



REMEMBERING THE FALLEN: Left, Wee Waa High School captains for 2017 Abby Downes and Tom Pattison, centre, Remembrance Day organiser and MC Dennis Lowder and wife Letitia, right, Kay Gray (Country Women's Association), Hamish Allitt (Narrabri Scouts), Clair Allitt (Country Women's Association), and Stella Kubelka (Country Women's Association) were all part of the Remembrance Day commemorations at Wee Waa on Friday.

Remembering the fallen

The local community gathered together just before 11am on Friday to celebrate Remembrance Day.

Five classes from the three local primary schools, the Wee Waa High School captains for 2017 Abby Downes and Tom Pattison and about 40 members of the community attended the ceremony.

The Remembrance Day ceremony organiser and MC Dennis Lowder said that he was "very happy" with the turn out, and that Remembrance Day was an extremely important event.

"It's not only to remember the first world war and the signing of the armistice on the 11th of the 11th," he said.

"It's about remembering involvement in all wars right through to the present".

Mr Lowder, who is a part of the Wee Waa chapter of the Narrabri RSL

sub-branch, described it as "a standard Remembrance ceremony".

The day began with a short address by Mr Lowder followed by a prayer by minister Gary Stewart.

At 11am there was a minute silence followed by the last post played by Peter Carrett, the ode and the flag raising.

Wee Waa Public School student Hamish Wright then gave a moving address, speaking of his great, great uncle's involvement in the first world war.

WWPS students Emma Holmes (In Flanders Field) and Thomas Eldridge and Takiera Trindall (Why Do They Sell Poppies, Mummy?) delivered powerful poems.

The event lasted between 15 and 20 minutes and concluded with the national anthem.

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with Dr Edward Jo
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We are back with our column to answer one of the more common questions that I get asked:

My gums are bleeding when I brush my teeth, is that OK?

No, bleeding gums are a common phenomenon, but it is by no means OK. Imagine if your skin bleeds every time you rub it, you wouldn't think it's normal would you? Why is OK then for the gums to bleed? In general, gums in a healthy condition do not bleed. The fact that gums are bleeding or swollen are signs that the gums are inflamed.

What causes gums to bleed?

In general, bleeding gums are caused by plaque and tartar buildup on the teeth. Plaque is a sticky bacteria that forms a biofilm around the gums and also in gaps in between your teeth and gums. Tartar, or calculus, is a hardened version of plaque and tends to build up when bacteria accumulates around your gums for a long period of time. Tartar is usually too hard and firmly attached to the teeth to be removed by a toothbrush, and when it inevitably accumulates, it encourages further plaque formation, resulting in a vicious cycle that endangers the health of the gums.

What can I do about it?

Gum disease can be managed through a combination of activities.

First, brushing and flossing can remove soft plaque bacteria that form around the gums and in between the teeth. It is important to pay particular attention to your brushing and flossing technique because incorrect brushing can be counterproductive and damage the gums.

Secondly, if the plaque has hardened to form tartar and cannot be dislodged with a toothbrush, it can be professionally removed with ultrasonic tools and specialised instruments during a regular preventative dental visit. In regards to how regular these check-ups should be, the peak body for dentists is Australia, the Australian Dental Association (ADA), recommends 6-monthly preventative check-ups as the ideal time frame in which your gums and teeth are inspected and cleaned by a dental professional.

A useful analogy to explain the need of regular check-ups is that, your teeth and gums, like your car, needs regular servicing to prevent major breakdowns. In the long term, regular check up, identifying and treating problems early on will save you a lot of time, money and the inconvenience of losing your teeth.

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