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BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. — CHARTERED 1930

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Postal Address: - PO Box 246, Wagga Wagga, 2650

<p>RI President: Shekhar Mehta</p> <p>Dist. Gov 9705: Leo Farrelly</p> <p>Area Three Gov: Elaine Almond</p> <p>Club President: Alan Lean</p> <p>Club Secretary: Ellen Brasier</p>		<p>THE FOUR WAY TEST: Of the things we think, say or do: -</p> <ul style="list-style-type: none"> • Is it the truth? • Is it fair to all concerned? • Will it build goodwill & better friendships? • Will it be beneficial to all concerned?
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BULLETIN NO: 9.

Thursday 2nd September, 2021.

SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH.

Club meets at the WAGGA WAGGA COUNTRY CLUB, **6:00 PM for 6.30 PM** (unless stated below).

Duty Roster Please arrange for a replacement if you cannot fulfil your rostered duty & inform our Bulletin Reporter.:-

Date:	Thursday 9 th Sept.	Thursday 16 th Sept.	Thursday 23 rd Sept.
PROGRAMME:	ZOOM MEETING 6.00pm sharp	TBA	TBA
ATTENDANCE:		Karel Bijker Bruce Heydon	Karel Bijker Neil Hilpern
SHORT & SWEET:	David Kennedy (2)	Howard Mendel	Marion Moran
FINES-MASTER:	Gordon Siggers	Terry Mecham	Paul Galloway
INTRODUCE SPEAKER:		Nepal Ghosh	John Heazlewood
VOTE OF THANKS:		David Cannon	Philip Cross
BULLETIN REPORTER:	Vicky Donoghue	David Kennedy	Gerry Page
MEETINGS:			

Invocation: *For good food, good fellowship and the opportunity to serve through Rotary, we give thanks.*

Unable to attend a meeting? **Please lodge an apology with THE COUNTRY CLUB OFFICE ☐ 6922 6444** by 2.30 pm Wednesday (or pre-record same in the book provided at the meeting attendance table – IN BLOCK LETTERS.
Also, for catering purposes, please advise if bringing a guest to a meeting.

MEETING REPORT: -

President Alan welcomed 27 members who logged in via ZOOM, as well as his daughter Sally who assisted with co-hosting and troubleshooting. Members joined in a toast 'to Rotary, Australia, and to all of us staying healthy and well and COVID-free'.

- From Secretary Ellen:
 - the RYPEN program has been postponed from November 2021 to February 2022. The normal 2022 event will still occur in November next year.
 - NYSF Youth Science Forum candidate is still being finalised. It is hoped that this program will proceed and that we will have a candidate.
- A bulletin is still being produced in the absence of face-to-face meetings. Please email Vicky with any material you wish to have included.
- Shine Awards are scheduled for late November. A proposal to postpone this event was discussed, and it was decided to investigate a date in February or March 2022.
- International Women's Day is on 8th March 2022. District 9705 is seeking Rotarians interested in working together to plan and run an event. It would take the form of a 'breakfast event in Canberra' on that date. Refer to the story in the [District 9705 September Newsletter](#) for details of how/where to express your interest. Perhaps Clubs within our Zone or within Wagga might be interested in organising something closer to home. This event is not the same one that the Wagga Clubs are looking at running for Seniors Week next year.
- Also from the District Newsletter..... an interesting article giving details of how a District 9705 grant is being used to restore a very under-resourced mixed primary school in Uganda. An interesting read showing how our District is indeed 'serving to change lives'.
- **Rotary Down Under** (September issue) has a great article highlighting World Polio Day (October 24th). One particular story caught President Alan's eye. Titled 'Taliban have children too', it highlights the fact that Rotary's team has been working with the Taliban for some time, and that it must be remembered that 'the Taliban have children too—and want them protected against polio'. Historically the Taliban have never been against polio vaccines. They are wary of people involved in delivering the vaccines. So the push to eliminate polio from one of its last strongholds continues.
- September is Basic Education and Literacy month, and **Rotary Down Under** has an article highlighting the work of young Pakistani activist Malala Yousafzai, who was shot on her way home from school in 2012 after she courageously spoke out for the rights of girls to learn. In 2014 she established the Malala Fund, a charity dedicated to giving every girl an opportunity to achieve a future she chooses. She was awarded the Nobel Peace Prize in December 2014. Truly inspirational. Find details of her work at malala.org.
- The 12 Clubs of our Zone have been asked to contribute to the funding of a PhD student (\$1000 per annum for three years from each club) with a view to that student studying locally and in conjunction with the ProPatria project. Members were asked for their views/input regarding this matter. The consensus was 'in favour', so President Alan will be responding in the affirmative when he next has discussions with other clubs.
- President Alan gave members a brief update on the progress of the ProPatria project.
- Terry Mecham will contact Lilier Lodge regarding our scheduled catering/BBQ which is set for 22 September.

Short & Sweet

David Kennedy entertained us all with some interesting facts about **Early Pharmacy: Part 1 = The Apothecary.**

The Ebers Papyrus (1550 BC) deriving from Thebes is the **oldest surviving medical book**. While its cures include spells and incantations, it also lists about 700 drugs, and 800 formulae, mainly herbs but also minerals and animal remedies. One suggested remedy for stomach ailments was a decoction of cumin, goose fat and milk.

The more modern apothecary.

Claudius Galen (AD129-200) was to influence medical practice and apothecaries' potions for **more than one thousand years**, and now, almost 2,000 years later his name still resonates. The **tinctures of Belladonna, Stramonium and Digitalis**, and a host of infusions, decoctions, and extracts that I compounded as an apprentice in 1954 were all grouped under the collective name of **Galenicals**.



When I ventured as an apprentice into the world of the **apothecary** in **1954**, it was first with my father Les Kennedy in Wagga, then with Strang's Pharmacy in Bathurst Street Sydney whilst at University of Sydney, I was entering a world that **had not changed its modus operandi for more than 100 years**. In fact, for Botany, my father and I had the same lecturer and same lectures 30 years apart.

I remain now as one of a dwindling number of pharmacy graduates who worked in a pharmacy where almost **everything was compounded on the premises**.

By everything I mean literally everything from doctor's prescriptions for mixtures, lotions, pastes, ointments and balms, tonics, pills, plasters, cachets, and capsules, as well as suppositories, ear and eye drops, burn cream and pile ointments.

Antacid mixtures often contained bismuth carbonate (now banned). When I started out, there were very **few tablets dispensed**, indeed there were very few tablets available full stop.

Oral antibiotics were mainly the sulpha drugs such as sulphadiazine, and my father told me the story of when these were released by May & Baker, the drug representative mentioned that this could mean the end of infections, and our business, and that of a doctor, would be dramatically changed. How wrong he was! No tranquillisers were available except **phenobarbital tablets** and a **bromide mixture** was often prescribed for nervous disorders and insomnia. **Largactil (chlorpromazine) however was about to hit the market.**

Asthma could be treated by burning a spoonful of asthma powder on a metal plate so the patient could inhale the smoke. We made up the asthma powder with Stramonium powder and some potassium nitrate powder to make it burn. Powdered ipecac was often added to it as well. Atomisers were also available with adrenaline used, but this was unstable.

Polypharmacy was alive and well and worked on the theory that **the more drugs you put in a mixture the more chance you had of curing something**.

Hence you would find **cough mixtures** with both an expectorant and a cough suppressant in the same bottle even though they actually do opposite things! The theory here was that the body would know which one it wanted! **Cough linctuses** were straight suppressants, usually containing heroin), and later when Burroughs Welcome developed it, Methadone, which were, and I suppose still are, the most effective cough suppressant. although the Australian Pharmaceutical Formulary (APF) added some tincture of Senega apparently just for luck.

The same **APF** recommended **Tincture of Opium and Strong solution of Lead** as a lotion for sprains and bruises.

In those days, a busy pharmacy could make about **40 prescriptions in a day**. The average country pharmacy however usually only had one pharmacist or maybe two. There were **9 pharmacies** in Wagga's main street.

Today, however a busy modern pharmacy might dispense 450 or 500 prescriptions or more in a day with multiple pharmacists and computers without the galenicals.

As well as prescribed medicines, the lucky **apprentice** compounded all the “**over-the-counter**” preparations that these days come as commercially prepared and advertised products.



APC (aspirin/phenacetin/caffeine) mixture was a constant that needed making up every few days as it's shelf-life was limited; and the **aspirin would crystallise out**. In fact some years later a doctor from The Rock had a standing weekly order with us for 12 bottles of APC mixture, which needed to have a different colour each week. He claimed it was most effective for all kinds of problems with the right story behind it. Everything was 'mysterious', with patients being given 'The Mixture' or 'The Tablets'....

Stay tuned for Part 2 next week!!

Guest Speaker:

contributed by Gordon Sagers

Do you like to read a good murder mystery? Not even Law and Order would attempt to capture this mess. This is an unbelievable twist of fate!

At the 1994 annual awards dinner given for Forensic Science (AAFS), President, Dr. Don Harper Mills astounded his audience with the legal complications of a bizarre death.

Here is the story:

On March 23, 1994, the medical examiner viewed the body of Ronald Opus, and concluded that he died from a shotgun wound to the head.

Mr. Opus had jumped from the top of a ten-story building intending to commit suicide. He left a note to the effect indicating his despondency. As he fell past the ninth floor, his life was interrupted by a shotgun blast passing through a window, which killed him instantly.

Neither the shooter nor the deceased was aware that a safety net had been installed just below the eighth floor level to protect some building workers, and that Ronald Opus would not have been able to complete his suicide the way he had planned.

The room on the ninth floor, where the shotgun blast emanated, was occupied by an elderly man and his wife. They were arguing vigorously and he was threatening her with a shotgun! The man was so upset that when he pulled the trigger, he completely missed his wife, and the pellets went through the window, striking Mr. Opus.

When one intends to kill subject 'A' but kills subject 'B' in the attempt, one is guilty of the murder of subject 'B.'

When confronted with the murder charge, the old man and his wife were both adamant, and both said that they thought the shotgun was not loaded. The old man said it was a long-standing habit to threaten his wife with the unloaded shotgun. He had no intention to murder her. Therefore, the killing of Mr. Opus appeared to be an accident; that is, assuming the gun had been accidentally loaded.

The continuing investigation turned up a witness who saw the old couple's son loading the shotgun about six weeks prior to the fatal accident. It transpired that the old lady had cut off her son's financial support and the son, knowing the propensity of his father to use the shotgun threateningly, loaded the gun with the expectation that his father would shoot his mother.

Since the loader of the gun was aware of this, he was guilty of the murder even though he didn't actually pull the trigger. The case now becomes one of murder on the part of the son for the death of Ronald Opus.

Now comes the exquisite twist...

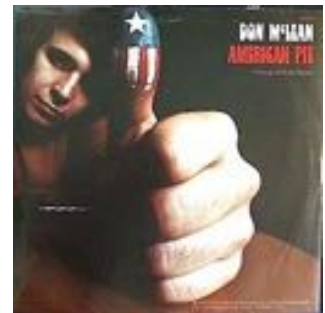
Further investigation revealed that the son was, in fact, Ronald Opus. He had become increasingly despondent over the failure of his attempt to engineer his mother's murder. This led him to jump off the ten-story building on March 23rd, only to be killed by a shotgun blast passing through the ninth story window. The son, Ronald Opus, had actually murdered himself. So the medical examiner closed the case as a suicide.

A true story from Associated Press.

Also this.....

“American Pie” is an iconic song by American singer and songwriter Don McLean. Recorded and released on the *American Pie* album in 1971, the single was the number one US hit for four weeks starting January 15th, 1972. The song also topped the charts in Australia, Canada and New Zealand. It reached number 2 in the UK. The song has been described as ‘one of the most successful and debated songs of the 20th century.’

Click the album cover for an explanation of what the lyrics of the 8 minute 42 second song mean.....



PLEASE BLOCK-OUT THE FOLLOWING DATES IN YOUR DIARY: -

- 11/12th September 2021** **Rotary Zone 8 Virtual Conference**
- **22nd September 2021** **Lilier Lodge Barbecue (to be confirmed)**
- **25th November 2021** **Wagga Rotary Shine Recognition Function **POSTPONED****

BIRTHDAYS & ANNIVERSARIES: -

(6th Sept – 12th Sept)

Birthdays: Nil

Rotary Anniversaries: Bruce Barber (10/9/2009 and Griffith East 2003-2009)
Alok Sharma (11/09/2003)

Wedding Anniversaries: David & Debbie Wynne (11/9), Rajinder & Kanwal Singh (12/9)

