



several damp and foggy seasons. He moved his family to Sydney and, ever entrepreneurial, built a new wooden mill at the promising town of Wallendeen near Wagga. This mill unfortunately promptly burnt down and was immediately rebuilt, then burnt down a second time. Dransfield was in the process of

rebuilding the Wallendeen mill the second time when he contracted typhoid from drinking water. He had just time to catch the train home to Sydney before he passed away. His family retained both the Jembaicumbene Steam Flour Mill, and the Wallendeen Mill, until 1920. Today, the Jembaicumbene mill is

undergoing a new lease of life with its owners Antony Davies and Andrew Gow. After substantial research and archaeological study, the mill, farmhouse and historic outbuildings have been beautifully restored and the property is open from April 2017 with a variety of exciting activities for visitors.



# Burns

Bente Hart runs through how to manage simple small burns at home.

It is not uncommon for people to suffer burns from things around the home or property. Things such as the oven, pot handles, hot food or fats, hot water, fires, heaters, electric blankets and the iron are all culprits.

The vast majority of minor burns occurs around the home, but most burns sufferers don't know how to treat a burn correctly.

First of all the best treatment is prevention — so consider these things:

- ✓ Use oven mitts that go well up the forearm.
- ✓ Turn pot handles away from the edge of the stove.
- ✓ Keep all hot liquids well out of reach of small children.
- ✓ Eat hot food at the table not from the lap.
- ✓ Keep kettle and iron cords out of reach of children.
- ✓ Do NOT throw water on burning hot oils — use a lid, fire blanket or a wet towel and leave to cool. Do not remove cover.
- ✓ Use fire screens around fires and hot heaters.
- ✓ Turn off electric blankets before you go to bed.

**If you or someone with you is burnt, these are the immediate actions to take:**

**REMOVE:**

- Remove yourself and others from danger.
- Remove any clothing and/or jewellery from the affected area (if not stuck to the burn site) to allow effective cooling of the burn.

**COOL:**

- Cool the burn under cool (not icy-cold) running water for at least 20 minutes. This does feel like a long time, but it will make a difference to the recovery from the burn. Two to five minutes is not enough! The treatment with cool water should preferably start immediately — the sooner the better to stop the burn. This can mean that you may be treating with cool water while removing clothing and jewellery. This also stops the burn from going deeper into the skin.
- If clean running water is not available use a hydrogel such as Burnaid Gel or wet two cloths and alternate them on the burn every two minutes.
- Do NOT use ice, butter, toothpaste, creams or ointments as these may make the burn worse.

**COVER:**

- Cover with a hydrogel such as Burnaid or Solosite to help relieve pain.
- Do NOT burst any blisters — leave them intact and cover with a film like Opsite to prevent them from breaking.

## LOTS OF WATER ASAP

- Cover with clean dressing
- Seek medical assistance if clothing is stuck to the burn site or the burn is bigger than a 20c piece.

Types of burns:

- Superficial burn (eg. sunburn). Damage has only happened in the top layer of skin (epidermis). The burn site will be red and painful.
- Superficial partial thickness burn (eg blister burn, where the blister may have burst). There will be damage to the top layer of skin and some damage to the second layer of skin. The burn will be red, blistered and swelling with clear or yellow-coloured fluid. The burn will be very painful.
- Deep partial thickness burn (eg a burn where the outer layer of skin peels off). There will be damage to the top two layers of skin (epidermis and dermis). The burn will be peeling, blistered and swelling with clear or yellow-coloured fluid leaking from the skin. The burn will be very painful.
- Full thickness burn — involves damage to both the first and second layers, plus the underlying tissue. The burn site generally appears black or charred with white exposed fatty tissue. Very deep burns may damage the underlying muscle or bone. The nerve endings are generally destroyed and so there is little or no pain at the site of the full-thickness burn. However, surrounding partial thickness burns will be very painful.

Burns that are superficial or superficial partial thickness usually heal without the need for surgery. Dressings are applied until the skin heals spontaneously — this can take 7–10 days and it is best to leave the dressing in place without change if the blister has not burst. Whether any scarring will occur largely depends on how deep was the burn. Deep partial thickness burns and full thickness burns always needs medical attention. Also any blisters larger than a 20c piece for superficial partial thickness burns should have immediate medical attention.

**EVERYTHING STOPS FOR TEA**  
A selling exhibition about Tea & Society

April/May 2017  
check website for details



Wheatfield Gallery  
Mill Pond Farm  
660 Majors Creek Road  
Jembaicumbene  
telephone 0438 126 987  
Open Saturdays & Sundays  
10.00am - 4.00pm

[www.millpond.com.au](http://www.millpond.com.au)



The exhibition will include an exceptional find — an early Australian Colonial tea caddy made at the 1803 Port Phillip camp in Victoria by a convict for the Governor of the Port Phillip Expedition, the first settlement on the southern part of the Australian continent.

This tea caddy has been the subject of twenty years of exhaustive research which shows it to be the oldest, and possibly the first, Colonial item made in Victoria. Its remarkable early Colonial history makes it one of the most valuable antique tea caddies in the world.

**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**

**Julie Ballard & Bente Hart**

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