




# BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 22<sup>nd</sup> September 2021

  
**Royal Flying Doctor Service**  
SOUTH EASTERN SECTION

## Pop-Up vaccination clinic

**Barraba**  
Bicentennial Hall, Bridge Street  
Friday 1st October, 2021  
10.30am-3.30pm

This is a Pfizer vaccination clinic only and is for everyone aged 12 years and above.  
Either first or second dose.  
The RFDSE will return for the 2nd dose in 3 weeks.

Ensure you have your medicare card on the day.  
Remember to socially distance, wear a mask and follow all NSW Government's rules and regulations at all times.

Bring a hat and water. No bookings necessary.

See more Pfizer vaccination options in Upper Horton, Manilla and Tamworth on page 12

THE AGM OF THE SHOWGROUND MANAGEMENT COMMITTEE WILL BE HELD ON TUESDAY 28TH SEPTEMBER 2021, 6 PM AT THE BOWLING CLUB.  
D.ROBERTS, SECRETARY

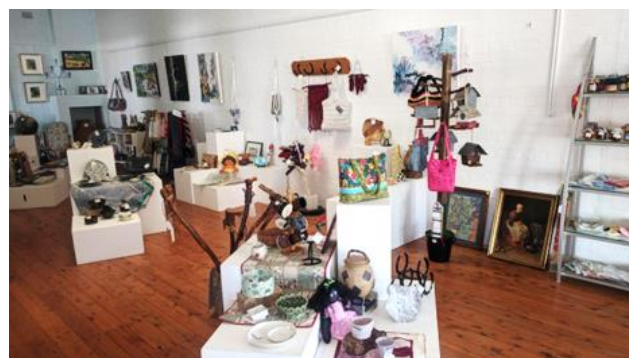


## Claypan Corner

We're pleased to announce the Claypan and Fuller Gallery are now open for sales, regular weekly activities and workshops now lockdown is lifted. Come in and browse the new display in preparation for our Spring Festival.

Whilst the doors have been closed work on renovations and repairs have been undertaken, thanks to Allan Yates. The back area is very close to completion and will provide an excellent work area for pottery, art, other crafts and visiting workshops. We look forward to landscaping the backyard to compliment the building upgrade.

As soon as lockdown lifted Mandy and Annie went to work revamping the Gallery display with new items made by locals and some other regional exhibitors. A very big thank you to Judy and John for reinstating order to the kitchen after the skirting boards were replaced.



Some of the potters will meet on Wednesday morning for a cuppa with Bev Sadler to thank her for her support over the years and to wish her well for her move to the Sunshine State.

## History Notes

This week the society has had a chance to have a small meeting. There was not a lot to discuss but it is always great to have a gathering, however small. The markets might be on in October – we just hope there are no more lock-downs. The date will be the 9<sup>th</sup> and there have already been some enquiries for stalls. Also coming up in October is the Annual General Meeting – hopefully we will be able to hold that as well.

The search continues re the Bowling Club building. Having been right through the 1960 Chronicles it seems that the replacement of the first club was in 1959 and hopefully the newspaper report will be found before too long.

While reading through the 1960 newspapers I came across an article on the Cobb and Co. Coaches. Although the author of this article mentions a coach route down the Horton valley, there is real doubt that there was a coach route there although there was definitely a mail route by horseback.

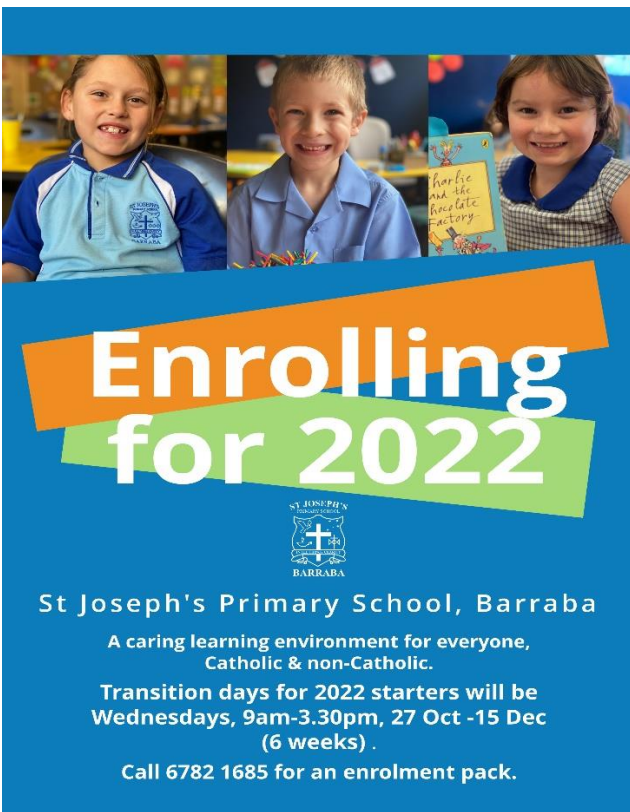
The first records of a coach service from Tamworth to Warialda concerns Wilkinson and Bowden in 1872. This service would have replaced the mail by horseback service to Warialda which ran for many years although I doubt it was running in the late 1840s and 1850s as mail was often carried by landholders and travellers passing through the district e.g. George Galley had mail with him when he died just north of Bingara in 1854.

The contract price for Wilkinson and Bowden rose to 1375 pounds (\$2750) in the 1890s. This was rather an uncertain time for the Wilkinsons – they took over the Court House Hotel from Mrs Kelaher and moved their coach stop from the Commercial

*Continued page 3*



*The Fuller Gallery ready for Spring Exhibition*



**Enrolling for 2022**

ST. JOSEPH'S  
Primary School  
BARRABA

**St Joseph's Primary School, Barraba**

A caring learning environment for everyone,  
Catholic & non-Catholic.

Transition days for 2022 starters will be  
Wednesdays, 9am-3.30pm, 27 Oct -15 Dec  
(6 weeks) .

Call 6782 1685 for an enrolment pack.



*Continued from page 2*

Hotel to the Court House. Mr Bowden also left the service about this time. Early in the 1900s the Court House Hotel became the Central Hotel and now of course it is The Playhouse Hotel.

Fresh horses were arranged at change stations from Tamworth to Warialda about ten to twelve miles apart. It seems that Tarpoly creek crossing was one such spot. Then of course there was Barraba, "Rosevale" on Oakey Creek north of Cobbadah and Dinoga before arriving in Bingara.

Coaches were, at times held up by bushrangers and a large rock was often cover for the robber to shelter behind as the coach approached. There was one such rock at the northern end of the long straight south of Tarpoly occasionally used for such purposes. More on that next week.



### Barraba Landcare Update

I am pleased to announce that last week's meeting was successful and a group has been formed and we are working together to start on a project at the Bicentennial Park. If you know of any members in the community that would like to be involved, please forward this information.

Minutes from the meeting Wednesday 8<sup>th</sup> September 2021 - [Barraba Landcare - Community Meeting Minutes.pdf](#)

To become a volunteer & be a part of Barraba Landcare - [Membership Form](#)

The next meeting is scheduled for **Wednesday 29<sup>th</sup> September 2021 at 5.30pm** at the Barraba Bowling Club or via Zoom.

**As this is a Covid-19 safe event - To register your attendance please RSVP. Phone Or Text Penny Kelly – 0438 353 682 or [coordinator@nsla.net.au](mailto:coordinator@nsla.net.au)**

Warm Regards, please contact me if you'd like copies of the Minutes and/or Membership Form.

Penny Kelly

Local Landcare Coordinator

**Let's look after the Environment & Increase Biodiversity in Barraba Together....**

**Become a Barraba Landcare Volunteer**  
Be a part of something great!

Contact: Penny Kelly - Ph. 0438 353 682

Landcare Australia is a not-for-profit organisation. All funds raised go to the Landcare Australia National Office. Landcare Australia is a member of the Australian Conservation Foundation.

**HART RURAL AGENCIES CHEP**

**RETURN & WIN**

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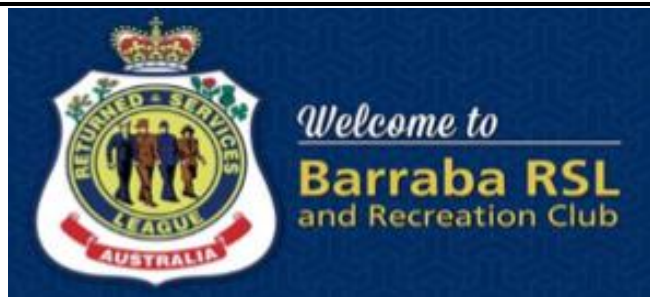
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RETURN YOUR CHEP PALLETS & GO INTO THE DRAW TO WIN A DEWALT KIT VALUED AT \$399!

EVERY PALLET RETURNED COUNTS AS ONE ENTRY - THE MORE YOU RETURN THE MORE TIMES YOU GO INTO THE DRAW!  
ENTRIES CLOSE 31/10/2021

**Barraba: 6782 1006 Manilla: 6785 1911**

**Cobbadah Flowers**  
Marnie Crowley  
0267822045  
0429878788

Semi-retired truck driver seeking part time driving work in the Barraba/Bingara/Manilla area, no job too small. Contact Graham Jones 0423286606



# **BARRABA RSL & RECREATIONAL CLUB LTD**

Phone: 67821379

**For the information of members and guests**

**WE ARE A COVID-19 SAFE CLUB**

**ALL NSW HEALTH REGULATIONS APPLY**

**THIS WEEK:**

**THURSDAY: 11AM-**

**RIFLE CLUB RAFFLES**

**MULTISCREEN DRAW-THIS WEEK \$7,100**

**FRIDAY: 11AM-**

**MEAT/FRUIT/VEG RAFFLES 6PM**

**SATURDAY: 10am-**

**SUNDAY: 10AM-5.30PM**

**ANGLERS CLUB RAFFLES 1PM-3PM**

**MEMBERSHIP DRAW-THIS WEEK \$2,000 (8 DRAWS)**

**MONDAY: CLOSED**

**TUESDAY: 11AM-5.30PM**

**BINGO 11.30AM**

**WEDNESDAY: 11AM-5.30PM**

**HAPPY HOUR: 11am-1pm Wed & Fri**

**BISTRO HOURS**

Phone: 0427330808

**CLOSED MON/TUES**

**WEDNESDAY: LUNCH ONLY 12-2PM**

**THURSDAY/FRIDAY/SAT: LUNCH 12-2PM**

**DINNER 6-8.30PM**

**SUNDAY: LUNCH 12-2PM**

**DINE AND DISCOVER VOUCHERS ACCEPTED**



**Queen Street Café**  
**82a Queen St. Barraba**  
**Ph 0267822106**

**Dine in or takeaway.**  
**Open 7 days**



## **Edited from the Westpac Helicopter Winter 2021 News from CEO Richard Jones**

### **COVID**

All I would like to say is that despite the significant challenges communities across Northern NSW are facing, with health directives, lockdowns and other initiatives to combat the pandemic, I want to reassure you, that the Westpac Rescue Helicopter Service remains ready to respond 24-7 to those most in need.

Our Pilots, Air Crew and Critical Care Medical Teams remain on Base and are continuing to respond to missions across Northern NSW. Our engineering and maintenance teams also remain on Base ensuring our aircraft are ready to fly when needed, whilst our administrative staff are working remotely from home in observation of health directives and our priority for personal safety.



### **Mission Summary**

Our winter Mission Summary looks at our aircraft taskings by NSW Ambulance across Northern NSW for the months of June, July and August. The summary shows our activity from our three operational bases at Tamworth, Lismore and Belmont and includes details on the types of missions undertaken. This information is updated monthly on our website and you can view Monthly Mission details [HERE](#)

### **End of Financial Year Appeal**

At the end of June, we wrapped up our 'End of Financial Year Appeal' which had been conducted across May/June. Thanks to community donations, both large and small, we were able to exceed our target for the End of Financial Year Appeal, raising over \$180,000. On behalf of everyone here at the Service, I'd like to thank the community for their generous support, especially in these challenging times.

### **Training**

Our crews have continued the vital training our Medical Teams from across our region are adequately equipped to respond to whatever emergency or rescue situation they are faced with. This includes training in both day and night conditions, as crews will be required to respond to both.

## SAFER, FASTER JOURNEYS ACROSS THE NAMOI WITH NEW BRIDGE OPENING

Truck drivers and local motorists will enjoy a safer and faster journey when crossing the Namoi River with a reduced likelihood of the route closing during intense storms or flood, following the opening of a new two lane bridge at Arthur Street in Manilla.

Member for Tamworth Kevin Anderson celebrated the opening of the new 140m state of the art bridge alongside Tamworth Region Mayor Col Murray. The bridge was made possible by a \$7.9 million from the NSW Government's Growing local Economies Fund, as well as contributions from Transport for NSW and Tamworth Regional Council.

Mr Anderson said "The NSW Government funding for the Namoi River Crossing Project eliminates the need for heavy vehicles to detour through local streets and increases safety for suburban traffic using the existing bridge.

The new concrete girder bridge is much wider than the existing 135 year old crossing, which is a tight squeeze at the best of times. The larger capacity allows an increase in load limits for oversized vehicles, meaning more goods and services will be able to get in and out of town quicker."

Tamworth Region Mayor Col Murray said that it was wonderful to see a project of this magnitude completed for Manilla, especially in light of the challenging working conditions presented by COVID-19 this year.

"This new bridge will continue to ensure that Manilla is connected with the rest of our region through a high quality road network, creating economic growth for the area and helping to support the local community in tough times like these."

For more information, go to: [www.nsw.gov.au/regional-growth-fund](http://www.nsw.gov.au/regional-growth-fund)



## Council meeting update

Here is an overview of outcomes from the Ordinary Meeting of Tamworth Regional Council 14<sup>th</sup> Sept 2021

After 18 months of research, discussion and planning, Councillors tonight adopted the Tamworth Region Urban Street Tree Management Plan. During the plan's public exhibition, Council received 25 submissions from members of the community which prompted some changes to the final document. The plan will guide Council staff and the community on a number of areas about urban tree management which aims to help cool and green the region. A new webpage is being created on the Tamworth Regional Council website to provide resources and assist residents in choosing the right tree to plant out the front of their property. A social media campaign planned for the coming weeks will be the first step in raising community awareness of the plan.

The Tamworth community will be encouraged to take part in Water Night next month as part of National Water Week. It was among a number of initiatives highlighted in the Water Sustainability Six Monthly Report tabled tonight. Water Night challenges residents to go without taps, showers and running water from 12pm to 12am on October 21. The event, created by Smart Approved WaterMark, was first held in Tamworth region last year.

For more information, see the full reports at

[www.tamworth.nsw.gov.au/business-papers](http://www.tamworth.nsw.gov.au/business-papers)

Watch the video report at

[www.facebook.com/TamworthRegionalCouncil](https://www.facebook.com/TamworthRegionalCouncil)

## Parking meters and parking time limits to be reinstated in Tamworth



Council would like to remind CBD goers of the changes to parking areas in the CBD which include 2 hour time limits for parking between Peel and Marius streets on Bourke Street, Fitzroy Street, White Street and the Town Hall Car Park.



### Snippets from St Laurence's

Third time lucky! Bishop Rod actually reached Barraba and our confirmation service took place. The church was as packed as it could be with social distancing and not being able to sing was a real pain.

Bishop Rod's sermon, based on Psalm 119 verses 97 to 104 and Romans chapter 12 verses 1 to 13, pointed out four ways to stay keen as a Christian: Love and live by God's word; be joyful in hope, patient in affliction and faithful in prayer. None of these is rocket science, but all are crucial.

At our Parish Meeting held after the service on Sunday 12<sup>th</sup> September it was decided that while the 10am service was good during winter we should revert to 9am for summer. Consequently, when our clocks go to summer time our Sunday service reverts to 9am AEDT. Sunday 3<sup>rd</sup> October is going to be hard, with both changes on one day. How many of us will remember?

September is the time to have your Bush Church Aid box emptied. Please pass your box to Lee Jackson for processing.

As the shadow of lockdown continues on our horizon consider this advice from James chapter 1, verse 19: *"My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry."*

Beth

### Barraba Anglican Parish

Sunday Service Times  
10am St Laurence's Barraba

### CATHOLIC CHURCH NOTES

Barraba – 1st & 5th Sunday 5pm  
2nd 3rd & 4th Sunday 9am.  
Upper Horton – 3rd Sunday – 11am.  
Weekday Mass – Wednesday - 10am.

### Uniting Church Notices

Sunday 26th September  
Preparation time 8.30am  
Service time 8.45am  
All welcome

### Barraba Landcare Meeting

Wednesday 29<sup>th</sup> September 2021 at  
5.30 pm at the Barraba Bowling Club  
or via Zoom (Link Below).

As this is a Covid-19 safe event - To  
register your attendance please  
RSVP. Phone Or Text Penny Kelly –  
0438 353 682 or  
[coordinator@nsia.net.au](mailto:coordinator@nsia.net.au)

### Barraba Civilian & Military Rifle Club AGM

Saturday 9th October 11.30am at the  
Rifle Range

### BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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### Recent anniversaries

- the opening of the Sydney General Post Office (1874)
- the start of WWII after Germany invades Poland (1939)
- the US, Australia and New Zealand signing the ANZUS defence treaty (1951)
- the discovery of the wreck of the Titanic (1985)
- the British Empire adopting the Gregorian Calendar, losing 11 days, causing riots when people thought the government stole 11 days of their lives (1752)
- Britain declaring war on Germany after its invasion of Poland (1939)



### Golf notes

Will Sedgwick carded his best ever round on Sunday to win the Vera Doyle Memorial Trophy with a great score of 40 Stableford points after shooting an excellent 78 off the stick. Runner up was Firmen Allan on 38 points on a countback from Lyn Groth 38 points with balls going to Bevan Benson 37, Des Kelaher 36, Dave Capes 34 and Tom Mellor 34 points. NTPs went to Bevan Benson on the 3rd, Mike Artis on the 12th and Peter "Call me Latrell" Simpson finishing about 30 cm above the hole with a great shot into the 18th.

In match play results Lyn Groth and Lib Thompson just got around Gary Allen and Rodger Fisher whilst Will Sedgwick and Campbell Tonkin proved too strong for Graham Bowman and Dave McMurtrie.

The next round of the fourball match play will see Lyn and Lib up against Sam Faint and Paul Grigg with the winners to meet Will Sedgwick and Campbell Tonkin in the final.



Next Sunday 26th is our annual 4 person Ambrose charity golf day in aid of Breast Cancer research.

It's a fun and friendship day for golfers and non-golfers with the club opening at 12 noon and tee off at 1pm. Be nice to see lots of pink across the course.

The following week Sunday 3rd October is a 4 BBB Versus Par for the John Hartley and Tim Bucknell trophy.

### Rifle Club

Finally, after five weeks of lockdown we got back to our shooting on Saturday 11<sup>th</sup> Sept. I emailed the Firearms Safety & Training Council to confirm that we were actually able to go ahead and we got the green light, so when the boys and girls found out that they could return to the range there was jubilation amongst them. Although there was only three for Centrefire and five for the .22 Benchrest they were all pleased to back at the range and some good scores were recorded.

#### Unlimited 50m

B.McIlrick 97.2, 98.3, 97.4 = 292.9

#### AA Grade 50m

D.Dewson 91.2, 97.2, 94.2 = 282.6

R.Bridges 70, 72, 82.3 = 224

#### A Grade 50m

A.White 93.3, 94.3, 91.2 = 278.8

C.Wells 89, 93.2, 86.1 = 268.3

#### Unlimited 100m

B.McIlrick 99.6, 96.1, 99.4 = 294.11

#### AA Grade 50m

D.Dewson 99.4, 97.3, 99 = 295.7

R.Bridges 96.2, 98.3, 96.1 = 29..6

#### A Grade 50m

A.White 98.5, 99.7, 95.2 = 292.14

C.Wells 91, 92, 92 = 275

#### Centrefire

B.McIlrick 93.2, 98.2, 96.1 = 287

D.Dewson 96.3, 92.3, 86 = 274

A.White 87.1, 93, 90.1 = 270

**Our AGM will now be on the 9<sup>th</sup> October, 11.30am at the Rifle Range.**

Also a reminder that all 2020 require shoots for both Longarms and Handguns must be done this year. We are going to add two shoots to the end of the calendar for those that we lost due to lockdown and the Firearms Registry Audit will be done at the end of November 2021.

### Barraba 7 day Forecast from the Bureau of Meteorology

#### Wednesday 22 Sept

**Summary** Max 18

**Early frost, sunny**

Chance of rain: 0%



#### Thursday 23 Sept

**Summary** Min 0 Max 23

**Sunny**

Chance of any rain: 0%



#### Friday 24 Sept

**Summary** Min 2 Max 25

**Early frost. Sunny**

Chance of any rain: 0%



#### Saturday 25 Sept

**Summary** Min 5 Max 26

**Sunny**

Chance of rain: 5%



#### Sunday 26 Sept

**Summary** Min 3 Max 23

**Mostly sunny**

Chance of any rain: 10%



#### Monday 27 Sept

**Summary** Min 3 Max 21

**Partly cloudy**

Chance of any rain: 30%



#### Tuesday 28 Sept

**Summary** Min 4 Max 22

**Partly cloudy**

Chance of any rain: 30%



#### Regional Dam Levels from Water NSW

Chaffey 100.2%

Copeton 83.1%

Keepit 97.4%

Split Rock 42.4%

From The Conversation

## **We studied 100 years of Australian fatherhood. Here's how today's dads differ from their grandfathers**

*Kate Murphy, Senior Lecturer in Contemporary History, Monash University*

*Alistair Thomson, Professor of History, Monash University*

Today's Australian fathers are believed to be more "hands on" and engaged with their children than the stereotypical absent breadwinner of generations past. However, our research exploring Australian fatherhood between 1919 and 2019 has found that while men's family roles have changed, deep-rooted societal and cultural forces keep them from being the kind of fathers many of them would like to be.

### **The breadwinner of the early 1900s**

Our research examined oral history interviews with (and about) fathers from diverse backgrounds, along with archival sources including letters, diaries and government files. Our goal was to better understand the experience of Australian fathering over the past 100 years.

We found a key factor shaping the history of Australian fatherhood has been the demands of paid work and the enduring power of the provider role — even in situations where dads are not the sole earners.



*A father holding his infant on a calf, New South Wales, ca. 1915. National Library of Australia*

While the breadwinner father is hardly a uniquely Australian phenomenon, the ideal became institutionalised here in distinctive ways.

The 1907 Harvester Judgement, a landmark court ruling, established the principle that the male basic wage should support a wife and three children. This decision, which in turn ensured lower wages for women, remained the basis for setting Australia's minimum wage until the 1970s.

Male breadwinner assumptions shaped not just the country's wages but also welfare and tax policy, so that it simply made better financial sense for fathers to work and mothers to stay at home with the kids. This entrenched a gendered division of labour in family roles that would last for generations.



*Co-author Alistair Thomson's grandfather, Hector, with his sons Colin and David in 1930. Author provided,*

The Great Depression then made many fathers failed breadwinners. Geoffrey Ruggles, who was born in rural Victoria in 1924, recalled in an oral history interview that when his war-veteran father lost work, his mother was "forced to scrub other people's washing". Humiliation fuelled marital discord and damaged Ruggles' relationship with his father. He found an alternative father figure in his navy officer uncle: [My uncle]" had a lot of glamour about him [...] an extrovert, a bright outgoing, merry man. A contrast to my father who was a sad sack. So Uncle Tom was a



great fellow to be with, he gave me tools and helped me to start things like that, and fostered an idea of innovation – of doing what I wanted to do.”

The sons of struggling Depression-era families often grew up determined to be good providers for their own families.

Many were also veterans who sought the stability of “traditional” family life. These men became the stereotypical, Holden-driving, breadwinner fathers of the “imagined fifties”, counterpart to the stereotypical 1950s housewife.

These stereotypes are not entirely wrong. The sole-breadwinner father is often assumed to be the historical norm, but in fact this family arrangement was broadly achievable for only a brief time between the early 1950s and 1970s. For the only time in Australian history, many working-class families could manage on one wage.

By the mid-1970s, however, recessions, deindustrialisation and the casualisation of the workforce shattered the economic security of the (male) “job for life”. At the same time, feminism and equal pay were mounting a new challenge to the male breadwinner stereotype.

### **The “new man” of the late 20th century**

History is so often circular. The sons of the post-war, breadwinner fathers wanted to do things differently from their dads, too.

In another oral history interview, Peter, a man born in Melbourne in 1956, recalled:

#### **Message from the Editor**

At *Barraba Community News* we welcome local news and stories from our community members about activities, events and news of interest to the Barraba community.

Share your news, views and what you or your local organisation is doing.

Advertise in *News* at a competitive cost and reach 750 households in our area who receive a free copy each week.

Contact [news@barrabacommunitynews.org.au](mailto:news@barrabacommunitynews.org.au) or drop into the Community College on the corner of Alice and Fitzroy Sts.



*An Australian corporal reuniting with his son in Victoria in 1941 after an overseas deployment. State Library of Victoria*

“As a teenager in the 1970s [...] most of the guys that I knew had lousy relationships with their dads. And I think that was really common [...] a lot of them had been to war, they’d come home and their role was to build a family, you know, build a financial basis for it so they worked long hours and they just really didn’t seem to relate to their sons.

We all got on really well with each other’s mothers. But the fathers were very distant figures and it’s very different from today.”

The social, cultural and economic transformations sweeping Australia from the mid-1970s brought new opportunities and expectations for fathers. Feminism and the growing numbers of working mums challenged traditional gender roles in families and contributed to the emergence of the popular ideal of the “new man” by the 1980s.

Fathers of this generation were more likely to be present at the births of their children, and to be physically and emotionally “present” dads.

The inevitable outcome of these changes, some assumed, would be a dual worker-carer model of

family life in which mothers and fathers have more equal parenting roles.

### **The “modified breadwinner” family**

Yet, today’s fathers still find their working lives to be a significant barrier to their ability to be active and engaged fathers.

Since the mid-1990s, the most common family formation has been the “modified breadwinner” model. Mothers typically return to work after having children, usually part-time, while the full-time working father earns the primary wage.

Although fathers are caring for children slightly more than in the past, time use surveys confirm how much more time women spend doing childcare today compared to men. The unpaid labour of household and family management still largely falls on mothers, with dads “helping”, as home-schooling during COVID has laid bare.

Fathers interviewed in the late 1990s and early 2000s express a desire to be more involved, but are tied to paid work that limits the time and opportunity for parenting. Many speak of the stress of trying to meet expectations at work, as well as home, and some feel excluded from family life.

Peter, a man born in the mid-1950s in Victoria, recalls: “I was probably working pretty long hours and a lot of the duties were left up to my wife to do [...] Even on the weekends, I found that if the kids had a choice of who they would go with, they tend to choose my wife anyway. I found that distressing quite often.”

I never used to get home from work till 7:00-7:30. My job was to earn money, and the only time I did stuff around the house was on the weekend and for the kids.”

The fathers who spend the most time with their children tend to be those living in less typical family types, including single and stay-at-home dads.

Gay male couples with kids are less detached from their children’s daily care than fathers in heterosexual couple families, perhaps because they are able to evade the “gender baggage” that influences men’s and women’s roles in families.

### **The parenting paradox**

Today’s Australian fathers face a striking paradox. They are expected to be more “hands-on dads”, yet there’s been little systemic change in their working lives (including access to, and uptake of, parental leave and flexible work). There’s also been little change to

gendered roles in family arrangements: a situation that, admittedly, many fathers have been happy to roll with.

Most fathers are still working long hours and many are concerned about how little time they have to be engaged fathers. Today’s dads may not view breadwinning as their *raison d’être*, but the breadwinner model of Australian fatherhood is not yet “history”.

From The Conversation

### **Hot pack or cold pack: which one to reach for when you’re injured or in pain**

Andrew Lavender, Senior Lecturer, School of Science, Psychology and Sport, Federation University Australia

When you injure yourself, you may reach for a hot or a cold pack. Which option is better depends on the nature of your pain, what caused it and how long you’ve had it.



Heat therapy, sometimes called *thermotherapy*, involves applying heat to an injury or painful area on the body. Hot water bottles or pads that can be heated in a microwave oven are commonly used. Cold therapy, or *cryotherapy*, can come in the form of water bottles or pads cooled in a fridge or freezer.

Placing something cold at the injury site causes the blood vessels, arteries and veins, to narrow. This reduces blood flow through the area and helps reduce inflammation and swelling. Adding heat to the area has the opposite effect: opening the blood vessels up and increasing blood flow through injured tissue.

These opposite effects are useful in different situations.

### **Cooling down to prevent inflammation**

We can treat injury or tissue pain with a hot or cold pack, or sometimes alternate the two.

Cold therapy should be used for injuries that result in swelling and inflammation such as joint sprains, muscle strains or bruises. The objective is to slow blood flow to the area and prevent the effects of the injury. Gel packs that can be kept in the freezer, coolant sprays or even a bag of frozen veggies will do the job.



It is important to avoid holding ice in direct contact with the skin for long periods as this can cause skin damage. It is best to wrap ice in a cloth and then apply it. Cold therapy is most effective in the

immediate or acute phase of pain when swelling and inflammation first kicks off. Typically, the treatment should be applied for about 20 minutes and can be reapplied every two hours for a few days. After that, the injury should be well into the healing phase and the swelling and inflammation will subside.

Cold therapy, or applying ice, is often used in conjunction with rest, compression and elevation, known in first aid by the acronym RICE.

So, ice can be useful when we want to limit the initial swelling and pain, since too much or prolonged swelling can impede the healing process. But with less severe injuries like minor sprains and strains, inflammation is part of the body's healing process and continuing cold therapy can be a barrier to recovery.

#### **When to warm up**

Heat therapy is generally thought of as being either dry or moist.

Dry heat therapy includes hot water bottles or heated pads. These are easy to apply and are effective for reducing pain. Moist heat therapy includes warm bath, hot wet towel and moist heat packs.



Heat therapy is not recommended for acute management of sprains, strains or contusions as this promotes blood flow and can increase swelling and pain.

Heat therapy can help chronic conditions such as recurring joint pain, neck or back pain.

If pain is due to a strain or sprain, cold therapy should be applied immediately, but heat therapy can help relieve pain from 72 hours post-injury.

Heat therapy does not mean applying something very hot, rather it should be warm, pleasant and easily tolerated for long periods. Heat therapy can be very effective for muscle tension or joint stiffness — increasingly blood flow and heating muscles or joints for around 15 minutes before physical activity as a kind of warm up. This approach can also help people engage in activities that might aggravate a chronic injury by loosening and relaxing injured muscles.

Heat is used differently for bluebottle stings. These are best treated by a medical professional in a hospital emergency department. But, as a first aid intervention, pain can be reduced by applying hot water (42–45°C) to the area for 30–90 minutes.

Alternating hot and cold to an area of pain has been used for decades but there has not been a great deal of research assessing the practice. One study assessed hospital in-patients with heel pain and found greater improvement in foot function after hot/cold therapy compared with a group who underwent standard therapy.

#### **Soaking in it**

Athletes commonly use water immersion therapy for recovery. However, this practice is also not without controversy. One review of the evidence found cold water immersion improved performance, measured by jumping and all-out sprint ability 24 hours after a sporting event. Fatigue was also reduced at 48–72 hours after sports events.

This type of temperature control therapy may also help with recovery after undertaking some sustained physical exertion such as a day of hiking.

#### **So, cold first and maybe heat later**

The take-home message is that cold packs work well for reducing pain and inflammation in the acute phase of a strain, sprain or bruise — especially when used in as part of the RICE method. Heat packs are useful for reducing muscle tension and stiffness and pain in the joints, but never in the initial phase of an injury. There is not enough evidence to show alternating the two is particularly useful, while cold water immersion therapy may help recovery after sport or sustained physical exertion.





Royal Flying Doctor Service  
SOUTH EASTERN SECTION

## Pop-Up vaccination clinic

Upper Horton Sports Club

Monday 27th September 2021

10.30am-2.30pm

This is a Pfizer vaccination clinic only and is for everyone aged 12 years and above.  
Either first or second dose.  
The RFDSE will return for the 2nd dose in 3 weeks.

Ensure you have your medicare card on the day.  
Remember to socially distance, wear a mask and follow all NSW Government's rules and regulations at all times.

Bring a hat and water. No bookings necessary.



Royal Flying Doctor Service  
SOUTH EASTERN SECTION

## Pop-Up vaccination clinic

Tamworth

Tuesday 28th September, 2021  
Tamworth Sports Dome, 7/9 Jack Smyth Drive

9.30am-4pm

This is a Pfizer vaccination clinic only and is for everyone aged 12 years and above.  
Either first or second dose.  
The RFDSE will return for the 2nd dose in 3 weeks.

Ensure you have your medicare card on the day.  
Remember to socially distance, wear a mask and follow all NSW Government's rules and regulations at all times.

Bring a hat and water. No bookings necessary.



Royal Flying Doctor Service  
SOUTH EASTERN SECTION

## Pop-Up vaccination clinic

Manilla

Soldiers Memorial Hall, Manilla Street  
Saturday 2nd October, 2021  
10.30am-3.30pm

This is a Pfizer vaccination clinic only and is for everyone aged 12 years and above.  
Either first or second dose.  
The RFDSE will return for the 2nd dose in 3 weeks.

Ensure you have your medicare card on the day.  
Remember to socially distance, wear a mask and follow all NSW Government's rules and regulations at all times.

Bring a hat and water. No bookings necessary.



Royal Flying Doctor Service  
SOUTH EASTERN SECTION

## Pop-Up vaccination clinic

Tamworth

Wednesday 29th September 2021  
West Tamworth League Club, Events Centre,  
58 Phillip Street

9.30am-4pm

This is a Pfizer vaccination clinic only and is for everyone aged 12 years and above.  
Either first or second dose.  
The RFDSE will return for the 2nd dose in 3 weeks.

Ensure you have your medicare card on the day.  
Remember to socially distance, wear a mask and follow all NSW Government's rules and regulations at all times.

Bring a hat and water. No bookings necessary.

### Other Tamworth dates and locations

Wednesday 29<sup>th</sup> September West Tamworth Leagues, Events Centre. 58 Phillip St  
Thursday 30<sup>th</sup> September 9.30am-4pm Tamworth Youthie, 1 Quinn St