

# Caffeine and Canines

Paul Dann sips



POSTER BY RYAN FOWLER

CCCLDC WAS AN ACRONYM for a group of Braidwood and district folk who, a decade and a half or so ago used to meet regularly on Saturday mornings in the courtyard of a since re-named Wallace Street cafe. The acronym stood for Cafe Caboodle Caffe Latte Discourse Club. Not that there was such a great number of cafe lattes ordered in those days — but there was plenty of discourse on offer.

And the discourse? Well, wide-ranging, with politics, social issues, a bit of religion thrown in, cooking recipes, the local council, not much sport, pets, kids and families — it went on.

The Cafe Caboodle wasn't by any means the first coffee shop in Braidwood. But it was one of the earlier ones in terms of attracting a regular clientele, a group of folk who looked forward to catching up on a fairly regular basis. "See you at the Caboodle on Saturday, eh?" was quite a catch cry for the dozen or so, including a very old lady from the nursing home whose weekly outing was for her a welcome highlight (One of her visits resulted in a bit of Duncan Street excitement when, crossing the street, the lady and her wheelchair took off independently from her carer (me) who was left holding the two rubber grips which had slipped off the chair's handles. "Whee, isn't this fun!" she exclaimed delightedly, until a couple of passers-by came to the rescue.)

In those days environmental issues were a frequent topic

of discussion. It would be interesting to find out if that sort of priority still applies to-day — or whether people find it easier to forget the environmental consequences as lifestyles become more complex and often more leisure (or pleasure) oriented. Perhaps today's informal discussion groups around the world just accept that technology will always provide.

Even in the old days of the CCCLDC there were many anomalies when it came to discussion on environment, conservation, and so forth. Except for a few town locals, most came from rural properties — generally lifestyle — and none rode horses or bicycles into town on Saturday mornings. (Well, I used to but became discouraged by those who didn't sailing past me in their 4-wheel drives for a cafe latte). And few used to wonder as to where the coffee came from (not many coffee plantations around Braidwood) or the sugar and all the other components of their lifestyles.

Braidwood is made for a lively coffee shop culture. The lengthy main street can cater for a number of establishments — at last count there were some twelve — maybe not all operating at the same time but enough for locals and visitors to find a table even on the busiest of long-week-end Saturday mornings. At such times, though, the long main-street traffic queues can be a deterrent, so one of the discussion points around the tables is the need or otherwise for a by-pass. However, the passing custom from the traffic queues is a help to the business viability of Braidwood's cafe culture.

And conversely, pickings can be pretty slim in low-traffic times during the week and the year.

Now for the canines.

A busy Saturday morning is not that way only for two-legged patrons. For Canberra families on their way to the coast Braidwood offers an ideal stop; if the family dog could talk it would be not only the kids badgering Dad "Aw, I want an icecream" but the dog "Hurry up, I'm busting for a piddle"

What must it be like for a dog — particularly a smallish dog — let out of the car and on to the Wallace Street pavement? For many it must be exciting. There's a forest of biped legs, constantly moving — much noise — plenty of quadruped legs and associated gyrating tails and human-held leads — enquiring muzzles — and a haze of scents.

And importantly — a miscellany of containers of water at the outdoor tables and chairs of various cafes. For the caffeine vendors cater for the canines — as well as the empathy, it makes good business sense.

**BRAIDWOOD PHARMACY**

**Julie Ballard & Bente Hart**

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

# How to read your prescription repeat

By Bente Hart and Julie Ballard

HAVE YOU EVER WONDERED about the information on the repeat form (also called Repeat authorisation) which you receive from the pharmacy?

If so, this article may be worth a read. It all starts at your doctors. If your doctor assesses that you need a

medication with more than one supply, then your prescription may have a number repeats written on it. There are always 2 sides to a prescription, one an original and one a duplicate. Both need to be handed to the Pharmacy staff.

After the initial supply the pharmacy

will issue you with a repeat which contains the new repeat form (see below) and the duplicate of the doctor's prescription.

There may be more than one item on a script. If they both have repeats there will be a repeat form for each item.

If you read the fine print in the very top third line on the Repeat form then you will note that the form is only valid if it is attached to this duplicate.

This means that you cannot get your repeat if you have separated the two parts. Always hand in the whole thing and tell the pharmacy staff what you need and only that will be dispensed.

In the figure below you can see the information explained.

1. Details of who the prescription is for. Please let pharmacy staff know if this is incorrect, so it can be updated.
2. This line contains the name of the medication, then the sales name, strength and the quantity. In most cases it will be the medication name first and then the sales name in brackets.
3. Information on how to take or use the medication.
4. Indicates how many repeats you have left.
5. If there is restrictions in relation to the safety net (this can be reached within the calendar year) from the Pharmaceutical Benefits Scheme then this will be stated here. Most prescriptions will need three weeks between fillings – exceptions is antibiotic and eye drops and some other medications.
6. Number of times the prescription has been filed, including the first dispensing.
7. Date the Doctor wrote the prescription. Most prescriptions is valid for twelve months after this date, but not all — some are only valid for six months.
8. Number of times the prescription can be repeated after the first time it was dispensed.
9. Date the prescription expires.

