RSL & Recreational Club.

### Placegetters were:

**Primary year 2/3/4** highly commended: Myla Brown, Elkie Whyte, Dexter Urquhart & Gus Johnston

**Primary year 2/3/4** runner up: Charlie Denyer

**Primary 2/3/4** winner: Annabel Kanno

**Primary year 5&6** highly commended: Hayden Crowley, Xavier Darlington & Thomas Gadd.

**Primary year 5&6** equal runner up: Akira Kanno and Archie Johnston

**Primary 5&6** winner: Jessica Woodhouse

**Secondary winner:** Jasmine Coombes

**Runner up:** Talah Davey

**Adult highly commended:** Adrienne Hancock and Mike Artis

**Adult runner up:** Stumpy Victor Turner

**Adult winner:** Sandra Allen

## POEMS

**Annabelle Kanno**

### As Time Ticks

Silence falls over our town, and a ceremony starts.

People young and old march through our streets, as we pay our respects to all the soldiers.

As time ticks, stories are told, flags are raised, and poppies are placed.

As years pass, brick by brick a memorial clock is built.

The war has ended, and some are home, but some have died.

Now speeches are told, in front of our clock and we honour those who had fallen.

## Sandra Allen

### 100 Years On

The centre of town  
The clock stands tall  
A memorial to servicemen  
Who gave it their all

With concrete and gravel  
And sand on a shovel  
The bricks were laid out  
By bare hands, no doubt

To the men who sacrificed  
For our freedom today  
We honour them all  
With the wreaths we will lay

The names on the list  
Those we never knew  
Their families prayed  
That they would come through

The battles of war came at a great cost  
With so many lives unfortunately lost  
So out of respect the tower was built  
To never forget those tragically killed

One hundred years on  
It still stands tall  
Let's honour it now  
Then in one hundred more.



Jessica Woodhouse

### The Clock

In the heart of our beautiful town  
The clock stands alone  
Deafening silence  
Tick, tock, tick, tock,  
It is time  
11<sup>th</sup> month  
11<sup>th</sup> day  
11<sup>th</sup> hour  
11<sup>th</sup> minute  
Millions of people gather  
For it is right to remember  
Four sides  
Four plinths – proudly bearing plaques of black.  
WW1 honoured with three plaques,  
WW11 honoured with one plaque.  
Bold brown bricks  
Built into beauty  
The clock is a guardian  
Watching over the land  
Every day  
Before she went to sleep  
The clock would remind herself.  
'There name liveth for evermore'.

Jasmine Coombes

### Town Clock

In the heart of Barraba, it stands so tall,  
A clock that whispers tales of those who gave their all.  
Its hands move gently, marking time's endless flow,  
A tribute to the brave, in sun, rain and snow.

Each tick a heartbeat of courage and might,  
Echoing stories of those who took flight.  
From distant lands where battle were fought,  
To the quiet town where their memories are sought.

The clock's face reflects the dawn's gentle light,  
A symbol of hope, of peace, and of right.  
For those who returned and those who did not,  
Their sacrifice remembered, never forgot.

In its shadow, we gather, in silence we stand,  
Honouring the heroes who defended our land.  
The Barraba clock, a guardian of lore,  
A timeless reminder of the cost of war.

### Claypan art weekend

Last weekend 7 local 'artists' enjoyed a relaxed and happy weekend, at the Claypan, painting with Inverell artist Andrea Horwood. The media used was acrylic paint with a technique where part of the canvas was blocked with masking tape for later infill. After the 2 days everyone completed two landscape paintings; one a realist and the second an abstract, everyone was happy with the result of their work and felt they learnt a lot over the 2 days.

Andrea has been to Barraba on a number of occasions over the years and has always provided an interesting and informative lesson on a variety of art and drawing techniques.





DID YOU KNOW.....there are only FIVE Tuesdays until Christmas!

Now that I have your attention, is your Christmas shopping under control?

Why not shop locally in Barraba and support our talented members? Pop into the Claypan and Fuller Gallery, you will be amazed at the incredible range of pottery, art, sewing, photography, preserves and crafty nicknaks available for sale.

We can promise you unique gifts, a quiet, friendly and relaxed shopping experience - plus value for money.....OR.....you can join the crazy pre-Christmas shopping in Tamworth, your choice!

## Blokies and Jokes: Join Us This Movember!

FEATURING  
YARNSPINNER MUZ  
HARTIN



Get ready for a free men's night of bush poetry, belly laughs, and a BBQ that'll hit the spot. With a friendly moustache competition for best natural, best attempt and most creative moustaches. Awesome prizes to be won!

FRIDAY NIGHT 29 NOVEMBER 2024 FROM 6:00PM AT THE PLAYHOUSE HOTEL, BARRABA

Get in Touch  
kiara@nsla.net.au  
0498 802 370



Bookings essential.

Scan the QR code, or follow the link to book your spot  
<http://tix.yt/blokies-and-jokes-november-edition>



**Barraba Community Inc AGM**  
 6.00 pm Thursday 5<sup>th</sup> December 2024  
 Andy's Guest House  
 Incorporated entity for the following committees;

- Frost Over Barraba
- Friends of Barraba Trees
- Barraba Birth Books and Beyond
- Barraba Public Art
- Barraba Shire Band (Pending)
- Barraba Mosaic Group (Pending)



**24 November**  
**@ 9:00 -**  
**11:00am Free**

Join us at the **MyTRC Volunteer Connect Expo**, where community-

-minded individuals come together to explore a wide range of volunteer opportunities in the Tamworth region! Whether you're passionate about the environment, healthcare, youth programs, or social services, this event is the perfect place to discover how you can make a difference.

Hosted at the historic **Tamworth Town Hall**, the expo will bring together local organisations, charities, and initiatives looking for passionate volunteers. You'll have the chance to connect with these groups, learn more about their causes, and find the perfect volunteer role that matches your skills and interests.

**Highlights include:**

- Opportunities to meet representatives from various community organisations.
- Learn how volunteering can enhance your skills, network, and sense of fulfillment.
- Information on different ways you can support local projects.

This event is free and open to all ages. Whether you're a seasoned volunteer or looking to get started, the **MyTRC Volunteer Connect Expo** is your gateway to making a real impact in our community.

For more information or to register, visit [tamworth.nsw.gov.au/volunteer-connect](http://tamworth.nsw.gov.au/volunteer-connect) or contact our Volunteer Services Officer, Luke Macdonald, 02 6767 5572 [l.macdonald@tamworth.nsw.gov.au](mailto:l.macdonald@tamworth.nsw.gov.au).

**Come along and be inspired to volunteer in your community!**



## History Notes

Well, all the work and excitement concerning the centenary of the clock is over.

There were not a huge number of visitors but enough to keep us busy at the Museum and we learnt quite a bit from those who attended and found items for some visitors.

Readers will remember a story about an accident down near Barraba Creek Station in 1861- Suellen Reading arrived in the Museum with a book of her research about John Robert Finn who was generally known as Reading.

We know that John Robert Finn was born in Queensland in 1860. He married Harriett Anne Saunders on 15<sup>th</sup> December, 1887, at the Saunders home on The Forrest property, just north of Barraba. The puzzle is of course why has the name Reading appeared in the resulting children's names? The most likely reason maybe that when his mother died, his father left him with the nearby Reading family on Glen Riddle and as he was only two or three years old he probably thought that was his name.

As we know most of the Reading family went to live in Bingara after the old parents died and it seems that John stayed in the Woodsreef area. Later when he married his children seem to have used both Finn and Reading as a family name although it was really Finn. Thus, we have solved the problem although I am sure there will be more questions as time goes by.

Now I have checked when our bridge over the Manilla River was built only to find that it is 90 years old next year. It replaced the old wooden bridge which would have been some forty years old - if you look carefully the brick foundations of the old bridge can be seen just upstream of the western end of the present bridge. The present bridge is rather narrow for the large trucks on the road these days and there is still no pedestrian crossing on the bridge.

There are also more anniversaries coming up next year- Adam's Lookout was opened in January, 1975. Newton Gardens opened in August, 1975, - I wonder how many readers know where they are? The other known anniversary in 1975 is the big bush fire in the Mount Kaputar National Park which burnt for weeks keeping the western sky red every day and testing the landholders and staff trying to keep it under control.

The 2025 calendars have arrived. They are available at the museum on Friday mornings, at Saunders Fruit and Veg, and will be on the Society Stall on market day in a couple of

weeks. We should have enough for all but if you get yours soon we will know if there are enough.



### Here is an overview of outcomes from Tamworth Regional Council meeting on the 12<sup>th</sup> November 2024

- Councillors tonight moved two Notices of Motion. These included further investigation of options for the future of Ray Walsh House and recording how each Councillor votes on all matters before Council to be included in Council's Minutes for the Meeting.
- Councillors approved four funding allocations under the 2024/2025 Facility Improvement Fund Program. The Barraba Showground Committee will receive \$10,000 for stage 1 of the Showground Sheep Pavilion Roof Replacement; Kootingal Recreational Reserve Committee will get \$2567.25 for irrigation refurbishment; Weabonga Hall and Recreation Reserve Local Committee will receive \$3757 for recreation ground improvements and Woolbrook Hall and Park Committee will receive \$3000 to upgrade seating at the Woolbrook AIF Hall.
- Council reviewed the Register of Special Purpose Committees, Working Groups, External Boards and Organisations, with Councillors being appointed as delegates or representatives for the coming 12 months. Councillors endorsed a review of the Terms of Reference for committees where Councillor membership has changed.
- The Planning Proposal for the Phase 1 Review of the Tamworth Regional Local Environmental Plan 2010 (TRLEP 2010) was endorsed by Council on 13 August 2024 and must be finalised by 24 February 2025. To bring these amendments to completion prior to this date, Councillors were in agreement to complete the Phase 1 Planning Proposal without the secondary dwelling component - which supports housing diversity and choice in certain Rural Zones. The size and location are controlled by provisions in the TRLEP 2010 and will be completed through a separate Planning Proposal to amend the TRLEP 2010.
- The mapping for the TRLEP 2010 (such as zoning, minimum lot size and heritage) is currently spread over 100 PDF maps and Councillors tonight voted in favour

of a digital transition to replace the PDFs with the NSW Planning Portal - Digital Environmental Planning Instruments (EPI) Viewer. The transition will provide an easier user experience when identifying relevant planning controls for a property, however will not alter any land use planning controls.

- The continued efforts of those in Section 355 Committees across the region were recognised through the 17 meeting minutes received and noted by Council. This included minutes from the Bendemeer Hall Committee, Dungowan Hall Committee, Dungowan Recreation Ground Committee, Grey Fergie Tractor Muster Committee, Loomberah Hall Committee, Nemingha Hall and Reserve Committee, Nundle Common Trust, Somerton War Memorial Hall and Recreation Grounds Committee and the Tamworth Regional Film and Sound Archive Committee. A number of the minutes also outlined the new executive members and member appointments for each committee.

### ANGLICAN CHURCH TIMES

#### St Laurence's Barraba

Sunday service at 10.00am

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

### CATHOLIC CHURCH TIMES

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

### BARRABA UNITING CHURCH NOTICES

Sunday 24<sup>th</sup> November 2024 at Barraba  
10:45am for all services.  
All Welcome.

## BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447165008 Office: 02 67821662

Email [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au)

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

### Barraba Hospital Auxiliary talks lamingtons

Wow! What a great response from the community for the recent Hospital Auxiliary's lamington drive. Thank you everyone for your orders and supporting the Barraba Health Service patients and staff.

Thank you to the staff at the Barraba Bakery for making and packing the lamingtons for us. They are "yummy".

Once again, our very generous community supporting each other and our local Barraba businesses.



Embedded batteries in items like AirPods and vapes pose a serious fire hazard when disposed of incorrectly!

Fun Fact:  
Tamworth's Community Recycling Centre is one of only 20 locations that

currently accepts embedded batteries for recycling.

Batteries of all shapes and sizes, embedded or not, are a real fire danger if disposed of through your kerbside bin. Make sure you recycle right by dropping these off at your local Community Recycling Centre.

Find out more here [www.tamworth.nsw.gov.au/crc](http://www.tamworth.nsw.gov.au/crc)

## Have a voice on pest animal control programs in the North West

Landholders have an opportunity to have a seat at the table on pest animal management in North West NSW, with North West Local Land Services currently inviting volunteers to join the North West Regional Pest Advisory Committee. Representing the interests of farmers, the wider agricultural community and other industry stakeholders, the committee is a forum for the discussion of issues related to pest animals, and provides advice to North West Local Land Services about the planning and coordination of pest animal management activities.

Pest animals such as feral pigs, deer, wild dogs, foxes and rabbits have a significant impact on local agricultural industries and wreak havoc on the natural landscape. A recent independent study estimated that from July 2022 to June 2023, agricultural production in the North West experienced a \$62 million loss attributed to feral pigs alone.

North West Local Land Services Manager Land Services Matthew Davidson said the committee is an important touchpoint for the organisation to stay abreast of current concerns amongst farmers and the wider industry. "We want to make sure that our resources and activities are being directed where they are most needed, and so maintaining regular communication with community representatives from across our region is really valuable", he said. "Control outcomes are much more successful when the agricultural community works together to tackle pest animal populations, and so we encourage any interested landholders to get involved", said Mr Davidson. "In the 2023/2024 financial year, we were able to control 13,673 feral pigs by coordinating the aerial shoots, trapping and ground baiting across targeted farms".

Applicants must be a Local Land Services ratepayer in the North West region, and must be able to attend 2-4 committee meetings per year, which are conducted either virtually or in person. Applications close Friday 22 November 2024.

Landholders can apply to become a volunteer on the North West Regional Pest Advisory Committee at [https://regionalsw.qualtrics.com/jfe/form/SV\\_8dIUE58yqPQvFtA](https://regionalsw.qualtrics.com/jfe/form/SV_8dIUE58yqPQvFtA). Information about regional pest management in the North West can be found at [https://www.ils.nsw.gov.au/help-and-advice/pest-](https://www.ils.nsw.gov.au/help-and-advice/pest-control/regional-strategic-pest-animal-management)

[control/regional-strategic-pest-animal-management](https://www.ils.nsw.gov.au/help-and-advice/pest-control/regional-strategic-pest-animal-management). For more information, landholders can also contact North West Local Land Services on 1300 795 299.

## Measuring on-farm carbon becoming a hot topic

Farmers and graziers have the opportunity to gain a greater understanding of how measuring carbon on farm can benefit their bottom-line next week, with free workshops being held in Moree and Tamworth by North West Local Land Services in partnership with the Southern Queensland Northern NSW Innovation Hub.

On Tuesday 26 and Wednesday 27 November, landholders will hear from leading industry experts about the opportunities that exist in carbon farming, including how understanding and managing agricultural emissions and carbon sequestration strategies can benefit their farm business.

Attendees can expect to hear about driving on farm carbon neutral outcomes and farm business benefits, the science of soil carbon, sustainability along the supply chain as well as insights about the growth of the carbon sector both internationally and at home.

Pippa Jones, Senior Landscape Extension Officer said that the line-up of speakers was not to be missed, showcasing significant new research coming out of the sector. "We're really excited by the calibre of the presentations that will be given at the event," she said. "The event is shaping up to be a great mix of experts from both the public and private sectors said Ms Jones.

The event will feature presentations from Select Carbon (Susan Orgill), Macka's Beef (Robert Mackenzie), GrainGrowers, Rabobank (Tim Dellit), University of Sydney (Guy Roth), NSW Department of Primary Industries and Regional Development (Clare Edwards) and Local Land Services (Andrew Jack and Pippa Jones).

These workshops are free to landholders in the North West region however numbers are limited. To register, visit the North West Local Land Services website at <https://www.ils.nsw.gov.au/regions/north-west/events>. For more information, landholders can also contact Pippa Jones or Lana Andrews at North West Local Land Services on 1300 795 299. This project is supported by the SQNNSW Innovation Hub and North West Local Land Services through funding from the Australian Government's Future Drought Fund and Sustainable Agriculture Facilitator. Sustainable Agriculture Facilitators are supported by the Australian Government through funding from the Natural Heritage Trust under the Climate-Smart Agriculture Program.



## Focus on fighting Australia's 'national cancer' this National Skin Cancer Action Week

With summer just around the corner and the Cancer Council's National Skin Cancer Action Week held this week, comes a reminder for Australians to visit their doctor for a skin check.

The Australian Medical Association is backing National Skin Cancer Action Week this year by highlighting the danger posed by Australia's 'national cancer' and the importance of early detection with skin checks. AMA President Dr Danielle McMullen said Australians cannot be complacent as Australia has the highest incidence of skin cancer in the world.

"While much has changed since Dorothy Mackellar wrote how she loved a sunburnt country, for many of us Australia is still synonymous with sunshine, outdoor activities and the beach," Dr McMullen said. "Australians spend a great deal of time in the sun, whether it be playing sport or enjoying recreation, and for many people their everyday work requires them to spend long periods outside. It is no surprise then roughly two out of every three Australians will be diagnosed with skin cancer at some stage of their lives."

Dr McMullen said while the incidence of skin cancer is extremely high, the success rate of early detection and treatment is something to celebrate.

"We know that with early detection through the form of a skin check most of these skin cancers can be treated with somewhere in the order of a 98 per cent success rates for treating skin cancers, if detected early. The AMA is doing its bit for our own staff in Canberra who are getting their skin in the game with a visit from Skin Check Champions this week for their skin checks. I would encourage all Australians to talk to their GP about how they can get a skin check. Of course I also encourage Australians to be vigilant and follow the Cancer Council's ongoing advice to slip on a shirt, slop on sunscreen, slap on a hat, seek shade and slide on sunglasses when enjoying the outdoors. Prevention is important and, along with detection, goes a long way to keeping Australians safe while having fun in the sun."

## Baked Tuscan Chicken

Adam Liaw



### INGREDIENTS

- 6 chicken thigh cutlets (bone-in, skin on)
- salt and black pepper, to season
- 2 tbsp olive oil
- 2 onions, sliced
- 4 garlic cloves, sliced
- 200g sun-dried tomatoes, sliced
- 60g baby spinach leaves
- 300ml thickened cream
- ½ cup (50g) grated parmesan cheese
- 2 tsp dried Italian seasoning, or 1 tsp each dried oregano and thyme

### METHOD

1. Heat your oven to 180C fan-forced (200C conventional). Season the chicken well with salt and pepper. Heat a heavy ovenproof pan over medium heat. Add the oil and fry the chicken, skin-side down first, until nicely browned on both sides. Remove from the pan. Add the onion and garlic and fry for 3 minutes until lightly browned.
2. Add the tomato, spinach, cream, parmesan and Italian seasoning and place the chicken on top, skin up. Transfer to the oven and bake for 25 minutes, uncovered, until the chicken is cooked through and the sauce is thickened and reduced.

Serves 6





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### GWYDIR CAREER START 2025

Positions being offered are:

School Based Trainee - Aged Care (Naroo)  
School Based Trainee - Hospitality (Naroo)  
School Based Trainee - Early Childhood Educator

Trainee - Aged Care  
Trainee - Early Childhood Educator  
Trainee - Librarian

Apprentice - Mechanic (Warialda)  
Apprentice - Mechanic (Bingara)  
Apprentice - Plant Operator (Bingara)  
Apprentice - Plant Operator (Warialda)

GWYDIR SHIRE COUNCIL



### Kickstart your career with Gwydir Shire Council!

Gwydir Shire Council is a diverse local government organisation passionate about providing and delivering high-quality services and infrastructure to the local community.

Council's vision is to be the recognised leader in local government through continuous learning and sustainability. The Gwydir Career Start initiative provides an exceptional opportunity for local school students and job seekers to gain valuable skills and work experience, while studying to obtain a nationally recognised qualification.

For more information or to apply for a Gwydir Career Start position, please visit

<https://www.gwydir.nsw.gov.au/.../Gwydir-Career-Start-2025>

Applications close at 4:00pm on Sunday 1 December 2024.

### EMERGENCY SERVICES CONTACT LIST

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

## 5 picky eating habits – and how to help your child overcome them

*Nick Fuller, Charles Perkins Centre Research Program Leader, University of Sydney*

Have you ever found yourself negotiating with a pint-sized dictator about eating a single pea? You're not alone. Almost half of kids go through a stage of picky eating, and this typically peaks around the age of three.

Our hunter-gatherer ancestors developed a natural aversion to unfamiliar foods and bitter flavours to avoid ingesting toxins. They also learnt to seek and store specific types of high-energy, palatable foods to avoid starvation during periods of food scarcity. But the food we eat from an early age shapes our lifelong food preferences and diet. So, what can you do if your child is unwilling to eat familiar or new foods, or wants to restrict their diet?

Here are the five most common types of picky eating – and how to overcome them.

### 1. Only eating beige or white foods

When it comes to fussy eating, beige and white foods typically reign supreme. This is because these foods are:

1. familiar – they're the colour of breastmilk and the foods typically used when we introduce solids, such as infant cereal
2. bland or mild-flavoured – they don't overwhelm toddlers who have 30,000-plus tastebuds (versus the 10,000-plus adults have)
3. easy – they're often soft and easy to chew, making them appealing to toddlers developing chewing skills
4. non-threatening – they're the opposite of what our hunter-gatherer ancestors have programmed us to avoid: brightly coloured – and toxic – foods found in the wild.

While it can be tempting to give in and serve chicken nuggets at every meal, a diet consisting of only beige and white foods is likely to be highly processed and low in dietary fibre. This can result in constipation and the depletion of healthy gut bacteria. A beige/white diet can also lack the vitamins and minerals needed for healthy development and growth, including vitamins B and C, and iron.

To add healthier food options, and more colour, to your toddler's diet:

1. mix things up. Combine less healthy beige and white foods with healthier ones, like blending cannellini beans and cauliflower into mashed potatoes
2. make healthy swaps. Gradually replace the favoured white bread, pasta and rice with wholegrain versions; for example, mix brown rice into a serving of white
3. use familiarity to your advantage. Introduce colourful food options alongside the familiar beige and white ones, such as offering fruit to dip in yoghurt, or a healthy red or green sauce with pasta.

### 2. Refusing anything but milk

It's no surprise toddlers love milk. It has been the constant in their life since birth. And it's associated with more than just satisfying hunger – it's there when they're tired and going to sleep, when they're upset and need comfort, and when they're enjoying closeness with mum or dad.

It also contains lactose, a sugar found naturally in milk, so it tastes sweet and appeals to our hunter-gatherer instinct to seek foods high in natural sugar to avoid starvation.



While dairy provides essential calcium for toddlers, it needs to be part of a balanced diet. The Australian Dietary Guidelines suggest toddlers have 1–1½ servings of milk (1 cup = 1 serve), yoghurt (200g = 1 serve) and cheese (2 slices = 1 serve) (or alternatives) daily. If your toddler is consuming too much milk, they're at risk of iron deficiency, as milk is a poor source of iron and interferes with our body's ability to absorb it.

To move your toddler away from milk, try:

1. fact-finding. When your toddler asks for milk, ask questions to understand what they really want. Are they hungry, thirsty or wanting comfort? Offer that instead

2. filling up on solids first. Tempt your toddler with healthy and interesting-looking foods, and only offer milk after they've eaten something solid
3. smaller serves. Switch to serving milk in a smaller-sized cup.

### 3. Avoiding textured foods

Refusing to eat lumpy, chewy or strangely textured foods is common as toddlers' sensory and oral motor skills develop. It's also common for parents to continue pureeing these foods as a result of the upsetting gagging that often accompanies trying different textured food. To support your toddler's transition to textured foods and ensure they're developing the muscles needed to eat safely:

1. turn the texture up slowly. Start with food your toddler enjoys, such as pureed carrot, and gradually blend it for less time to retain some lumps
2. stay calm if your toddler gags. Let them know it's OK, and give them time to work it through on their own. After they have coughed it out, encourage them to try another spoonful, or try again next time.

### 4. Refusing vegetables

The texture, brightness and bitter taste of some veggies can be off-putting for some children. But vegetables are a good source of the vitamins, minerals and fibre toddlers need.



To overcome your toddler's aversion to veggies, get creative. The appearance of food affects our perception of its taste, so boost veggies' appeal by arranging them into fun plate art. Extend this creativity to introduce vegetables in new ways, for example, grating carrots or kale into muffins and using a spiraliser to make zucchini noodles.

Focus on offering sweeter tasting vegetables, such as peas, carrot and sweet potato, and roasting them to bring out their natural sweetness. Children are more likely to go for sweeter-tasting veggies than bitter ones like broccoli.

### 5. Refusing to eat meat

Meat contains protein and iron, but many toddlers refuse to eat it because of its tough, chewy texture and strong taste. If you want your toddler to get their daily serving of protein (for example, 80g cooked chicken or 65g cooked beef from lean meat) but you're finding it challenging:

1. start small. Offer leaner, lighter-tasting meats in small portions that are easy to chew, such as minced chicken or slow-cooked meat
2. involve your toddler in meal preparation. Ask them to choose the meat for dinner and get their help to prepare it.

There are also alternatives you can offer as you work on overcoming their meat aversion. Eggs, tofu, beans, lentils and fish are also high in protein.

Issues with chewing and swallowing and food aversion can be symptoms of underlying medical conditions, so consult your GP or child and family health nurse if your child's fussy eating behaviour persists beyond the toddler and pre-school years.

### What it's like getting kids to eat vegetables



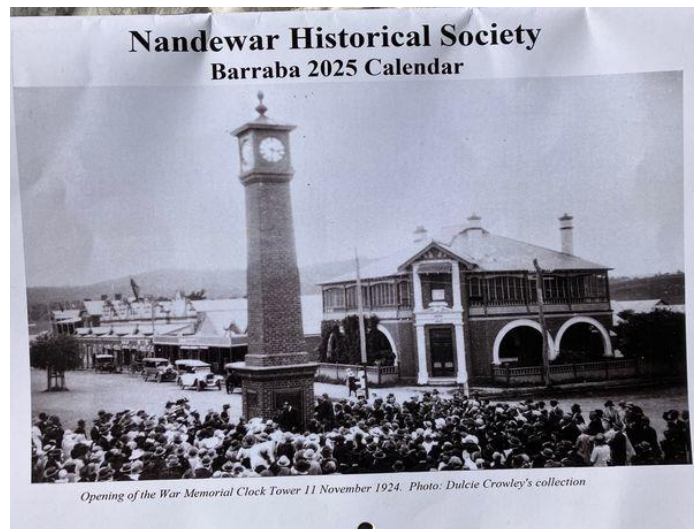


**GET YOUR 2025 BARRABA NANDEWAR HISTORICAL SOCIETY CALENDAR NOW!**

The Nandewar Historical Society 2025 CALENDAR is now available!! If you are in Barraba, you can buy one for \$15 at Saunders Greengrocers. If you are elsewhere in Australia, you can phone or SMS Julie on 0412603831 with your address and we can post it for \$20. I would then tell you our bank transfer details.

**THE 2025 CALENDAR**

Here's a glimpse of our calendar for next year. The photos came out really well and reproduction here doesn't do justice to them. Thank you Manilla Express for the printing.



**July 2025**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**2024 was the CENTENARY of BARRABA'S GREAT WAR MEMORIAL CLOCK TOWER**

The clock tower was built in 1924 by the local Returned Soldier Sailor Airmen Imperial League of Australia in memory of the local men killed in the First World War. A plaque on each side of the base reads: **TO PERPETUATE THE MEMORY OF THE MEN OF BARRABA AND DISTRICT WHO MADE THE SUPREME SACRIFICE.**

Before the clock was built there were two machine guns mounted where the memorial clock now stands. They were removed prior to commencement of construction of the clock tower.



Local recollections passed down generations give a picture of how labour-intensive the building of the clock tower was. David York, son of the bricklayer, said that Harry Douglas the carrier used a horse and cart to carry a yard of gravel. He would go down to the river, fill it up and bring it up to the site. Then it was dumped on the ground where they would make a circle out of the gravel and keep turning it over until they got a good mix of concrete, then they would shovel it into the hole. By the time they did that, Harry Douglas would be back with another load to mix. This carried on until they got the hole full. The size of the hole (footing) 8 feet x 8 feet x 8 feet, no reinforcement used, it was just the bulk of concrete (13.9 cubic metres).

Contact the Nandewar Historical Society via email at [nandewarhistoricalsociety@gmail.com](mailto:nandewarhistoricalsociety@gmail.com)  
Post Office Box 155, Barraba NSW 2347

Published on behalf of the Nandewar Historical Society by the Manilla Express

**These Calendars are available from:**  
Saunders Greengrocers, Queen St.  
Barraba Historical Museum (Friday, Saturday mornings only)  
By post (Contact Julie Williams 0412 603 831)  
December Historical Society Markets (14 December)