



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 25th September 2024

The Vic Barraba

Opening times this week

Wed 25th – 4.30-9pm. Thurs 26th – 11am-9pm

Fri 27th 4.30-9pm. Sat 28th 11am-9pm

Regular hours coming soon. Phone 02 67825375

Thank you for your patience



The Bi-Monthly and AGM meetings to be held on Friday 11 of October at the Workshop, Clifton Lane, at 10.00am. Attendance is essential in order to have a Quorum



Students of the Week Grace D, Fletcher, Preston and Archie. Captains Award accepted by Jax on behalf of 4/5/6.



Bookings for camp oven dinner close Monday 14th October

GARAGE SALE

Furniture, Kitchen appliances, Jewellery

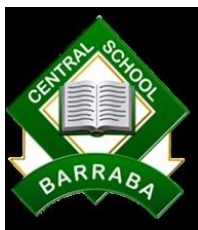
Saturday Sept 28 - 8am – 1pm

Sunday Sept 29 – 8am – 1pm

41 Fitzroy Street, Barraba NSW 2347



Reading Awards - Grace D, Walter and Alfie



Young Drivers Expo

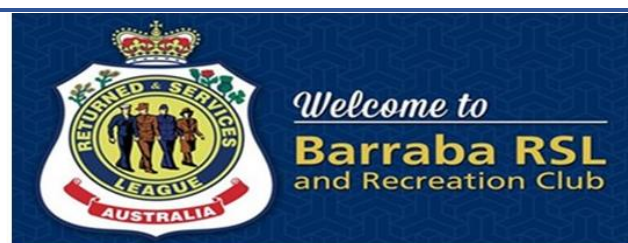
On Wednesday 28 August 2024, Year 11 travelled to Tamworth to participate in the Annual Young Driver Expo. The Expo is aimed at Year 11 students aged between 16 and 17 years. These

students are in the process of either getting their Learner or Provisional Licences and are at a maturity level where understanding and influence is at its greatest.

The Expo covered many topics to assist students in making informed decisions about safe driving, improve students' awareness and perception. Also, the responsibilities of being a driver/passenger of a motor vehicle and various risk-taking behaviours.

A number of presenters and the Rural Fire Service commented on how polite and friendly the students were this year. All students are to be congratulated on the manner in which they represented our school. I am sure they gained experience and knowledge that will keep them safe on the road.

Mr Greenwood



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 26th September

Bingo from 6pm

FRIDAY 27th September

MEAT RAFFLES

Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1000

SUNDAY 29th September

ANGLER CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

Membership Draw \$1400

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

Tamworth Local Government election update

The count cannot be concluded until all postal votes have been returned to the Electoral Commissioner. The deadline for return of completed postal votes is 6pm on Friday, 27 September 2024.

When all the votes have been counted, the official announcement of the elections result will be declared in writing. Results will be declared between 1 and 3 October 2024.



History Notes

Historical life is still busy at the museum - we actually have three events

happening in the one week next month which should keep everyone "on their toes". The commemoration of the clock is also fast approaching and with it extra things to be prepared.

This week we have a school visit and then on Friday there will be more things to do, for end of year projects. Julie is collecting photos for the 2025 calendar- she has nearly enough but if you have one that might be suitable, please get in touch quickly.

The family of Fing/Fink/Finn is still attracting attention. Most of our older residents will remember the name Finn being used by the Reading family. Some of the older family members have Finn on their headstones.

As far as history goes the first time Finn appears in a record is in 1861 in the Maitland Mercury. Robert Finn and his wife Ellen and two children were travelling in a cart, south from Barraba near Hoskisson's station (Barraba Creek Station), when he left the cart "without control" walking slowly along the track, and went over to the station to get some meat. Just as he was returning the horse started at a rapid pace and eventually brought the cart into collision with a stump, capsized the cart and which threw the horse down. Finn managed to rescue one child and then ran back to the station for help.

The stockmen lifted the cart off the mother and the other child and sent a messenger into town for the doctor. Unfortunately, the mother and young baby could not be saved. They are probably buried in the old cemetery on the north/west corner of Edward and Queen Street in Barraba. A death certificate would be very useful in this research but it is unlikely to be found.

The little boy, who gave his name as John Robert Finn, son of Robert Finn, miner, on his marriage certificate, said he was born in the early 1860s, in North Queensland. He married Harriett Ann Saunders in 1887.

Various pieces of research have been found linking a Robert Finn, who married Ellen and then in 1864 married again to a Margaret McGee. He apparently died in December, 1897, having been in NSW for 40 years.

This could very well be the man who introduced the surname Finn to the Reading family- if it was, where did the name Reading come from?



STAFFING MUST BE FOCUS ON HEALTH INQUIRY

The Special Commission of inquiry into healthcare funding must focus on incentives to bring more health workers to our region, according to Member for Tamworth Kevin Anderson MP.

Mr Anderson said he had written to the commission calling for an increase in incentives to bring nurses, midwives, doctors, and specialists. "Attracting and retaining healthcare professionals, including nurses, midwives, doctors, specialists and allied health continues to be a significant challenge," Mr Anderson said. "Significant resources have been allocated to attracting healthcare workers, but more needs to be done, and further incentives could be the answer to our workforce shortages. The shortage of midwives in Tamworth and Gunnedah is dire, and after meeting with nurses and midwives, as well as local obstetrics and gynaecology specialists last week,

I'm calling on the government to improve pay and conditions for our nurses and midwives. I've also raised concerns with the reliance on visiting medical officers and locums. I'm concerned that an overreliance on locums and VMO's is placing further strain on hospital budgets. There should be pay equity between fly in / fly out locums and local health care professionals. The Government needs to be innovative in the way it recruits and retains locally based specialists to ensure continuity of care and to reduce the reliance on expensive locum doctors. We have pushed for significant investment in our facilities with projects like the \$62m Tamworth Mental Health Unit, \$53m Gunnedah Hospital, \$21m Tamworth palliative care unit, but that needs to be backed up with workforce incentives to compliment the former government's investment in health infrastructure."

The Special Commission of Inquiry into Healthcare Funding is holding hearings in Tamworth from 17 September to 20 September 2024 at Tamworth Courthouse.

Quote of the day

"You are never too old to set another goal or to dream a new dream." – C.S. Lewis

Aged Care Funding

Aged care providers congratulate our elected politicians for putting older Australians first

The Aged and Community Care Providers Association (ACCPA) congratulates our elected politicians for reaching bipartisan agreement on historic reforms that will be vital to all Australians now and in the future.

A new, rights-based Aged Care Act was the number one recommendation of the Royal Commission into Aged Care Quality and Safety, and the Act will also deliver on dozens of other recommendations.

"We must congratulate both the Government and the Coalition for finding a way through after months of intense negotiations. They have put older Australians and the future of aged care above party politics," ACCPA CEO Tom Symondson said. "The Albanese Government has shown real leadership putting aged care reform back on the national agenda, first through the Aged Care Taskforce chaired by Minister Anika Wells, and now through the introduction of legislation. Minister Anika Wells, Minister for Health and Aged Care Mark Butler and Shadow Minister for Health and Aged Care Senator Anne Ruston should all be congratulated for working through such complex legislation and delivering a genuinely bi-partisan outcome."

Australia's population is ageing, with demand for aged care set to spiral in coming decades. At the same time Australians are demanding and deserve higher levels of care. "Improving the lives of older Australians is the number one priority for aged care providers. A new Act was the most fundamental recommendation of the Royal Commission and one that had universal support, including from providers. Without it, genuine reform for aged care would essentially be dead," Mr Symondson said.

Currently more than half of residential aged care providers are losing money and they have been for more than five years. Home and community care providers are only just keeping their heads above water with many older people waiting over a year for crucial services because waiting lists have blown out. It's hoped these reforms will bring structured and sustainable financial security to the sector, leading to a vibrant, growing aged care system, that meets the needs of older Australians now and in the future.

"We will need at least ten thousand new beds to be opened per year for the next two decades to keep up with demand, and today we are closing more than we're opening. We need investment to turn the situation around, and this legislation will enable that."

"Australia can build an aged care system that's the envy of the world, but we need help to do it. Older Australians deserve this future, alongside the confidence of knowing that the nation is fully committed to achieving it."

"Of course there is more to be done from here, with the bill needing to pass rapidly through both houses of parliament so that it can be implemented, but this is a critical step in that journey, a step that many believed might never happen. Today, older people won a great victory."

*About the Aged & Community Care Providers Association:
The Aged & Community Care Providers Association (ACCPA) is the national organisation representing all providers of aged care to older Australians, delivering retirement living, seniors housing, residential care, home care, community care and related services.*

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

No Woodsreef service in September
BCA boxes returned this month please.

BARRABA UNITING CHURCH NOTICES

Sunday 29 September 2024

No service in Barraba this Sunday only.

Combined service at Manilla Uniting Church at
11am,

Followed by a light lunch.

Sunday 6 October 2024 services at Barraba

Return to 10:45am for all services.

All Welcome.

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday
evening Mass 5pm
All other Sundays 9am

Street Stall

Near the Chemist Friday 4th October 9am till sold out.
Cakes, vegs, roma tomato and other plants and a raffle.
Fundraising for the Barraba Potters and Craft Guild

Green cestrum poisoning a risk this spring

Landholders in the Northern Tablelands and North West NSW should be aware of an increased risk of Green cestrum (*Cestrum parqui*) poisoning, with the plant becoming more prevalent after recent rainfall.

Green cestrum is a shrub that is poisonous to humans and animals including cattle, sheep, horses, pigs, poultry and native wildlife. Green cestrum contains a poison called 'carboxyparquin' that causes liver and brain damage. All parts of the plant, especially the berries, are toxic and bushes are still poisonous after they have been cut down or sprayed. Poisoning can occur if the plant touches bare skin, and the plant can be fatal if eaten.

Green cestrum can cause sudden death in livestock, with livestock usually found close to infestations of the plant. Signs of poisoning include severe stomach pain, disorientation or walking with a stagger, irritability, blood-streaked manure or diarrhoea, weakness, not eating, lying on the ground, a coma or convulsions followed by death.

Hugh Leckie, North West Local Land Services Regional Weeds Coordinator said that it is important that landholders keep livestock away from paddocks when controlling the weed until the leaf material has disintegrated or been removed.

"While Green cestrum is not very palatable, animals may eat it when other feed is scarce, especially when the plant has been recently sprayed and is wilting", said Mr Leckie.

"A good place to check for Green cestrum is under Pepper trees especially near waterways, but it can also be found under other trees and shrubs where birds commonly roost", he said.

Green cestrum should be treated as mature plants in early spring before they flower. It is important to then control regrowth from treated plants. Landholders should look for and kill new seedlings in autumn, and use mulches and revegetate to suppress seedlings. Green cestrum seeds may lie dormant for many years, so it is essential to remain on top of the weed when it is spotted.

For assistance with identifying Green cestrum, landholders should contact their Local Council Weed Biosecurity Officer for advice on management and control of the plant.

Get Ready for a Bushfire

The Hon Aileen MacDonald OAM MLC today issued a timely warning, particularly to those in the Northern Tablelands, to "get ready for a bushfire".

Ms MacDonald issued a reminder that the statutory Bush Fire Danger Period is just a week away, with the official period running from 1 October to 31 March.

"I've seen bushfires up close, and I know how devastating they can be," Ms MacDonald said. "We can't defy nature, but we can prepare as best we can by taking the NSW Rural Fire Service's advice and adhering to their four-step bushfire survival plan," she said.

Ms MacDonald said the four steps were simple:

1. Have a family discussion over dinner to plan what to do in the event of a bushfire.
2. Prepare your property by keeping grass low and having a cleared area around your home.
3. Know the bushfire alert levels on the NSW RFS website and in the 'Fires Near Me' app.
4. Keep up to date with all bushfire information numbers, websites, and apps.

Ms MacDonald said it's a fact that if you and your home are well prepared, you stand a better chance of surviving a bush fire. Ms MacDonald urged all communities, especially those in regional and rural NSW, to go the RFS website and download more information on the four critical steps.

Click on the link here:

<https://www.rfs.nsw.gov.au/resources/bush-fire-survival-plan>

"We may not be able to stop the damage, but we can prepare in advance to minimise injury or even death."

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Published by Community College Northern Inland Inc.

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




**2024 Tamworth
Barbeque Festival**
**Friday 27 – Sunday
29 September**


Get ready for an exhilarating weekend of sizzling barbeque, roaring bikes, refreshing brews, delectable food, and thrilling entertainment for the entire family at the Tamworth Barbeque Festival. Who doesn't love a good barbeque!?! Here's a glimpse of what attendees can expect:


 **Australian Barbeque Alliance Competition**


 40 teams of four competing for cash prizes and barbeque glory over two days. With more than \$19,000 worth of cash and trophies up for grabs there will be plenty of excitement for participants and on-lookers.

 **Stalls**

 A huge range of food trucks serving up mouth-watering barbeque delights along with hand selected trade sites selling anything and everything barbeque, brew and bike related.

 Entertainment with over 20 hours of live music across the three days to keep the atmosphere buzzing throughout the event.

 **National Thunder Motorcycle Rally** – The National Thunder Motorcycle Rally will be held as part of the Tamworth Barbeque Festival. The rally was first held in 2022 and saw 1700 biking enthusiasts head to Tamworth to explore the region and celebrate the motorcycle lifestyle. Rally activities will include a show & shine and motorbike games, where riders compete in a series of novelty events showing off their riding skills, which all barbeque festival can enjoy.

 **Rise Up Imagine Family Day** – Sunday 29 September will offer a family focused day at the barbeque festival. More information to come on the kid friendly activities to be offered.

Find out more and buy tickets via [our website](#)



**Do you know a
person or
community group
who deserves
recognition?**

Maybe they have increased awareness and participation of sustainability practices, or perhaps

they have made a difference in the performing arts by thinking of innovative programs and strengthening existing ones, they might even have influenced excellence in visual arts by creating partnership or created more opportunities. Whatever they have achieved, nominate them for a Local Legend award today!

2024 Local Legends Awards

Awards will be presented at the Tamworth Community Centre in a presentation ceremony beginning at 10am Thursday 21 November, 2024. Awards are:

- Access Award (Individual)
- Access Award (Business or Community);
- Volunteer of the Year Award (Youth, 24 years and under);
- Volunteer of the Year Award (Adult, 25 to 64 years);
- Volunteer of the Year Award (Adult, 65 years and older);
- Excellence in Sustainability Award (Community and/or Individual);
- Excellence in Performing Arts Award (Community and/or Individual);
- Excellence in Visual Arts Award (Community and/or Individual);
- Community Inclusion Award (Community and/or Individual); and
- Local Legend of the Year.

Recognition:

- Gift of Time Recognition.

Nominations close Thursday, 17 October 2024 5:00pm

Nomination form on Tamworth Regional Council Website.

Barraba Library September School Holidays

Robot Soccer	Monday 30 September	2pm - 3pm	Barraba Library	8+	Call (02) 6767 5967
Wooden Dinosaur Craft	Tuesday 1 October	10:30am - 11:30am	Barraba Library	6+	Call (02)6767 5967 to book as places are limited
Create your own Snow Globe	Wednesday 2 October	10:30am - 11:30am	Barraba Library	6+	Call (02)6767 5967 to book as places are limited

Kids Helpline always there when needed most

Kids Helpline, a service of **yourtown** is reminding the community during National Child Protection Week that we all can play a part to promote the safety and wellbeing of children and young people. **yourtown** CEO Tracy Adams said that this year's child protection week theme of every conversation matters resonates strongly with all that Kids Helpline stands for.

"It's hard for children and young people to lead happy lives, if they are not safe. Current data has revealed that children and young people are contacting Kids Helpline in increasing numbers relating to child abuse as a common topic when reaching out to Kids Helpline counsellors. Up from one in fifteen in 2022-23 to one in fourteen in 2023-24." Ms Adams said: "Child abuse was the topic raised by 4,924 contacts to Kids Helpline counsellors in FY2023-24. This represented 7% of all Kids Helpline contacts over the twelve-month period. This translated to 1 in 14 contacts raising Child Abuse as a concern when connecting with a counsellor. A large proportion of emergency or crisis interventions by our counsellors related to child abuse, representing 30% of all 4,047 emergency interventions in 2023-24. An emergency intervention occurs when a counsellor engages with an external service (e.g. police, ambulance etc.) to assist children and young people who experienced harm from child abuse or who they believed were at risk of child abuse harm, over the same twelve-month period."

"Kids Helpline is committed to the safety and wellbeing of young people and knows that critical conversations may need to take place at any time. It is for that reason that Kids Helpline is there 24/7 at no cost to children and young people – it has become a vital safety-net within the child protection ecosystem" she said. "We need to acknowledge the courage that is shown by children and young people who reach out for support for themselves and for others. Ensuring that supports are provided in the ways that young people want to engage is key, and there is a need to ensure that there is no 'wrong door' to how that support is accessed. Our counsellors play a critical role in ensuring that support can be found when other services are closed or at capacity. Kids Helpline has developed a peer-to-peer social platform 'My Circle' where young people can have a positive and safe online experience with their peers, while being supported by a trained Kids Helpline moderator."

If we are to leave no child behind, then every opportunity must be taken to ensure the conversations about child protection is something that happens every day, and not just during Child Protection Week.

Barraba Childcare Centre Development Application approved

Tamworth Regional Council announced last week that it has approved a Development Application for a Childcare Centre at the old RSL Hall site in Queen Street. Details:

DEVELOPMENT APPLICATION:

Date Lodged 23/04/2024

Date Accepted 02/05/2024

Applicant Names Childcare Developments Group

Application Type Development Consent

Category Commercial Development

Sub Category (if applicable) Alterations & additions to commercial development, Centre based childcare

Description PAN-429723 - Change of Use, Alterations and part Demolition of Existing Building for the purposes of a Childcare Centre (70 children) with associated carpark and landscaping and Lot Consolidation (Lot 13 DP 663427 & Lot 13 DP 1164874)

Estimated Cost \$1,171,500.00

Date Determined 17 September 2024

Full details on the Tamworth Regional Council Website.



Kathleen Lila Heywood
"Kath"

4th August 1931 – 13th September 2024
Formerly of Barraba
Peacefully passed away
surrounded by her loving family
at Alblas Uniting Care, Tamworth
Aged 93 Years

Devoted wife of Max (dec'd).
Treasured mother and mother-in-law of Barbara & Phillip,
Heather, Doreen & Jim, Toni & Richard and Jacki & Rod.
Absolutely adored grandmother and
great grandmother of their families.
Cherished daughter of Archibald & Lillian Cleal
of Warialda (both dec'd).

The family and friends of the Late
Mrs. Kathleen Lila Heywood
are warmly invited to attend her
Funeral Service to be held in the
St. Laurence's Anglican Church,
Fitzroy Street, Barraba commencing at
2.00pm, Friday 27th September, 2024.
Following the service the cortege will proceed to the
Barraba Lawn Cemetery, Memorial Drive, Barraba.

Shawn Hamilton Funerals
125 MARIUS STREET
TAMWORTH NSW 2340 | 02 6766 1966





Golf Notes

Breast Cancer Research Golf Day

A very good attendance of players supported our Breast Cancer Research Golf Day on Sunday. Following on from a successful Barraba race-day Sunday's turnout shows what a wonderful supportive town Barraba is. Pleasing to say just under \$10000 was raised for Breast Cancer Research.

Players soon got into the spirit of the day with course medics Lachie Smith and Josh Freeman responding to many calls. Thank you to Steven Crossman who manned the busy bar.

Congratulations to our overall winners Craig Ruttley, Jock Mallise, Luke George and Campbell Bond. Runners up were Isaac Devine, Charlie Norton, Ally Smith and Josh Austin.

Thank you to Auctioneer Charlie Hart who ensured Breast Cancer Research were the real winners on the day encouraging spirited bidding amongst the good crowd.

Club Captain Ian Cabot thanked the trophy and auction prize donors and in closing he thanked the large field of players for again supporting what is now our annual Breast Cancer Charity afternoon. All in all, a wonderful day was had by everyone.

Next Sunday the 29th Sept is a 4BBB V Par for John Hartley and Tim Bucknell's trophy.

Pleasing to say Sophie Cusack, NSW Northern Region Golf coach will be conducting a ladies "Try Golf" lesson at the Barraba Club, 11am on Saturday October 12. You don't need to have your own sticks or balls, just come out and get the basics of trying golf.

A gentle reminder also to be thinking about your twilight golf teams starting on Friday 11th Oct.

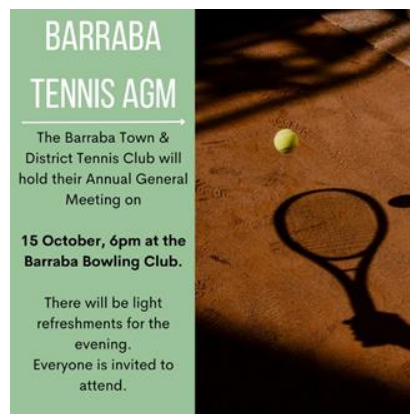
**Barraba Civilian and Military Rifle Club
AGM
Saturday 5th October 2024 at 11.00am
Barraba Rifle Range.**



BARRABA TENNIS CLUB NEWS

Barraba Town and District Tennis Club, with the newly resurfaced courts,

has a busy program coming up in October.



1). Barraba Town and District Tennis Club Annual General Meeting.

This will be held at 6pm on Tuesday 15 October 2024 at the Barraba Bowling Club.

To have a competition that everyone enjoys, the committee needs regular feedback from the players. So, rather than having a quick AGM on a competition night, we've decided to hold this year's AGM in the relaxing atmosphere of the Bowling Club, with refreshments provided. You can ask questions and talk about some ways of improving the competition; and have an enjoyable evening at the Club!

We would like all current and perspective Members to attend.

2). BARRABA TENNIS CAMP for juniors – *you need to book soon!*

Now's your chance to learn tennis from a fully qualified professional coach! For young people aged 4 to 16, coaching will be held on the Barraba Courts during the next school holidays.

Dates: 8 – 11 October 2024 (4 days), 9am to 12pm.

Cost: \$45/day or \$140 for four days. Family discounts available and Active Kids Vouchers accepted.

Contact: Coach Jarrod Campbell 0421 287 004.

3). 2024 TUESDAY NIGHT LIGHT COMPETITION – starting Tuesday 22 October

Nominations are now been taken for our regular Term Four competition.

To put your name down – contact Heath White 0427 070 374, or the Tennis Club Facebook page.



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Lyn Forbes' Pickles

Mustard Pickles

1 kg onions, chopped
1kg green tomatoes, chopped
1kg mixed vegetable, chopped, cucumber, zucchini,
capsicum, cauliflower etc
2lt white vinegar
2kg white sugar
200gm mustard
60gm turmeric
½ teaspoon cayenne pepper
1 cup plain flour

Cover the vegetables with 1 cup salt and water in a non-metal container and stand overnight.

Next day place in a boiler and bring to the boil, simmer until vegetables are tender.

Strain off brine, cover vegetables with vinegar and sugar. Bring to the boil and add dry ingredients which have been mixed to a paste with water and a little extra vinegar.

Boil 3 minutes, being careful that the mixture doesn't stick to the pan.

Bottle and seal while hot.

Tomato Relish

2kg ripe tomatoes
1kg onions

Skin tomatoes, chop onions and place in a non-metal container and sprinkle with ½ cup of salt. Stand overnight.

Next day strain off brine, place tomatoes and onions in a boiler with 1kg of white sugar and 1 Lt of brown vinegar. Bring to the boil and boil until thick and pulpy.

Mix ½ cup of plain flour, 1 tablespoon of mustard, 1 tablespoon of curry powder, 1 dessertspoon of turmeric and a good pinch of cayenne pepper to a smooth paste with water and a little extra vinegar. Add this to the mixture and bring to the boil for 5 minutes, stirring to ensure it doesn't catch on the bottom of the pan.

If you serve your kids
frozen pizza or chicken
nuggets for dinner, you are
a terrible parent...

I don't care how busy you
are, find the time to
microwave them.

From The Conversation

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.

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- My husband explaining bedtime to the kids**

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