



Bags you do it

Amanda Burton and Anne Robinson are part of a world-wide movement to reduce disposable plastic waste.

Amanda leads off ...

Suppose it really took off with me and my friend Susan when we used to go out to the Braidwood tip for a bit of a scavenge. Then we got into trouble and we stopped doing that. But seeing all the fences around the tip just encased with plastic bags, we thought, "Well, what can we do?"

Then Boomerang Bags popped up on Facebook and we thought, "Yeah, let's do it."

Susan and I had just made six bags and printed them but I think it was Karuna that really gave us a kick up the bum and got us to the stage of, "Okay, we're really doing this."

Boomerang Bags was started on the Gold Coast by two women — now it's worldwide. They won a community award for the idea of Boomerang Bags and it's just taken off from there.

We don't need money, we've got donations of loads of material, T-shirts, all sorts of things. That's what's wrong with everything these days. It doesn't always need money thrown at it all the time.

It just needs people to say, "Okay, I've got a metre of fabric. I'll make a bag and I'll drop it off at Amanda's and she

can print it for me, and that can go in the bin at Provisions, or IGA, or whatever."

We've done a pattern that Anne will be putting up on the Facebook page — Plastic Free Braidwood. It's a simple bag with straps or whatever you want — it doesn't really matter. Even if you made just a simple little bag, that's great.

Anne: We're just working on now setting up a few workshops.

Amanda: The quilt ladies are going to do the workshop side of things. They've got loads of fabric too so they're going to get together and do some workshops on a weekend, maybe Saturday or Sunday, if people can come down and do it. And we also want to do some free beeswax wraps workshop as well. We just want to do it because it's the right thing to do.

Anne: At the official launch in July, we'll have a little workshop area set up and beeswax wraps and the like. Our official launch is going to be hosted by Landcare. Upper Shoalhaven Landcare is a big supporter and they'll be helping us.

A beeswax wrap is a reusable wrap

FICKLE PICKLERS CHRISTINA JAGUSIAK AND COLIN McLEAN WITH BOOMERANG BAG LADIES ANNE ROBINSON AND AMANDA BURTON.

that, instead of using plastic wrap or cling wrap or foil, you can wrap the beeswax around the container and when it goes cold in the fridge, it goes hard and sets and keeps the air out of the food. They're pretty good.

Amanda: It's just a sandwich maker, some beeswax, and a bit of material. That's all it takes. I put my bit of material on the sandwich maker, and then I get my big block of beeswax and I melt it into the material on the sandwich maker, and there's my beeswax wrap. I put it over bowls and the heat of my hands presses around the beeswax wrap and that makes it the shape of the bowl. Perfect — it's beautiful.

Anne: They sell them at Provisions too. There is a local lady who makes them so you can buy them as well as make them. With a Boomerang Bag the idea is that you can bring it back on the next trip. But shoppers can also keep it if they want to.

There's not going to be any policing of bringing back bags. Basically, if we can get people to like using them, and they want to keep them and keep reusing them, then that's fine with us because that's the whole point.

We'll just make some more bags out of recycled material and put some more bags out there. The idea is to get them spread around the town so that everybody can see everybody else using them. ■

A common cold or the flu?

Bente Hart wraps us up

The flu and the common cold are caused by viruses. In general the flu symptoms are more severe than the ones from a cold. It is important to be aware that a virus cannot be treated with antibiotics. Antibiotics only kill bacteria and are only of use if there is a bacterial infection. Do not expect your doctor to prescribe antibiotics for the common cold or for the flu. Antibiotics will only be relevant if there is a secondary bacterial infection. Possible symptoms of the common cold and the flu — you may only get some symptoms:

The common cold	The flu
<ul style="list-style-type: none"> • A stuffy or runny nose • Sneezing • Sore throat • Cough • Headache • Red eyes • Swelling of lymph glands • Fever (occasionally) • There may be loss of appetite and, sometimes, nausea and some vomiting. 	<ul style="list-style-type: none"> • Sudden appearance of a high fever (38°C or more) • A dry cough • Body aches (especially in the head, lower back and legs) • Feeling extremely weak and tired (and not wanting to get out of bed). • Chills • Aching behind the eyes • Loss of appetite • Sore throat • Runny or stuffy nose.

The Common Cold

There is no cure for the common cold; the virus has to run its course. A cold will naturally resolve in 7-10 days. Some people may feel that they have had a cold for weeks, but what is happening is that they contract one cold virus after the other. As there exists over 200 different cold viruses and each one is slightly different, the immune system has to fight off each individual cold virus and become immune to it. The cold is very common and usually children get about 5-10 colds per year and adults 2-4.

The treatment for the common cold is purely to make you feel better. There is no such thing as trying to stop it or 'nip it in the bud' by taking cold and flu tablets. If you find that you want Cold and Flu medication to treat your symptoms, always ask if the medication is appropriate for you. There may be interactions with other medication you are taking for other medical conditions you have. Also take great care to not double dose on any medication. A common problem is Paracetamol, which is found in many other remedies, and you may not notice that you are double dosing, so always ask.

Take note that general cold and flu medicine should not be given to children under 6 years of age.

The Flu.

Flu is a viral infection of the respiratory tract. The best treatment is prevention. The flu can be prevented with a flu vaccination and you cannot get the flu from the

vaccine. If you get sick after a flu vaccination it is more likely to be a cold and coincidental. A flu vaccination will prevent the most common flus in a given year. Other prevention involves good hygiene practice, such as washing hands and sneezing or coughing into a tissue that then is disposed of.

Symptom treatment is the same as for the common cold. Paracetamol for aches and pains and some fever reduction. Remember that fever has a purpose, it is the body's way of killing of the infection. The flu usually has a duration of 5-8 days being at its worst at about day 2-3. Some symptoms, like cough and tiredness, can last for up to 2-3 weeks and some people can have a dry cough for up to 6 weeks after the virus.

Non-medical things you can do to relieve symptoms:

- Rest — stay home and get over the virus, do not go out and share it.
- Drink plenty of water and other non-alcoholic drinks. You will feel worse if you get dehydrated. Rehydration fluids like Hydralyte or Gastrolyte may help.
- Avoid smoking and exposure to cigarette smoke.
- Inhale steam in the shower to help relieve a blocked nose. You can also use a vapouriser to help increase the humidity in the air and this may be able to have essential oils added to the water to relieve a blocked nose.

Things to do to soothe a sore throat:

- Gargling with Betadine (Iodine) gargle.
- Sucking on anaesthetic throat lozenges. These can numb the throat and reduce pain. Or if less painful, use a basic throat lozenge to just 'coat' the throat.

In the end it is important to stay home and rest to help the body get over the infection. A 1-2 day leave certificate can be obtained from a pharmacy, but if a longer time is needed then it would also warrant a visit to a doctor. In all cases if symptoms persist or you are getting significantly worse it is important to seek medical help from a doctor. ■



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