



quilting style as 'contemporary', though I still enjoy some aspects of traditional quilting. I do really love to teach my quilting workshops when I get the chance.

RETAILING MY WARES: From those finger puppets I made in my teens, to selling jewellery and accessories at markets in Sydney and elsewhere, then through galleries in Goulburn, I come now to having my own little shop in Braidwood: 'The Creative Edge — Gifts and Crafts'. Part of the reason for setting up my shop is to have a retail outlet for the things I love to make, but the shop is much more than that. I get to stock the kinds of things I love myself, vibrant colours, and with quirky attributes.

I also stock other amazing hand-made items created by some of my very talented friends in the region. This means I have a changing array of unusual, hand-made things to sell, and so far my customers seem delighted with what I have available at my shop.

Of course I stock all sorts of items, not just hand-made goodies. Not the least of which is my selection of craft supplies. From beads, buttons and braids to threads, yarn and even interesting shells, I tend to stock all the things I like to work with in a creative way. I also offer small craft classes at my shop (on non-shop-open days).

So all in all, when I consider where I'm at in my life now, it feels as though my whole life has been leading me to this current career. I get to roll all my favourite things into one business now — teaching my craft classes, making things, and enjoying the retailing of interesting items in my very own shop. This is why I smile a lot!

Travel medicine

Bente Hart prepares

Gallivanting about the world is easier than it ever has been. But a significant proportion of Australians forget to consider health risks associated with travel and leave home unprepared.

So, what do you have to consider in relation to health and medication before you pack your bag and head off on that much anticipated trip?

If you are using regular medication, ensure to pack enough for the trip and a bit extra in case something unforeseen happens and you do not get home as planned. Always pack your medication in your carry-on luggage in case you do not get your checked-in luggage upon arrival.

You should carry your medication in its original packaging with the dispensing label. This will clearly show what the medication is and that it is for you. If allowed by the destination country you can also have your medication professionally packed in a Dose Administration Aid that clearly states what everything is and has your name on it.

Consider also that other countries have different laws about medication and you may need a permit to bring your medication in with you.

An example is that it is illegal to bring any Codeine-containing product in to Dubai without permission.

Be prepared for travellers' diarrhoea. The best treatment is prevention so consider what you eat and drink. Common high risk foods include: Unpasteurised dairy products, ice, raw or minimal cooked meat and



seafood, reheated food, salads, food which has been left exposed to flies and food prepared on premises with poor hygiene. In case you should get diarrhoea consider bringing some anti diarrhoea tablets and some rehydration tablets like Hydrolite with you. Also consider taking travellers probiotics during your trip to prevent travellers' diarrhoea.

If you're going on a cruise, consider bringing some seasickness tablets.

Check any need for vaccinations or need of boosters well in advance of your departure date. For vaccines like hepatitis A and typhoid to be effective they should be given at least 2-4 weeks before departure. Also be aware that the vaccinations needed depend on what you are doing, as different locations in a country can have different requirements. It all comes down to what you can get exposed to. So have the discussion with your doctor early and check out websites like Smarttraveller to get information.

Malaria is a risk in many south-east Asian countries, South America and Africa. So ensure to discuss need for antimalarial treatment with your doctor and obtain enough medication for the trip and needed treatment post trip.

Again, prevention is the best treatment. Wear light-coloured, long-sleeved clothes when outdoors, prevent mosquitos entering your accommodation or use a mosquito net and be aware that some perfume and cologne can attract mosquitos. Use a good quality mosquito repellent.

Consider bringing a small first aid kit with some bandaids, blister band aids, and other items that could be considered needed for your travels. This kit may also contain a small box of paracetamol tablets in case of pain. Women should consider need for bringing hygiene items for menstruation in case this happens while you're away. Consider availability at your destination.

If you are going to enjoy the sun ensure to bring a good sunscreen. And ensure to apply liberally and often (every 2-4 hours) to prevent sun burn. Also wear a broad-brimmed hat and consider protective clothing.

Enjoy your travels and stay healthy.



New sparkle

Lyn Cram commissions William Verdon

When my mother died a few years ago, after a long illness where I had been her carer, our mother's jewellery was divided up. My sister Jennifer and I decided to separate the earrings which were a gift from our father to our mother when they celebrated their 50th wedding anniversary, more than 20 years ago. We decided to take one earring each and then, at a later date, have it made into a pendant or brooch.



Because I was celebrating a milestone birthday this year, I decided to mark the occasion by incorporating the gem into a special piece of jewellery. I went to see William Verdon and after a lengthy discussion he began sketching

a design for a brooch which represented the Eternal Woman: a tribute to our mother. It was a gift from my children, but I also felt that my parents were contributing. The result was perfect. It means so much to me that it can be passed down through future generations. William is not only a Master Jeweller but he's also a real Gem!"

"I am thrilled with the exquisite workmanship. This brooch will become a family heirloom."

William Verdon Jeweller



We repair, design, manufacture, clean and polish, valuate and remake jewellery.

- watch batteries
- pearl and bead threading
- engraving
- we can do all manner of things!

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- 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