



HANS VISSER, JULIE BAKER AND THEIR NEXT-DOOR NEIGHBOUR PUT THE FINISHING TOUCHES TO THE NEW DECK.

communications work. And two, we could become a centre for creative and cultural excellence.

That was what we ran with. We had a lunch in the National Theatre to which anybody who was in arts or crafts could come. And there were a lot of people. We proposed moving towards this goal by setting up a regional arts group. It evolved as the Braidwood

BRAGGING RIGHTS

Regional Arts Group, BRAG. I was elected president and you [Jill] were elected vice-president and Janita Byrne was secretary. Solvig was on the committee, Sandra von Sneidern was public officer and Sandra Hand was treasurer.

Edwin Power had that little restaurant, which is now Poppy's. Yes. We had a meeting there one evening and the idea of an art centre got floated — and hugely supported.

Then we had a special general meeting and the committee was mandated to work towards getting an arts centre. Because it was felt that, if we had an actual building it would provide the focus, the vehicle — and stop us from becoming just a little gossipy group of arts people.

So we launched an appeal, which was supported by the first mayor of Palerang, Jim McLaughlin and we started raising money. We had collecting boxes in the shops. We also applied for grants and this and that. In the end it took four years.

**BWD:** Who was the first person to spy the saddlery and say, "that's the one"?

**Gilly:** Ah. That's a good question. I liked the saddlery. I used to go in there often to get things, odd bits of stuff from Ron White. It might have been me, but then again it might have been somebody else. The great thing was that Ron wanted to sell because he wanted to retire. It was his pension

fund, so there was no way he was going to lower the price, and that deterred a lot of other people, which was really good for us. I also liked it because it had a ramp up to the front door of the building, which would be a disabled access — and it was two blocks.

Then came an election year and we got fortunate with Kevin '07. It started in late 2006 when Laura Murray Cree, who was in the local branch of the ALP, had a barbecue for Mike Kelly. She mentioned the Arts Centre appeal to him. He ran with the idea and persuaded Simon Crean, who was the minister for regional development under the Keating government, that if Labor got elected they would give us \$240,000 towards the appeal.

They had a morning tea at Café Caboodle to announce this. It came completely out of the blue. I got a phone call, saying this is Mike Kelly's office and he's making a statement about the arts. If you could persuade as many people as possible to come. So I rang around, we all turned up and then suddenly, wham! There he was with Simon Crean saying vote for me and you'll get \$240,000. Susie Edmonds summed it up with, "I have never seen Gilly at a loss for words." It's true, I was completely gobs-macked.

So with a little help from our friends the BRAG that we all know and love was ensconced in its new home. ■

Breast self-examination

Something that should be done regularly by every woman! She should become familiar with the normal look and feel of her breasts.

Everyone's breast looks and feels different. Breast may be lumpy, one may be larger than the other, they're different shapes, one or both nipples may be inverted (pulled in). These differences may occur from birth or when breasts develop.

Around 40% of patients who are diagnosed with breast cancer first become aware of the problem during self-examination.

More women die from breast cancer than from any other type of cancer. Performing self-examinations is a simple and free way that women can identify breast changes and lesions that could indicate cancer

There are 3 ways to perform a self-examination. Positioning the breast in different ways is the only way to do a thorough examination. Lumps may be missed if only one method is used.

1. Use the pad at the tips of the fingers to gently press around the nipple to feel for bumps. Continue outwards in ever widening circles to exam the whole breast and up into the underarm area. Repeat with the other breast.

2. Stand in front of a mirror, first with arms relaxed at the sides

and then with arms raised to the ceiling. Look for anything which is different for you. Place your hands on your hips & press your elbows together as this may reveal new dimples or changes.

3. Lie on the back & place one hand behind your head. Use the other hand to check is the same way as method One. Also pinch the nipples to see if there is any discharge. Repeat with the other breast

What to look for:

- A new lump in the breast or the armpit.
- Thickening or swelling.
- Irritation or dimpling of the skin
- Redness or flaky skin, especially in the nipple area.
- Pulling in of the nipple.
- Pain in the nipple.
- Discharge other than breast milk.
- Any change in size or shape.
- Any pain

Don't delay!!!

Most breast changes are not likely to be cancer, however you should always follow up any changes with your doctor.

WAITING FOR SOMETHING TO HAPPEN



Constipation and good bowel habits

Constipation is something many people find it hard to talk about, but it is important to be aware that it is a common problem and you are far from the only one suffering. Hence it is important to discuss the issue with your health professionals.

Constipation occurs when your faeces (poo) become hard, dry and difficult to pass when you go to the toilet. First it is important to be aware that there are a few simple things you can do to prevent constipation.

**Drink enough water.** If you get dehydrated your body will draw out water from the faeces which make it drier and harder to pass. Drink 1.5 to 2 litres of fluid daily unless your doctor tells you otherwise. And water is best. Be aware that alcoholic drinks can cause dehydration as it reduces the body's ability to hold on water. Sugary drinks can also reduce the amount water your body retains and so can diuretic drinks like tea and coffee.

**Eat a healthy diet** rich in dietary fibre. Good sources of fibre include wholegrains (bread and cereal), brown rice, fruits, vegetables and legumes (beans). Restrict intake of white rice, white flour (bread and cakes), red meat and cheese as they can cause constipation. That does not mean go without red meat and cheese as they contain needed nutrients.

**Exercise regularly.** Exercise helps prevent constipation as the movement helps the bowel function. It also helps maintain a healthy body weight. Exercise is also important to keep the pelvic floor toned as this helps maintain good bladder and bowel control. The Continence Foundation of Australia has a great app for smart phones that demonstrates good exercises for the pelvic floor; it is called "Pelvic Floor First"

**Good toilet habits.** Go to the toilet when you have the urge to go. Don't get into the habit of hanging on as this can lead to constipation. When you go to the toilet give yourself time to completely empty both bladder and bowel as needed. The

way you sit on the toilet is also important. You need to be in a squatty position (see picture) to relax the muscle around the anus to open the bowels. Make sure the stool you use is high enough. A good brand that fits around the toilet is Squatty Potty.

What causes constipation?

- Life style — see tips (at left)
- Some medications like opioids, diuretics, antacids that contain aluminium or calcium and more. Also supplements like iron and calcium.
- Bowel conditions like Irritable bowel syndrome, coeliac disease, diverticulitis
- Bowel obstruction
- Pregnancy
- Underactive thyroid
- Diabetes
- Neurological conditions like Parkinson's disease, spinal cord injuries and stroke

Symptoms

- Reduced frequency of bowel motions compared to normal
- Straining and difficulty when passing bowel motions
- Passing small, hard, lumpy stools that may be painful
- Taking longer on the toilet than normal
- A sensation of not having emptied the bowels fully
- Bloating abdomen
- Abdominal cramps

Complications

- Impacted faeces
- Faecal incontinence
- Haemorrhoids
- Urinary incontinence

If you need treatment please see your pharmacist or doctor your individual needs.



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

Our community matters

Julie Ballard & Bente Hart 4842 2528

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