



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

This week's 'News' is about your health.

Wednesday 26th October 2022

ST JOSEPH'S CATHOLIC SCHOOL FUNDRAISER

ALL WELCOME!

TRIVIA NIGHT

ENTRY - \$15 PER PERSON

- * Get a table of 8-10 together or register individually
- * Prizes for best dressed table
- * Bring your own snacks
- * Book a baby sitter for the night



SATURDAY 12 NOV 2022
BARRABA GOLF CLUB
6:30PM FOR A 7:00PM START
RSVP BY 10 NOV TO HANNAH (0439 605 511) OR KATIE (0416 332 008)



Shitbox Rally Team
"Off THE Clock" had a great day on Saturday at the North West Auto Fest. Team member Dan Etheridge and wife Rachel and children Kaleb, Baylen and Macey

were busy selling tickets and taking donations. Thank you so much to the community for their support on the day and we look forward to seeing lots of faces at the team's first fundraiser event on Saturday 5th November - a charity motorbike ride followed by an afternoon of entertainment at the Commercial Hotel Barraba.

The motorbike ride has two groups heading out from 8am on their motorbike ride. The dirt bike / adventure bike group will head out to Horton Falls and then onto the Upper Horton Sports Club for morning tea where the road bike / cruiser bikes will meet them after their morning tour. The two

groups will then head to town to the Commercial Hotel for lunch and refreshments. Rider tickets are \$75 and include morning tea, lunch and a drink on arrival at the Commercial Hotel. For more info and to book your rider ticket please see Phil & Ally at Phil Denyer Mechanical Repairs or phone 67 821 107.

Lunch at the Commercial Hotel will be from 12 and there will be live music from Inverell lads Adam Mills & Nic Baker. Adam has an awesome metal sound and Nic has a smooth country voice - between them they will have the atmosphere set well into the evening. Adam & Nic have yet to play at Barraba and are looking forward to a great gig and staying the night.



Meet the muso's who will be at the Commercial
Left is Nic Baker and Right is Adam Mills

Our major raffle (1st BabyQ1000 Webber, 2nd Husqvarna Whipper Snipper - 3rd Carlton Dry Eskey) has been running for a few weeks and has proven very popular and will be drawn on the day. There are also \$1 table raffles - there are dozens of prizes that have been donated from businesses and individuals that will be all set out on a table and as the many winning ticket numbers are drawn the winners can come to the table and pick what they would like. Prizes on the table range from a Google Nest Hub to a Leatherman - there is something for everyone on there!

We would like to thank the community for their support so far. Barraba, Manilla and Tamworth have all been so supportive. Donation tins, raffle tickets, sponsorship and general donations have all rocketed the team to be among the leaders for the Shitbox Rally for Autumn 2023 so far and the continued support of future events, like the Charity Ride Day, and liking and sharing our Facebook posts are aiding the team in raising a substantial amount for the Cancer Council. From Dan & Phil

Check out the flood pictures on Page 12

Thanks to Sonia Simpson for sending them to 'News'



St Joseph's Primary School

Our thoughts and prayers go out to all those impacted by the flooding. We all know people who are and will be suffering hardship as a consequence. A number of schools will be closed or isolated in our region and students will be forced into remote learning. This is a time when we all need to be considerate of others and be willing to put our hand up in support.

Here at St Joseph's we have had a vibrant start to the school term. Four local students were confirmed by Bishop Michael Kennedy on Saturday. Unfortunately, one student could not make it due to flooding. This was a special occasion as it was the first time in six years we have had a visit from the Bishop of Armidale.

Our boys relay team competed in the NSW Primary schools all schools athletics carnival in Sydney last week. They came fourth in their heat but their time was good enough to place themselves in the semi finals. In the semi's the size and strength of the other schools was a telling factor. This such a great achievement from Hamish, Josh, Felix and Arley and we are very proud of their efforts.

This week the leadership team at St Joseph's will present a review of our annual improvement plan to our peers. We review how successful we have been in achieving our goals for the year and also consider the challenges and what needs to be done to ensure we are meeting the needs of our students and community.

Our students will also compete in the Brain Olympia in Inverell. A group of students from Years 4,5 and 6 will represent our school. We are also beginning a resilience program this week where some students will have specialist support and training in growth mindsets and building confidence. Students will also begin Progressive Achievement Testing. The purpose of these tests is to establish what students are capable of, then challenge them at the appropriate level for effective learning. It enables us to monitor student progress at recommended intervals to measure learning growth over time.

Finally, don't forget to save the date for our Trivia night Saturday 12th November at the Golf club.

Kind Regards,
Simon Fleming
Principal



GALLERY OPEN DAY DURING NORTH WEST AUTOFEST

On Saturday 15th October Barraba saw big crowds in town for the North West AutoFest. The Claypan held an "Open Day" to coincide with the festivities it was open from 9am to 5pm on Saturday.



Devonshire afternoon teas were served from 2-4pm and there was a street stall in front of the Gallery, offering homemade goodies and gallery sale items.



It was a successful day for the Guild. Thanks to all the members who helped out with window displays, rosters, scones, and goodies for the stall.

There will be an Open Demo Day on 5th November at the Gallery featuring a number of general handicraft demonstrations. It is hoped that demonstrations of photography, spinning and pottery will also be showcased on the day. The Gallery will be open from 10am until 5pm, with the demonstrations starting at 2pm.

A camp oven dinner will commence at 6pm. It will be a two course dinner with a cost of \$20/person and BYO drinks. The dinner **MUST** be pre-booked and pre-paid. Contact Judy Sautchuk on 0402 317520 to book and arrange payment.



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 \$1,300

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

COURTESY CAR NOW AVAILABLE

MELBOURNE CUP

TUESDAY 1ST NOVEMBER

Club open from 10am—5.30pm

Bistro open for lunch 12-2pm

Barraba Shotgun Club AGM.

It will be held on Sunday 13th November at midday at the Barraba Gun Range, followed by the monthly shoot.

All welcome.



Rural Aid helps farmers who've lost livestock, crops to floods

Australia's most trusted rural charity, Rural Aid, is helping farmers across Victoria, New South Wales, and Tasmania as they face devastating, widespread flooding.

Rural Aid's team of counsellors are conducting welfare checks on Rural Aid's registered farmers.

Rural Aid CEO John Warlters said the floods were hitting particularly hard in Victoria's north, while in NSW and Queensland, farmers with crops nearing harvest were increasingly anxious as flood water and continuing rain caused costly downgrading. "It's upsetting to hear stories of flooded homes, dead livestock, and flattened crops," Mr Warlters said. "Winter crops are approaching harvest, so to see them downgraded or destroyed so close to the finish line is a devastating blow. Losing livestock is truly heartbreaking for our farmers, who work so hard to keep their animals alive and healthy."

Rural Aid has been on the front foot responding rapidly to the unfolding situation – sharing its dedicated counselling phoneline with the thousands of farmers in impacted regions and, where safe to do so, mobilising its counsellors to offer one-on-one emotional support to producers on-farm.

The wellbeing team is the largest team within Rural Aid, reflecting the priority the charity places on addressing the mental health challenge confronting rural Australia.

Rural Aid counsellors are expecting an increase in calls to its new, dedicated 1300 175 594 counselling line, as the extent of the current flooding situation becomes more apparent.

Farmers registered with Rural Aid can access counselling support and request financial assistance and fodder for livestock.

Producers that aren't registered are encouraged to do so immediately via www.ruralaid.org.au or by calling 1300 327 624. For more information or interviews, contact Rural Aid media on media@ruralaid.org.au or 0447 116 757.

To the organizers of the AutoFest last Saturday.

Thank you for uplifting us locals and showing our visitors a warm welcome.

I am sure that the Faulkner Denyer trio had a huge input into brining it all together.

These people do so much for our community and they don't look for praise or glory.

Greg Forder

Attention Farmers

Feral Pig Traps Available 0468338902



Beyond Blue

encourages continued
investment in early

intervention after new suicide data release

Beyond Blue is encouraging governments to invest in prevention and early intervention, as well as suicide crisis support, following the release of the latest Australian Bureau of Statistics suicide data today.

The ABS preliminary 2021 Causes of Death data shows there were 3,144 deaths by suicide in Australia in 2021, up from 3,139 in 2020 and down from 3,358 in 2019. On average, 8.6 people in Australia take their life each day.

Beyond Blue CEO Georgie Harman said while it was vital to provide appropriate support for people in suicidal crisis, it was just as important to intervene early in a way that prevents people from reaching crisis point. "Today's statistics clearly show family disruption, relationship issues and employment problems due to COVID-19 have been risk factors for suicide," Ms Harman said. "In addition to supporting people who have attempted suicide with initiatives such as universal aftercare, it's vital governments, the community and the sector continue to work together to address these social determinants, which we know have a profound impact on our mental health and suicidal behaviour."

Ms Harman said Beyond Blue remained deeply concerned about the continuing disproportionate representation of First Nations people in the statistics, which is twice the rate of the general population. "We need to keep working to close the gap and support First Nation people's social and emotional wellbeing, which is why Beyond Blue is committed to the full implementation of the Uluru Statement from the Heart," she said.

"Australians have been through myriad adverse events through the past few years, and we know that with a changing climate, we can only anticipate more," Ms Harman said. "This is why it's vital we maintain vigilance and commit to ongoing investment in suicide prevention and early intervention."

Ms Harman said it was heartening to see universal aftercare being adopted around the country, but that we must maintain focus on what we need to do next.

"We need to start with better data collection, so we better understand the needs of priority populations, such as LGBTIQ+ people and multicultural communities," she said. "We need to create safe spaces and alternatives to emergency departments."



*Do you know what to
do in an emergency?
Do you know how to
provide basic
emergency life
support?*

The Barraba Community College is running a First Aid course on Friday 4 November. Enrol in this course to learn how to recognise and respond to an emergency situation, assess the casualty and the need for a first aid response, manage immediate hazards to the health and safety of those present and seeking assistance from emergency response services.



First aiders should attend training on a regular basis to refresh their first aid knowledge and skills and to confirm their competence to provide first aid. HLTAID009 Provide cardiopulmonary resuscitation expires one (1) year from the date of attainment. HLTAID010 Provide basic emergency life support expires three (3) years from the date of attainment. HLTAID011 Provide first aid expires three (3) years from the date of attainment.

To get more information and to enrol head to our website:

**[https://ccni.nsw.edu.au/accredited-short-course-
details/?course_id=98200&course_type=w](https://ccni.nsw.edu.au/accredited-short-course-details/?course_id=98200&course_type=w)**

St Laurence's Barraba
Sunday service at 9.00am
Woodsreef: 2nd Sundays 11.00am

Uniting Church Notice
Sunday 30th October
Service at 10.45am
ALL WELCOME

CATHOLIC CHURCH NOTES

Barraba 1st & 5th Sunday, 6pm Saturday evening
2nd 3rd & 4th Sunday 9am
Upper Horton 3rd Sunday 11am
Weekday Mass Wednesday 10am



History Notes

Strangely my Floods, Rainfall and Drought folder is still out on the desk. After the weekend that we have had it needs to be put away out of sight!

The busy weekend is over and I am sure there are a few people who are glad that it is and they can get on with something else. Thank you to all those who supported the stall so well in that drizzly weather, and congratulations to Maurie who won the raffle.

The family historians from Queensland arrived on Friday night via Tamworth. On Saturday morning they had to move their caravan from the Caravan Park and it spent the morning in Alice Street while they spent their time in the museum. After camping on one of the highest places in town they came back to the museum for more research on Sunday and were back in the Caravan Park on Sunday night – they will certainly remember their visit to Barraba!

As far as water coming into town from the river goes, I think it might be fifty years ago when some people were moved from Cherry Street in case the water rose overnight. In the end it did not come into town. How lucky we are not to live in Moree on the flat ground!

Now to the research on Saturday. These visitors from Queensland have a number of Barraba ancestors – Etheridge, Halloran, Legge, Matthews to name a few and they were interested in the early McKid family – how did John McKid know that members of the Sinclair family had migrated to Goulburn? An easy question to answer when one is descended from this large Scottish family!

The old graveyard came up in conversation as the visitors had found the headstones of John McKid and his wife and brother who were originally buried (probably with a number of other early residents) on the corner of Queen Street and Edward Street, and later moved to the current cemetery. At present I have an argument with Barry about John's brother who he says was John's son, but I am expecting to win as I have a copy of all the family births in Scotland.

This morning I have had another family historian on the phone looking to visit the museum on Tuesday (25th) – this time it is two different well-known families, Scutt & Taylor. It is certainly a time for family history and I hope they will call in to the shops while they are in town.

NSW COVID-19 weekly update

In the past 7 days to 4pm Thursday 20 October 2022

8,836

new cases

22

lives lost*

4,388 RAT

4,448 PCR

As at 4pm Thursday 20 October 2022

876

people in hospital

20

people in ICU

* Not all COVID-19 deaths occurred in the week in which they are reported as there is sometimes a delay between a death occurring and it being notified to NSW Health.



**Barraba Branch of the
United Hospital
Auxiliaries**

Street Stall

**Thursday 3rd November 2022 Between 8.30am and
11.30am in Queen Street outside the Pharmacy.**

Homemade baking and plants will be on offer.

We look forward to seeing you!

We fundraise for the hospital to provide additional equipment and services for the benefit of patients' comfort.



RETURN AND EARN MACHINES HUNGRY FOR MORE

Returners and Earners in the Tamworth region will

be counting their pennies with the machines now accepting more containers like glass wine and spirit bottles and larger containers.

Member for Tamworth Kevin Anderson said this would be great news for many in the community who were keen to recycle more while earning a little extra money for themselves or for charity.

“The return and earn program has proven to be hugely popular in our communities with hundreds jumping at the chance to recycle and add another form of income,” Mr Anderson said. “One of the biggest frustrations since the machines were first opened has been the limited kinds of bottles, cans and containers than can be accepted so it’s great news that the machines will soon accept wine bottles and spirit bottles.”

Consultation is now open on the Scheme’s expansion, which would see almost all beverage containers between 150 ml and 3 litres accepted for refund.

For example, this would include:

- Wine and spirits in glass bottles
- Cordials and juice concentrate
- Larger containers up to 3 litres of beverages already in the scheme, such as flavoured milk, fruit and vegetable juice, cask wine and sachets.

Plain milk and health tonics would continue to be excluded from the scheme.

Currently, Return and Earn accepts drink containers [such as](#) cans, beer and mixer bottles, cartons, juice boxes and poppers.

The NSW Environment Protection Authority will be holding targeted stakeholder information sessions and webinars in the coming months around NSW so a transition can be as smooth as possible for new suppliers to the scheme.

The discussion paper Driving NSW’s circular economy is available at <https://yoursay.epa.nsw.gov.au/> and will be open for consultation until 5pm 2 December 2022.

For more information about Return and Earn visit www.returnandearn.org.au

GOVERNMENT’S POPULAR INFRASTRUCTURE GRANTS PROGRAM RE-OPENS

Organisations from across the Tamworth electorate are being encouraged to apply for the NSW Government’s popular Infrastructure Grants Program. Member for Tamworth Kevin Anderson said the program had already funded worthy projects from across the region.

“The NSW Government’s Infrastructure Grants Program invests in the projects that matter for communities in regional NSW,” Mr Anderson said. “This is a great opportunity for local organisations to tap into the \$12.5 million program, particularly those organisations who have been through difficult time with the floods.”

Mr Anderson added that Infrastructure Grants can fund construction, alteration, renovation, completion and fit-out of buildings and community infrastructure. “Funding under the program is made possible by the Clubgrants Category 3 program, which re-invests profits from registered clubs’ gaming machines into community projects.”

The current round of funding closes on Monday 31 October. For more details visit www.nsw.gov.au/grants-and-funding/responsible-gambling-grants

NOMINATIONS OPEN FOR PREMIER’S MULTICULTURAL MEDALS AND HONOUR ROLL

Nominations are now open for the Premier’s Multicultural Medals and Honour Roll, which recognise the significant contributions and achievements to multiculturalism by outstanding community members. Member for Tamworth Kevin Anderson said the Tamworth electorate was the proud home to people from several different nationalities thanks to the hard work and dedication of local advocates and support groups.

“From Tamworth, to Gunnedah, to Barraba, to Quirindi, our region is home to people from a wide range of cultures, backgrounds and beliefs who all contribute to make our region a great place to live, work, learn and play,” Mr Anderson said. “We can never repay them for the contributions they have made, but I know recognising their efforts as part of the Premier’s Multicultural Medals and Honour Roll is a fantastic way to thank them for their efforts.”

There are 12 categories for the awards, including business, local government, not-for-profit and arts and culture. Nominations close on Friday 18 November. For more information or to nominate, visit the Multicultural NSW website www.multicultural.nsw.gov.au.



Bean blitz: new report shows Aussies lack confidence cooking with beans, lentils and chickpeas

Aussies can save money at the checkout and stretch meals further by adding heart healthy beans, chickpeas and lentils to meals – but half of us lack the confidence to do so, a new report shows.

In response, the Heart Foundation is launching a ‘bean blitz’ to show Australians how easy it is to cook with this highly nutritious group of foods, known as legumes. This includes providing a selection of free and tasty recipes online.

The insight into legumes is part of the Heart Foundation’s What Australia Eats 2022 report released today, which surveyed more than 2,000 Australians to provide a snapshot of our eating, shopping and cooking habits.

According to What Australia Eats, other insights include:

- Favour the flavour: Australians choose what to cook at home primarily by how good it tastes.
- Keeping costs down: the price of food is another key factor in determining what people buy and cook with.
- Fresh desire: Australians mostly want fresh, unprocessed ingredients – perhaps overlooking the shelf-life, nutritional value and convenience of canned or frozen vegetables and legumes for those times you need a quick meal.
- Shop in store: nearly 80 percent of respondents said they preferred to visit a shop or supermarket versus shopping for groceries online.
- Seeing red: a quarter of us find it challenging to reduce our red meat intake to the recommended 350gms per week, despite trying.

Heart Foundation senior dietitian, Jemma O’Hanlon, said eating more legumes by adding them to existing meals is an excellent way for people to start eating healthier.

“Try to integrate small amounts of whole, nutrient-rich foods such as legumes into your existing meals. This will help you to feel fuller longer, helping both your heart and your hip-pocket,” Ms O’Hanlon said.

The Heart Foundation will use the report’s insights to inform its nutrition resources. To discover our range of legume recipes as well as many other heart healthy meal ideas, visit

our website for more advice. To view the What Australia Eats report, visit this page directly.

TIPS FOR EATING LEGUMES

Where to start?

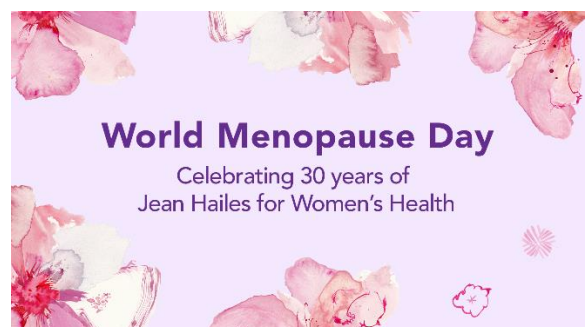
O’Hanlon says: “When it comes to including more legumes in your cooking, think outside the box. You can include beans, chickpeas or lentils in almost any recipe, even desserts!”

Some simple additions to try at home:

- Add beans to your taco mix for a protein-packed punch.
- Add lentils to your favourite spag-bol to stretch it further.
- Add lentils, chickpeas or beans to jazz up soups – add them in whole or blend them up.
- Add canned mixed beans to give colour and texture to salads.

Other ideas include:

- Blend them up to make plant-based burger patties.
- Try them in dip form! Why not make your own hummus, which has a creamy, smooth texture? Perfect with vegetable sticks.
- Curb your snack cravings by baking canned chickpeas in the oven with a little olive oil and your favourite herbs and spices for flavour.
- Stock up on your favourite brand of baked beans (with no added salt and sugar) and have them on wholegrain toast for a quick and easy meal when you’re short on time.



World Menopause Day was on the October 18

Each year in Australia thousands of women grapple with uncomfortable menopausal symptoms like hot flushes, difficulty concentrating, anxiety, sleep problems, moodiness, and brain fog. They used to suffer in silence but no more. The narrative on menopause is finally changing.

Bringing menopause out of the shadows

Menopause usually occurs between ages 45 and 55, a time when many women are in the prime of their working lives. And for those who experience debilitating symptoms, the

cost can be significant, both personally and professionally. According to the Australian Institute of Superannuation Trustees (AIST), menopause costs women more than \$17 billion a year in lost earnings and superannuation.

To bring menopause out of the shadows and raise awareness of this important life stage, the World Health Organisation and the International Menopause Society celebrate 18 October as World Menopause Day.

Jean Hailes for Womens Health: A leader in the field of menopause

Jean Hailes for Women's Health has been a leader in the field of menopause for over 30 years. The Australian organisation was founded in honour of pioneering medical practitioner, Dr Jean Hailes, who established the nation's first women's health clinic dedicated to menopause.

Since the early 1990s, the not-for-profit has worked hard to not just increase women's knowledge around menopause and the available management options, but also to break the taboo and make it part of open conversation.

Janet Michelmores AO: "Support and treatment options are available.

Jean Hailes has been a leader and driving force to change the perception of this natural life stage and provide evidence-based education and advice so that women can live full and healthy lives during midlife and beyond," says Janet Michelmores AO, daughter of the late Dr Jean Hailes, and CEO and Patron of Jean Hailes for Women's Health.

"Menopausal symptoms can be challenging and distressing," says Ms Michelmores. "Around 20% of women experience severe symptoms that impact their daily life. It's crucial for women to understand what is happening to their bodies and to know that help, support and treatment options are available should they need them."

About Jean Hailes

Jean Hailes for Women's Health is national not-for-profit organisation dedicated to the health of all women. The organisation was founded 30 years ago in honour of pioneering medical practitioner, Dr Jean Hailes, who established the nation's first (and only second in the world) women's health clinic dedicated to menopause.

Jean Hailes for Women's Health provides free, evidence-based health information for all women, girls and gender-diverse people. Consumers can access fact sheets, booklets, health tips, videos, animations, articles and podcasts. Resources and educational kits are available in easy-to-understand English as well as Arabic, Chinese (Simplified), Dari, Farsi and Hindi, amongst other languages. Jean Hailes also offers accredited e-learning courses, webinars, and plain English and in-language resources for health professionals to support their clinical practice.

From The Conversation

What's this 'longevity' diet, and will it really make you live longer?

Evangelina Mantzioris, Program Director of Nutrition and Food Sciences, Accredited Practising Dietitian, University of South Australia

You may have heard about the longevity diet, and its promise of an extended life span – but what exactly is it and is it any different to other diets promoting good health?

The longevity diet is a set of eating recommendations compiled by a biochemist called Valter Longo, director of the University of Southern California's Longevity Institute. He is known for his research on the role of fasting, the effects of nutrients on your genes and how these may impact ageing and the risk of diseases.

While the longevity diet has been targeted to older adults, it is also recommended for younger people. Longo has said he plans to live to 120 by following this diet.

So, what does the diet look like? Foods in this diet are vegetables, including leafy greens, fruit, nuts, beans, olive oil, and seafood that's low in mercury.

So, most foods in the longevity diet are plant based. Plant-based diets are generally higher in vitamins and minerals, dietary fibre, antioxidants and lower in saturated fat and salt, which lead to health benefits.

Foods that are discouraged are an excess of meat and dairy, and those high in processed sugar and saturated fats.

For people who don't want to go without dairy, the longevity diet recommends switching from cow's milk to either goat's or sheep's milk, which have a slightly different nutrient profile. But there is little evidence sheep's and goat's milk provide more health benefits.

Including fermented dairy (such as cheese and yoghurt) in your diet, as recommended in the longevity diet, is beneficial as it provides a more extensive microbiome (good bacteria) than any milk.

Have you seen this diet before? Many of you may recognise this as a familiar dietary pattern. It is similar to the Mediterranean diet, especially as both feature olive oil as the oil of choice. The Mediterranean diet is promoted and backed by a considerable body of evidence to be health promoting, reducing the risk of disease, and promoting longevity.

The longevity diet is also similar to many national, evidence-based dietary guidelines, including Australia's.

Two-thirds of the recommended foods in the Australian dietary guidelines come from plant-based foods (cereals, grains, legumes, beans, fruits, vegetables). The guidelines also provide plant-based alternatives for protein (such as

dried beans, lentils and tofu) and dairy (such as soy-based milks, yoghurts and cheeses, so long as they are supplemented with calcium).

Intermittent fasting Another aspect of the longevity diet is the specified periods of fasting, known as intermittent fasting. The diet advocates eating in a 12-hour time-frame, and not eating for three to four hours before bed time.

Typically, with intermittent fasting people fast for 16–20 hours with a four to eight hour window of eating. Another intermittent fasting option is the 5:2 diet, in which eating is restricted to about 2,000–3,000 kilojoules for two days of the week and for the other five days, eating normally.

The evidence indicates intermittent fasting may lead to improvements in insulin resistance, which leads to better blood glucose control. This can reduce your risk of type 2 diabetes and other chronic diseases, such as heart disease and obesity.

Maintain a healthy weight The longevity diet recommends that people who are overweight eat only two meals a day – breakfast and either a midday or evening meal – plus just two low-sugar snacks. This is to try to reduce kilojoule intake for weight loss.



Reducing snacking reduces kilojoule intake. The organic crave company/Unsplash, CC BY

Another important aspect of this recommendation is to reduce snacking, particularly of foods high in saturated fat, salt or sugar. These are the foods we typically refer to as discretionary/sometimes foods, or ultra-processed foods. These offer little nutritional value, and in some cases are linked to worse health outcomes.

Eat a rainbow of colours. The longevity diet recommends eating foods rich in nutrients, which most national dietary guidelines also advocate. This means eating a diet rich in plant foods, and a variety of foods within each food group. Each colour fruit and vegetable contains different nutrients, so eating a range of coloured fruit and vegetables is recommended. The recommendation to select a range of wholegrains over refined cereals, breads, pasta and rice also reflects the best nutritional evidence.



Different coloured vegetables have different nutrients. Hello I'm Nik/Unsplash, CC BY

Restrict protein intake This diet recommends a restricting protein intake to 0.68-0.80g per kilogram of body weight per day. This is 47-56g of protein a day for a 70kg person. For reference each of these foods contains about 10g of protein: two small eggs, 30g cheese, 40g lean chicken, 250mL dairy milk, 3/4cup lentils, 120g tofu, 60g nuts or 300mL soy milk. This is in line with government recommendations.

Most Australians easily consume this level of protein in their diet. However, it is the elderly population, to whom the longevity diet is targeted, who are less likely to meet their protein requirements.

In the longevity diet it is recommended most of the protein comes from plant sources or fish. This may require special planning to ensure a complete range of all the nutrients needed if the diet is missing red meat.

Are there any problems with this diet?

This diet recommends taking a multivitamin and mineral supplement every three to four days. Longo says this prevents malnourishment and won't cause any nutritional problems.

However, many health bodies including the World Cancer Research Fund, the British Heart Foundation and the American Heart Association do not recommend taking supplements to prevent cancer or heart disease.

Supplements should only be taken on your doctor's advice, following a blood test showing a deficiency in a specific nutrient. This is because some vitamins and minerals may be harmful in high quantities.

If you are eating a variety of foods across all food groups, you are meeting all your nutrient requirements and shouldn't need supplements.

The verdict? This longevity diet is a compilation of many aspects of evidence-based healthy eating patterns. We already promote these as they improve our health and reduce the risk of developing chronic diseases. All of these aspects of healthy eating could lead to increased longevity. What's not mentioned in the longevity diet is the importance of exercise for good health and a long life.

What is inside teeth?

Santosh Tadakamadla, Associate professor and Discipline Lead for Dentistry, La Trobe University

It is important for us to know what's inside teeth as they help us eat, and eating gives us the energy to do our daily activities.

Our teeth are not just for chewing, though. We also need teeth for speaking, because different teeth contribute to different sounds. For example, we need upper front teeth to speak words starting with "f" or "v" sounds.

How teeth develop

The teeth in the upper jaw are called as maxillary or upper teeth, and those on the lower jaw are called as mandibular or lower teeth. Then each jaw has two side-to-side halves. All up, that's four quadrants of teeth.

We have two sets of teeth. There are 20 teeth in the first set. We commonly call these "milk teeth" or "primary teeth". They start forming while we are in the womb, even before we are born! The first one starts coming out of the gums when we are six months old, and most people have all their milk teeth by the age of three.

We keep our milk teeth until we are six years old, when we start losing them and the "adult teeth" or "permanent teeth" start coming in. By 14 or 15 years of age, most of us will have all our adult teeth except the last tooth in each side of the jaws. Some people call these "wisdom teeth". There are 32 teeth in an entire adult set, with an equal number of teeth on each side.

We have four different types of teeth:

incisors – front teeth to help cut food

canines – sharp and pointy teeth on each side for tearing food and controlling how the teeth slide on each other

premolars – that we only get in the adult teeth set

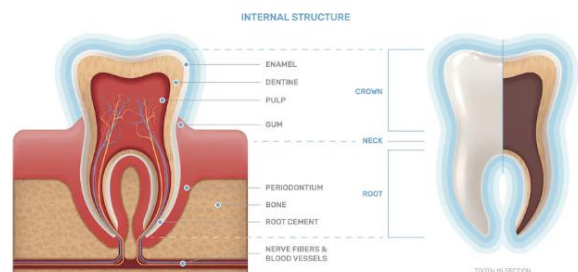
molars – back teeth which work with premolars to help chew, grind and crush food.

Protection, pain and the bit in between

Each tooth can be divided into two parts. The crown is the part of the tooth we can see in the mouth, while the root sits within the gum and bone of the jaw. Some teeth have more than one root.

And each tooth has two layers: enamel and dentine, with pulp at the centre which has nerves and blood. Roots do not have enamel but another layer called cementum. Enamel is the hardest substance in the body and protects the dentine and pulp, just like a helmet protects your head. Dentine is the second layer and makes up most of the tooth.

We feel pain in the tooth when the innermost part, pulp, is involved.



Scientists have been working hard to find how special cells called "stem cells" in pulp could be used to repair other parts of the teeth, gums and even other body parts such as the spinal cord, brain and heart.

Protecting the whole tooth

Hopefully you've already got into the habit of brushing twice every day with a fluoridated toothpaste for at least two minutes.

Tooth decay is caused by germs that love to feast on sugary or treat food in our mouth. We can stop that happening by saving lollies and sweets for special occasions and cleaning every tooth really well.

When teeth are not well cared for, they can develop tooth decay, which could cause pain when it involves that pulp deep inside your teeth. It's important to visit an oral health professional (such as your family dentist or hygienist) regularly. They can tell you how to take good care of your teeth and treat damaged teeth when required.



Rod Bonner

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Barraba 6 day Forecast from the Bureau of Meteorology



Wednesday 26 Oct

Summary Max 26

Mostly sunny

Chance of any rain: 5%



Thursday 27 Oct

Summary Min 11 Max 28

Shower or 2

Chance of rain: 50%



Friday 28 Oct

Summary Min 11 Max 24

Sunny

Chance of any rain: 10%



Saturday 29 Oct

Summary Min 8 Max 23

Sunny

Chance of any rain: 5%



Sunday 30 Oct

Summary Min 7 Max 26

Mostly sunny

Chance of rain: 30%



Monday 31 Oct

Summary Min 12 Max 25

Showers increasing

Chance of any rain: 90%

Regional Dam Levels from Water NSW

Chaffey 102.0%

Copeton 98.7%

Keepit 100.9%

Split Rock 104.8%



Carb lovers of the world, behold: October 25 is **World Pasta Day**. People have been eating pasta since at least 5,000 B.C. However, this delightful holiday was only established in 1995, when 40 pasta producers from around the world gathered to hold the globe's first World Pasta Congress. Celebrate World Pasta day by making your own Gnocchi.

What is Gnocchi?

Gnocchi is an Italian homemade pasta that resembles a little dumpling. At its most basic level, it's made with potato, egg, and flour.

Ingredients

700gms potatoes cooked and riced/well mashed

2 tablespoons butter melted

2 egg yolks

¼ teaspoon salt

Instructions

1. Combine mashed potatoes, butter and eggs in a bowl. Slowly mix in ¼ cup flour and knead until dough forms adding additional flour as required until the dough holds together (it will still be slightly sticky). You may not need all of the flour.

2. Dust counter with flour and roll out a ½" to ¾" thick rope of dough. Cut into ½" slices.

3. Gently roll gnocchi pieces on the back of a fork to create ridges.

4. Cook in boiling salted water, about 2 minutes, or until it begins to float.

5. Serve with your favourite pasta sauce

Tips for Perfection

1. Boil your potatoes but drain them very well.

2. Leftover mashed potatoes aren't ideal as they have other additives such as cream etc that will affect the consistency of your dough.

3. Ensure the potatoes are perfectly smooth once mashed

4. Add just enough flour to make a dough, excess flour can make tough gnocchi

5. Don't overwork the dough, these should be soft and pillowy. Use a delicate touch.

Friday morning 21st October 2022 in Barraba



Main bridge



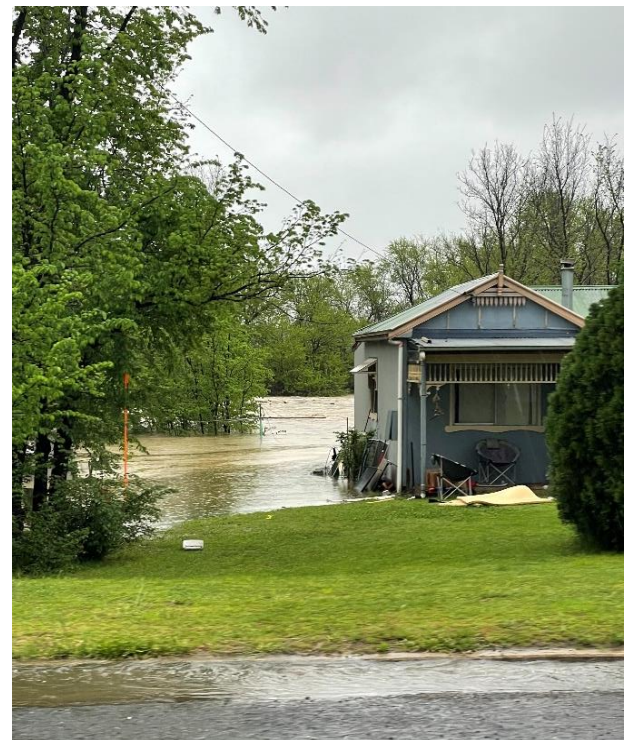
Across Starrs Lane to Jump up Road



From Glen Riddle bridge



Corner of Bullied and Trevallyn Rd



Alice St next door to Rural Traders