



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 4th December 2024

**Ruby Mae's Wish
Christmas
MOVIE NIGHT**

When: Saturday 21st December 2024
Time: from 5pm (games etc. movie starting at 8pm)
Where: Barraba RSL & Recreational Club
Cost: \$10pp (inc. drink, popcorn & lollybag)
Dinner: Full dinner menu available with "movie" specials via the RSL kitchen

Purchase your tickets via the Ruby Mae's Wish website!
www.rubymaeswish.com.au

Gather up your family and friends, along with your favorite picnic rug and camp chair and join us for a heartwarming Christmas Movie Night. All proceeds from the night will be going directly to our Coastrek fundraising efforts for Beyond Blue & Ruby Mae's Wish.

NOTICE

The offices of PJK Law will close at 5pm on Friday, 20 December 2024 and reopen at 9am on Monday, 6 January 2025.

PJK LAW

149 Queen Street, Barraba NSW 2347

PO Box 14, Barraba NSW 2347

Telephone: (02) 6782 1103

Email: admin@pjklaw.com.au



The Vic

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- * Wine and cocktails.
- * Finger food available
- * Wednesday to Sunday
- * 11am to 9pm

Cnr Queen and Alice Streets
Barraba Phone 02 67825375



**Barraba High
Country Music
Musta**

Sunday 8th
December 2024.
12 to 4pm.
FREE ENTRY.
Walk-up artists
welcome.

Barraba Bowling Club



Are you looking for a pretty little doll for a Christmas present??
Phone Iris Ingles on 67821137 to arrange a time to view.



**BARRABA RSL &
RECREATIONAL CLUB LTD**

Phone 67821379
For the information of
members and guests.

THIS WEEK

THURSDAY 5th December

Bingo from 6pm

FRIDAY 6th December

RAFFLES Tickets on sale from 5.30pm

MEMBERSHIP DRAW \$1300

SUNDAY 8th December

ANGLER CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1600

HAPPENING SOON

Friday 13th December

HAM RAFFLES

Saturday 21ST December

Ruby Mae's Movie Night

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



**Barraba United Hospital
Auxiliary Update**

Money raised in town stays in town.

The Hospital auxiliary are please to let you know that the lounges and coffee table have arrived at the Barraba Health Service ready to be used by patients and visitors to the Health Service. The furnishings are part of a refurbishment program in the quiet room that the auxiliary is currently helping to finance.

Thank you for supporting our fundraising activities.



**Barnaby Joyce
makes further
urgent
representations on
behalf of the Atep Family.**

The Member for New England, Barnaby Joyce, yesterday personally handed additional representations to the Minister for Immigration and Multicultural Affairs, Tony Burke, seeking further urgent consideration of Ministerial intervention in relation to the plight of the Atep family at Bingara who are facing deportation on 13 December.

Mr Joyce said he sincerely hopes the many calls being made by residents in the Bingara community and the more than two thousand people who have signed a petition in support of the family remaining in Australia will be taken into consideration.

"The Atep family are being good citizens, paying their taxes and contributing to our nation and of course are accepted by the community, so let's see what we can do to help them," Mr Joyce said.

Mr Joyce hopes to receive advice from Minister Burke in the coming days and said he will continue to do what he can to help the Atep family remain in Bingara.

Letter to the Editor

On behalf of Jill Turland's family and myself I wish to thank all those folk who wished me well, offered any needed assistance and passed on verbally or by mail or email their condolences and messages of sympathy on the death of my beloved Jill.

I wish you all a Merry Christmas and may the New Year bring you every happiness.

Bryan W Barrass

Last week we dealt with the early days of the Sinclair/McKid families.

Catherine Sinclair, who came to Australia with her sister, Jean, to help with her orphaned nephews and niece, married widowed John McKid at Goulbourn on 21st August, 1851, and came to live at Barraba with her new husband and eight children. Two years later John and Catherine added another daughter, Mary Catherine McKid to the family.

This large blended family ranged in age from 16 years down to a baby and I am sure that Catherine appreciated assistance from her sister Jean, especially when John McKid died on 14th June, 1854, aged 46 years. He was buried with his former wife and brother in the old cemetery on the corner of Edward and Queen Street, Barraba.

The two older Sinclair boys were now well into their teens and began to take jobs such as droving cattle to the Hunter or in one case to Victoria. Daniel was the legal postmaster at Barraba in the late 1850's although his aunt often did the work as he was away droving. Catherine continued to run the store & hotel as well as look after her family and post office.

In December 1862, young James Sinclair married Jane Elizabeth McKid and it was not long before they added two daughters to the family. James and Jane were soon followed by several more marriages - Catherine McKid married for the second time. Her new husband was an Englishman business man, Edward Newton, who was some relation to Esther Hughes who had taken up a large slice of land to the north east of Barraba some 20 years earlier. Catherine's second daughter was born in this marriage.

There were now quite a lot of people in this McKid/Sinclair family and I wonder where they all lived - surely not in the old house, whose remains still stand, at the eastern end of Rodney Street.

Tragedy struck in February, 1875, when James Sinclair was killed in a horse accident out at Ironbark. He left a widow and five children - the youngest only two years old. The family managed to get his widow to be post mistress for a few years to provide an income. She remarried to Robert Munson 13 years later.

As the years passed the orphaned children grew up and married. Christina became Mrs Charles Quelch in 1876. Peter

Sinclair married Mary Innes McAdie and Daniel married Johanne Robson.

Three McKid children married - Jane married James Sinclair and then Robert Munson as mentioned above. Louisa married John Goodwin and lived down on the Horton River and John married Catherine Urquhart. Mary Catherine McKid (Minnie) married William Stephen Spencer and lived at Ironbark. Lizzie Newton married Frank Cheesbrough in 1890.

I wonder if anyone else has an ancestry as complicated as the McKid/Sinclair family. Dr Williams also married into this family via aunt Jean's daughter and there were a number of William's children including Charles Gordon and Percy Williams, both well known in Barraba.



FIRST LOOK AT TAMWORTH'S EXPANDED PALLIATIVE CARE UNIT

Work on Tamworth's upgraded Nioka Palliative Care Unit is continuing with health giving the community a first look at designs. Member for Tamworth Kevin

Anderson welcomed progress on the upgrade after he worked with local advocacy group Friends of Nioka to lock away the funds prior to the 2023 election.

"In 2022, I joined with Friends of Nioka in calling for an upgraded Nioka Palliative Care Unit that would better suit the needs of the Tamworth community," Mr Anderson said. "Following our strong campaign, it was very good news that in 2023, the former government committed to the project as part of the \$93 million World Class End of Life Care program. Work has been continuing on the upgrade under the current government and it's good news that we will see palliative care beds more than double in Tamworth."

Health has released artist's impressions that show the existing footprint of the Nioka facility will be extended, increasing the total number of palliative care beds from six to 12. The unit will feature six new palliative care bedrooms with ensuites, as well as shared spaces including staff areas and flexible outdoor spaces.

"I thank Health for their good work to progress this project, but I want to ensure they continue to consult Friends of Nioka, health workers, and the community as the project progresses," Mr Anderson added. For more information about the World Class End of Life Care Program, visit <https://www.hinfra.health.nsw.gov.au/projects/project-search/end-of-life-care-program>



A PREMIER ATTRACTION

Preliminary works will start next week for the Tamworth Regional Skywalk, a unique recreational experience 🚶 🚶 🚶

It will be supported by a \$14.3 million grant from the NSW Government that was awarded in March 2023, and \$3.7 million from Council's Regional Development Fund.

Minister for Regional NSW Tara Moriarty said: "We all know Tamworth for its country music and hospitality, but once completed, the Tamworth Regional Skywalk will provide another fantastic attraction for visitors and residents alike to take in the area's spectacular scenery."

Read more here www.tamworth.nsw.gov.au/skywalk



Youth Council Meeting Update

Here is an overview of the outcomes from Thursday 28th November 2024 Youth Council meeting:

- The Youth Councilors met with two representatives of the Tamworth Junior Business Chamber to discuss collaboration opportunities between the two parties. The Junior Business Chamber would like to work with the Youth Council to boost membership, enhance education surrounding youth employment opportunities and apprenticeships, and connect young people within the community. The Youth Council thanked the Junior Chamber members for their attendance at this meeting.

- Youth Council Mayor, Rory Davis, stated her appreciation for the Notice of Motion by Councilor Sutherland at Tamworth Regional Council's Ordinary Meeting on Tuesday 26 November to seek funding to support the development of the Chaffey Park Manilla Masterplan. As a priority, this would bring forward the investigation of funding opportunities for the development of a basketball/netball court. This project aligns with Tamworth Regional Council's *Wellbeing* pillar of the Youth Strategy Action Plan.
- Youth Councilors discussed and agreed on some priority projects for the incoming 2025 Youth Council. Some of the projects include supporting youth with mental health and addiction, expanding recruitment of new Youth Council members and increased public transport across the Tamworth region.
- Tamworth Regional Council will work with the Youth Councilors to promote the 2024/2025 Summer School Holiday Program. All programs are free and accessible to youth within the Tamworth region from 7 January to 5 February. These events and activities will be made possible through \$6,200 in funding from the Department of Primary Industries and Regional Development's Regional Youth – Holiday Break Grant Program.
- Youth Mayor Rory Davis and Youth Councilor Mia Elliot attended the first ever Youth Summit following an invitation to the Youth Council. Hosted by the NSW Government, Youth Councilors had the opportunity to chat to 11 current ministers, hear from guest speakers and discuss issues of concern to youth. Both Youth Councilors thoroughly enjoyed the summit and believed it was a great opportunity to meet with other passionate youth in both regional and metro areas of the state.

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Warialda Community Health will be offering Outreach Clinics in the local area throughout the months of November and December. The friendly nurses can provide the following services at the clinics:

- Weight, temperature, blood pressure, pulse, blood sugar and oxygen level checks
- Health and support information
- Some basic wound care
- Referrals to My Aged Care
- Basic foot care for non-diabetics
- Refer to a Medical Officer if needed for follow-up
- Refer to Podiatrist for Diabetic foot care
- Vaccinations as appropriate for Influenza, Tetanus, Whooping Cough and Diptheria
- Updating Patient/Client details in the Health System.

For more information, please phone 02 6728 9000.

WARIALDA COMMUNITY HEALTH

Outreach Clinics

Coolatai Hall | 5 November 2024 | 10am – 12pm
 Yetman Hall | 12 November 2024 | 10am – 12pm
 Gravesend Hall | 19 November 2024 | 10am – 12pm
 Croppa Creek Hall | 3 December 2024 | 10am – 12pm
 North Star Hall | 12 December 2024 | 10am – 12pm

TWO FARMING FATALITIES WITHIN 24 HOURS SPARKS SAFETY WARNING



SafeWork NSW is reminding people working on farms to take care when using side-by-side vehicles and quad bikes after two fatal incidents within 24 hours.

At 2.45pm Tuesday (26 November), a man was killed on a farm in Peelwood in the state’s south-east when the quad bike he was riding rolled over.

At 1pm yesterday (27 November), a farm manager drowned on a farm located between Orange and Dubbo, when the side-by-side vehicle he was driving rolled into a creek.

Since 2001, there have been more than 57 deaths in NSW from quad bike incidents. A further 21 people have died on side-by-side vehicles.

SafeWork NSW is urging those working on farms to manage the risks associated with quad bikes and side-by-side vehicles by:

- making sure the vehicle is appropriate for the task, the terrain and the rider,
- avoiding steep terrain,
- ride at a speed that’s suitable for the conditions,
- always wear a helmet,
- always wear a seatbelt in side-by-side vehicles, and
- have an operator protection device fitted on all quad bikes.

Businesses are reminded of their duty to identify hazards and manage risks to health and safety in accordance with the provisions of the Work Health and Safety Act 2011 and Work Health and Safety Regulation 2017.

For further information about quad bike and side-by-side vehicles visit the SafeWork NSW website: www.safework.nsw.gov.au/hazards-a-z/quad-bikes-and-side-by-side-vehicles/quad-bike-safety





Report shows focus on vegetation management lowers bushfire risk

Essential Energy has made significant inroads into managing vegetation that may cause a bushfire around its network of more than 1.4 million power poles, according to the latest electricity network safety report.

Following delays caused by continued wet weather in several regional communities, Essential Energy and its contracted service providers performed more than 120,000 trimming tasks and removed 14,767 hazardous trees during the 2023-24 reporting period.

The report says Essential Energy's focus on vegetation management backlogs following the impact of wet weather, particularly during major floods in 2022, made marked improvements in the safety of the network and the prevention of bushfires.

The vegetation management team's progress was also benchmarked favourably for efficiency and effectiveness with electricity utilities in Australia, North America and Europe.

There has been continued progress in the Bushfire Priority Zone Transition project, where Essential Energy partnered with the University of Melbourne to build on bushfire consequence modelling and reprioritise areas of the network with the highest consequence of a network-initiated fire. This helps establish the asset and vegetation inspection and maintenance programs that manage our high bushfire risk areas.

The risk of bushfires was further reduced with the completion of all 119,124 inspections of the network as part of the annual Pre-Summer Bushfire Inspection Program.

The report also highlighted the migration to a new asset management system which has strengthened Essential Energy's ability to efficiently analyse the condition of the network, including how often assets are inspected and when they should be replaced.

The new Enterprise Asset Management solution strengthens the organisation's ability to track, monitor and analyse data from network assets, along with improved integration with other systems. This significantly uplifts the capability to meet licence conditions, operate safely, and efficiently analyse the condition of the network.

Key aspects of this year's report include a continued reduction in the number of asset failures. This includes items

such as streetlighting and power poles, crossarms, insulators and conductor ties.

The 2023-24 Essential Energy Electricity Network Safety Management System (ENSMS) report details incidents, asset and vegetation management activities, the number of inspections undertaken, and remedial tasks identified and completed.

The report covers Essential Energy's operations to build and maintain one of Australia's largest electricity distribution networks, which services 890,000 customers across regional, rural and remote communities. The network traverses 737,000 square kilometres of landscape from the desert to the coast, across alpine to sub-tropical.



Is your Christmas shopping under control?

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!





Being funny at work is a delicate balance of being just funny enough to entertain your coworkers but not so funny that you get sent to HR.

ANGLICAN CHURCH TIMES
St Laurence's Barraba
 Sunday service at 10.00am
Christmas Services:
Woodsreef:
 Sunday 8th Dec 11.30am.
 Bring lunch to share.
Bereen:
 Sunday 15th December, 6pm.
 Bring a plate of food to share.
St Laurence's:
 Sunday 22nd December, 5pm,
 Carols on the church lawn
 (including BBQ and kids activities). There will be no service at 10am.
 Tuesday 24th December, 8pm,
 Traditional Communion Service.
 Wednesday 25th December, 9am
 All ages Christmas Service.

CATHOLIC CHURCH TIMES
 Barraba 1st Sunday of the month, Saturday evening Mass 6pm
 All other Sundays 9am
 Mass on Christmas Eve 8.30pm

BARRABA UNITING CHURCH NOTICES
 Sunday 8th December 2024 at Barraba
 10:45am for all services.
 All Welcome.

In Memoriam
James Oscar Rodger
4.12.27 - 5.12.2020
 A light from our household is gone
 A voice we loved is still
 A place is vacant in our hearts
 That can never be filled
 Loved and remembered every day
 Bev, David, Phillip, Michael and families



Golf Notes

It was a rain affected twilight last Friday where the early birds stayed dry and the others either toughed it out or retired to the comfort of the clubhouse. One of those that toughed it out was Neil Smith who wins the chook with a very good 24 points. A great effort in the conditions. Balls went to Dusty Hiscock and Bill Simpson with 21, Summy 20 and Paul Grigg, Kevin Smith and Charlie Cordingly on 19. With three weeks to go Next Gen leads with 199, followed by Stock and Crop 191, Who gives a Put 189 and Eagle Hunters on 183.

Because I make the rules, I think I just made another one.

We are basically a 4.00pm Friday Twilight Comp. Have no problems when people play early. A couple of weeks ago the course was unplayable and so it was a washout - no-one scores.

This last week was not a washout as the course was playable but alas uncomfortable to play in. Earlybird's had an advantage.

Soo - for those that turned up and got started and didn't finish I have averaged their previous scores and made that their score. Fair enough?

Cheers Ian

The month is disappearing fast and Christmas is only a few weeks away.

If you wish to advertise your Christmas greetings, opening and closing dates to your customers or members please contact us to book some space in our last edition for 2024 on the 18th December.

Contact Bronwyn on 0447165008 or email news@barrabacommunitynews.org.au to discuss your needs.

We're live on the web

Now you can get the local news updated more frequently by going to

www.barrabacommunitynews.org.au

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The beach is an amazing place to teach kids about science. Here are 3 things to try this summer

Chris Speldewinde, Research fellow, Research for Educational Impact Institute, Deakin University

Summer is a wonderful time for families to go the beach and for small children to get to know the water and the sand.

But aside from being a place to relax, my new research shows how the beach provides many ways to teach young children about science.

My 'beach kinder' research

I research science, technology, engineering and mathematics (STEM) learning in bush kinders. These are programs where preschool children regularly go into the natural environment with their daycare centre or kinder/preschool, to gain an appreciation for nature.

Educators do not take any toys, balls or games, so children are reliant only on what is available in nature for play.

Bush kinders often happen in parks, forests and gardens but educators and researchers are increasingly looking at the benefits of education around beaches. These "blue spaces" provide children with wide open spaces to learn through play.

But so far there has been little research on educational benefits of beach learning in early childhood settings.

Last year, I observed a "beach kinder": where childhood educators and four- and five-year-old children went to the beach along Victoria's Surf Coast. They were spending between three and five hours per week at the beach for a term as part of their regular kinder/preschool program.

What I noticed was how many opportunities the beach provides to teach little kids about science. Here are three examples families can try on their next visit to the beach.

1. Rockpool life

When the tide is low, the ocean can expose a wide range of plant and animal life. Small fish, crabs, starfish, sea plants and maybe even an octopus can be found in rockpools. You can ask your child:

How many different animals can you see?

You can also search for barnacles that look like small volcanoes or periwinkles – the little snails that live in the splash zone. You can talk about how animals can sometimes

be very small or hiding – just because we can't see them does not mean they are not there.

You can talk to children about how these small animals survive as the tide rises and falls. For example, crabs bury themselves in the sand away from the water or other types of shellfish can shut their shells tightly to keep the water out. If possible, gently lift one for a look and then replace it just as gently.

You can explain life cycles and simple biology as you walk among the rockpools. For example, sea turtles lay their eggs on sandy beaches, then the baby turtles make their way to the sea where they mature into adults.

2. Sticky sand

Sand is an amazing thing to play with and it changes, depending on where you are on the beach.

Far away from the waters' edge, have your child take a handful of dry sand and watch what happens as it slips through small hands. Walk closer to the water and do the same thing. Ask your child:

Have you ever wondered why dry and wet sand are so different?

You can explain how the water in the sand actually acts like glue, making the sand grains stick together. This lets us talk to young children about chemistry and how different materials interact with each other.

Try making sandcastles with wet sand and dry sand and see the difference.

Is one version harder to work with than the other other? What happens if you mix wet and dry sand together?



Kids can compare what it is like to build with different types of sand.

3. Watching the waves

The waves can teach us about floating, sinking and the force of water.

Children can have a lot of fun using pieces of seaweed or small sticks as boats, letting them bob up and down on small waves. They can even have “seaweed races” learning about how waves can move materials around.

Sea waves and ocean currents are really important as some marine animals such as dolphins and turtles use waves to move around. In fact, some animals migrate thousands of kilometres to and from breeding grounds.

You can then replace the seaweed pieces with shells and ask your child to observe what happens:

Why does the seaweed stay on top of the water, but the shell goes underneath?

Talk about how the shell is heavier than the water and so will sink. This helps them understand the physics of floating and sinking as well as the patterns associated with wave motion.

This summer when you’re at the beach, think about all the science happening around you. This could include the animals and habitats you encounter, as well as all the many, changes things happening with the sand and surf.

Tamworth Region Tourism Focus Groups

The Tamworth Region team has been traveling to revive the Tourism Focus Groups, inactive since before COVID-19. These Focus Groups are ongoing collaborative sessions, where we discuss and develop ideas and opportunities for tourism.

Key themes from the seven groups include creating more art, murals, and sculptures; developing travel itineraries around history, heritage, natural landscapes, and specific recreational groups like motorcyclists; and increasing the surveying and sharing of visitor economy statistics.

Focus Groups are held in:

- Barraba
- Manilla & Attunga
- Bendemeer
- Kootingal & Moonbi
- Nundle
- Tamworth
- Dungowan, Piallamore & Loomberah

Community engagement is at the heart of these efforts. If you’re interested in contributing your ideas, register here: Tamworth Tourism Focus Groups.

Community involvement is essential, so if you'd like to contribute, register here:

www.tamworth.nsw.gov.au/about/forms/tourism-focus-groups The next round of meeting dates will between 6-10th January 2025.

From The Conversation

Stickers and wristbands aren’t a reliable way to prevent mosquito bites. Here’s why

Cameron Webb, Clinical Associate Professor and Principal Hospital Scientist, University of Sydney

Protecting yourself and family from mosquito bites can be challenging, especially in this hot and humid weather. Protests from young children and fears about topical insect repellents drive some to try alternatives such as wristbands, patches and stickers.

These products are sold online as well as in supermarkets, pharmacies and camping stores. They’re often marketed as providing “natural” protection from mosquitoes.

But unfortunately, they aren’t a reliable way to prevent mosquito bites. Here’s why – and what you can try instead.

Why is preventing mosquito bites important?

Mosquitoes can spread pathogens that make us sick. Japanese encephalitis and Murray Valley encephalitis viruses can have potentially fatal outcomes. While Ross River virus won’t kill you, it can cause potentially debilitating illnesses.

Health authorities recommend preventing mosquito bites by: avoiding areas and times of the day when mosquitoes are most active; covering up with long sleeved shirts, long pants, and covered shoes; and applying a topical insect repellent (a cream, lotion, or spray).

I don’t want to put sticky and smelly repellents on my skin!

While for many people, the “sting” of a biting mosquitoes is enough to prompt a dose of repellent, others are reluctant. Some are deterred by the unpleasant feel or smell of insect repellents. Others believe topical repellents contain chemicals that are dangerous to our health.

However, many studies have shown that, when used as recommended, these products are safe to use. All products marketed as mosquito repellents in Australia must be registered by the Australian Pesticides and Veterinary Medicines Authority; a process that provides recommendations for safe use.

How do topical repellents work?

While there remains some uncertainty about how the chemicals in topical insect repellents actually work, they appear to either block the sensory organs of mosquitoes that drive them to bite, or overpower the smells of our skin that helps mosquitoes find us.

Diethyltoluamide (DEET) is a widely recommended ingredient in topical repellents. Picaridin and oil of lemon eucalyptus are also used and have been shown to be effective and safe.

How do other products work?

“Physical” insect-repelling products, such as wristbands, coils and candles, often contain a botanically derived chemical and are often marketed as being an alternative to DEET.

However, studies have shown that devices such as candles containing citronella oil provide lower mosquito-bite prevention than topical repellents.

A laboratory study in 2011 found wristbands infused with peppermint oil failed to provide full protection from mosquito bites.



*Mosquitoes are a common pest during warmer months.
Cameron Webb/NSW Health Pathology*

Even as topical repellent formulations applied to the skin, these botanically derived products have lower mosquito bite protection than recommended products such as those containing DEET, picaridin and oil of lemon eucalyptus.

Wristbands infused with DEET have shown mixed results but may provide some bite protection or bite reduction. DEET-based wristbands or patches are not currently available in Australia.

There is also a range of mosquito repellent coils, sticks, and other devices that release insecticides (for example, pyrethroids). These chemicals are primarily designed to kill or “knock down” mosquitoes rather than to simply keep them from biting us.

What about stickers and patches?

Although insect repellent patches and stickers have been available for many years, there has been a sudden surge in their marketing through social media. But there are very few scientific studies testing their efficacy. Our current understanding of the way insect repellents work would suggest these small stickers and patches offer little protection from mosquito bites.

At best, they may reduce some bites in the way mosquito coils containing botanical products work. However, the passive release of chemicals from the patches and stickers is likely to be substantially lower than those from mosquito coils and other devices actively releasing chemicals.

One study in 2013 found a sticker infused with oil of lemon eucalyptus “did not provide significant protection to volunteers”.

Clothing impregnated with insecticides, such as permethrin, will assist in reducing mosquito bites but topical insect repellents are still recommended for exposed areas of skin.

Take care when using these products

The idea you can apply a sticker or patch to your clothing to protect you from mosquito bites may sound appealing, but these devices provide a false sense of security. There is no evidence they are an equally effective alternative to the topical repellents recommended by health authorities around the world. It only takes one bite from a mosquito to transmit the pathogens that result in serious disease.

It is also worth noting that there are some health warnings and recommendations for their use required by Australian Pesticides and Veterinary Medicines Authority. Some of these products warn against application to the skin (recommending application to clothing only) and to keep products “out of reach of children”. This is a challenge if attached to young children’s clothing.

Similar warnings are associated with most other topical and non-topical mosquito repellents. Always check the labels of these products for safe use recommendations.

Are there any other practical alternatives?

Topical insect repellents are safe and effective. Most can be used on children from 12 months of age and pose no health risks. Make sure you apply the repellent as a thin even coat on all exposed areas of skin.

But you don’t need “tropical strength” repellents for short periods of time outdoors; a range of formulations with lower concentrations of repellent will work well for shorter trips outdoors. There are some repellents that don’t smell as strong (for example, children’s formulations, odourless formulations) or formulations that may be more pleasant to use (for example, pump pack sprays).

Finally, you can always cover up. Loose-fitting long-sleeved shirts, long pants, and covered shoes will provide a physical barrier between you and mosquitoes on the hunt for your or your family’s blood this summer.

Starting to think about Christmas lunch or dinner? Here's a couple of recipes, quick, simple and will make your life easy on Christmas Day. Just add a green salad – lunch done, family happy.

Baked Ham with Orange and Mustard Glaze

From The Free Range Butcher



Step 1:

Order your ham from Freeman's Butchery to be sure they don't run out. The ham is already 'cooked' (this is what happens during the smoking process) so there's no need to do anything with it if you don't want to... but if you do, here's a lovely glazed baked ham recipe.

Ingredients:

- 1 cooked leg of ham
- Zest and juice of 1 orange
- 2 tablespoons Dijon or grain mustard
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons dried cloves

Method:

- Preheat oven to 180°C (or 160°C fan forced).
- Combine grated orange zest, orange juice, mustard, sugar and cinnamon.
- Remove skin from ham and score fat in a diamond shape.
- Press a clove into the centre of each diamond shape.
- Spread glaze over ham.
- Bake for up to 2 hours, basting every 20 minutes.

Sweet potato and coconut gratin dish



Main Dish

The best side dish to combine with fish or meat! An easy and tasty recipe.

Ingredients

- 2 big sweet potatoes (2.2 lbs)
- 1 red onion
- 1 + 2/3 cup coconut cream
- 2 Tbsp curry
- Salt
- Pepper

Preparation

Step 1:

Peel and dice the sweet potatoes and red onion.

Step 2:

Steam these ingredients.

Step 3:

Put the cooked onion and sweet potato in a large dish.

Step 4:

Combine coconut cream with curry salt and pepper. Pour this mix into the gratin dish.

Step 5:

Bake for 15 minutes at 390°F (200°C). And there you are, your sweet potato and coconut gratin is ready!