



Put 'em up in style

photos by Emily Hanlon

There's new accommodation in the centre of town, full of art, eclectic character and ambience just like Braidwood itself. Paydirt Travellers' Rooms provide short-stay accommodation for up to four people. The stunning self-contained residence occupies the second floor of the historic Muttons building, overlooking Wallace Street from a generous balcony and accessed via a lush rear-lane courtyard.

The Travellers' Rooms are perfect for those passing through on a summer road trip, or settling in for a couple of nights in Braidwood. If you're a local with visiting friends or family, then this is the place to put them up while you show off Braidwood's best. And what visit would be complete without dinner, lunch or street side dumplings from Paydirt Eatery, just down the road.

Now is the time to book your festive season soirees at the Eatery, or pick up a gift certificate. When it comes to fine dining, and now accommodation, Paydirt's unpretentious, personalised approach leaves you free to engage with good food, good conversation and one another.

The way it should be.

PAYDIRT EATERY

Lunch – Thursday to Sunday 12 pm - 2 pm
Dinner – Thursday to Saturday 6 pm - 8 pm

Cash only/BYO

Find us at the Braidwood farmers market for dumplings and things

Keep an eye out for our extended summer trading hours

108 Wallace Street
 Braidwood
 0404 026 616



BAN THE BURNING



SUN-WISE DUDES WITH HATS — BROAD-BRIMMED IS BEST.

Common sense in the hot weather

Good advice from Bente Hart

Sunscreen:

Sunscreen is a great way to protect skin exposed to the sun in summer, but to be effective it must be applied correctly. Most people do not apply enough sunscreen or often enough when in the sun.

One thing also to keep in mind is that you should not rely on sunscreen alone to protect you from the sun. During the day when you have to protect yourself from the sun, the use of sunscreen should be combined with sun-protective clothing, a broad-brimmed hat that protects the face, head, neck and ears and sunglasses. If possible also seek shade. Sunscreen should be applied 20 minutes before going into the sun. This gives the cream time to dry into the skin. Always reapply every 2 hours (no matter what the label says) and more often if swimming or sweating a lot. Note, no sunscreen is water or sweat proof, only resistant and they will still come off when towel drying. To maintain full effect products still need to be re-applied every 2 hours.

To ensure you apply enough sunscreen you need to apply (this is for average-sized adult) over half a teaspoon (3mL) to each arm and the face/neck (including ears). For each leg you should apply over 1 teaspoon (6mL) and the same amount for the front and for the back of the body. So if you are going to apply sunscreen to the whole body you should expect to use 35mL (for an average-sized adult).

Many people do not apply enough sunscreen and forget to re-apply every 2 hours. Therefore they often only get half of the protection stated on the product.

It is also important to ensure that you use a sunscreen that is in date as they are only able to stay viable for 3 years, and then they begin to lose effect. So always start the season with checking the expiry date on your sunscreen and replace as needed. But if you use your sunscreen as recommended you should not have any old ones sitting around.

If you have a smartphone, a great app for summer is the

Professional services available at Braidwood Pharmacy:

- Medication packing using Webster system (an aid to help you manage your medication)
- Scripts on file
- MedAdvisor App that helps you order and manage your scripts on file by use of your phone or computer
- Home Medication Reviews (on referral from your doctor)
- Medication profiling using MedsCheck (development of a medication list and detection of potential problems)
- NDSS supplies (diabetes)
- Blood pressure monitoring
- Return of Unwanted Medications (RUM project)
- Leave of Absence certificates
- Supply of medication for Hepatitis C treatment

BRAIDWOOD PHARMACY

Our community matters

Julie Ballard & Bente Hart

Mon – Fri 9 am - 5.30 pm
 Saturday 9 am - 12.30 pm

SunSmart app. This app can give you push notifications on when to apply sunscreen during the day – you set the app to the area you are in. The app can also help remind you to re-apply sunscreen and calculate how much sunscreen to apply.

For more information we recommend the website sunsmart.com.au

Prevent dehydration and heat-related illness

It is important to stay well hydrated in the hot weather to prevent heat-related illnesses. This can particularly be an issue for the older population as it is common for our sense of thirst to lessen as we age. This means that we may not feel thirsty even in hot weather. So make sure to drink enough fluids such as water or diluted fruit juice. Other good rehydration fluids are formulations such as Hydrolyte or Gastrolyte that help rehydrate the body – always ensure that you make these up according to the manufacturer's directions. It is best to drink smaller amounts regularly than a large amount at once.

Drinks that are NOT recommended for rehydration is soft drinks, coffee, tea, alcohol-containing beverages and 'energy drinks' as these contain ingredients which are dehydrating.

Signs of dehydration can be thirst, reduced urination, dizziness, feeling faint or weak, which can lead to falls, increased sweating, headache, muscle cramps and nausea. Also be aware that some medications and medical conditions can increase your risk of heat related illness.