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BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. - CHARTERED

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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: 11.

Thursday 9th 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 16 th Sept.	Thursday 23 rd Sept.	Thursday 30 th Sept.
PROGRAMME:	Social Night	TBA	TBA
ATTENDANCE:	Karel Bijker Bruce Heydon	Karel Bijker Neil Hilpern	Karel Bijker Tony Hutchinson
SHORT & SWEET:	Howard Mendel	David Payne	Mike Murray
FINES-MASTER:	Terry Mecham	Paul Galloway	Lyndal Seymour
INTRODUCE SPEAKER:	<i>Not required</i>	John Heazlewood	Bruce Heydon
VOTE OF THANKS:	<i>Not required</i>	Philip Cross	Vicky Donoghue
BULLETIN REPORTER:	David Kennedy	Gerry Page	Don Pembleton
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: -

- Twenty-eight members and our guest Sally Lean were welcomed to ZOOM by President Alan this week. With the 'lockdown' due to end Friday, the hope was expressed that this may have been our last ZOOM meeting. President Alan will investigate whether meeting at the Country Club is possible next week. Members can look forward to an email which will contain that happy news or a link to a ZOOM meeting. Should we be able to meet at the Country Club, the evening will be a Social Night, with perhaps a bit of music trivia courtesy of Mike Murray.
- Secretary Ellen reported that the NYSF candidate has made contact and will be applying with the support of our club.
- "Opportunities for Leadership" ZOOM seminar led by Stephen Hill (District 9705) will be held on 26 September. Any member interested in learning about leadership roles within our Club or wider Rotary should speak to Alan or Ellen about registering for this seminar.
- The Rotary Club of Canberra Burley Griffin and Rotary District 9705 invites all members to a virtual ceremony to celebrate International Day of Peace. The event will be held on Tuesday, 21st September 2021 at 12:30 pm.

Registrations are required and must be received no later than Friday 17th Sept.

[Click HERE for more information or to Register.](#)

The Keynote speaker is Australian Diplomat and singer/songwriter Fred Smith. Fred has just returned from Afghanistan. He has had an exceptional career. Canberra Times writer Sally Pryor wrote the following about Fred Smith:

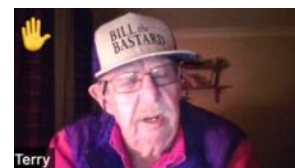
When Fred Smith was a toddler growing up in India, he would scoff when his parents tried their Hindi out on him. At three, his Hindi was better than his English, and much better than his diplomat father's. He was also aware of two very distinct worlds in his very young life: that of the domestic servants, and that of his family. Four decades later, this awareness of different worlds, and of the multiplicity of worldviews, is a crucial factor in Smith's own diplomatic career.

Once described as "Australia's secret weapon" in international diplomacy, he was the first Australian diplomat to be posted to Afghanistan's Uruzgan Province in 2009, an experience that he turned into a highly acclaimed album of songs, Dust of Uruzgan.

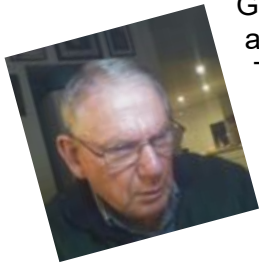
The following links take you to: [Fred singing "Dust of Uruzgan"](#) and [Fred's website](#) and [Fred's Facebook page](#).

The International Day of Peace is the one day each year that all World Peace Bells are rung on the same day.

- Terry Mecham reminded members that we are due to cater a BBQ at Lilier Lodge on 22nd September but he is doubtful that this will be possible. He has since been informed that it is not possible for us to descend on Lilier Lodge as COVID restrictions do not allow visitors to the site. **Our Club will instead deliver a casserole dinner** on that evening. Five casseroles are needed. If you are willing/able to contribute, please contact Terry. He will provide details of when/where to deliver.
- Members were again reminded of the Zone 8 Virtual Conference being held on Sat 11th and Sunday 12th September. Gary Roberts informed members about the interesting line-up of speakers and workshops available.
- Shishir Bhengra spoke to the meeting about the importance of social media—especially Facebook and Instagram—as a means of communicating with the wider world. Our Club needs to embrace these platforms to get our message out. The power of social media as a means of engaging with people in our community or across the world cannot be underestimated.
- Update on 'The Long Run' which Mike Murray is undertaking this month in aid of Prostate Cancer Research: He has already completed 60 of the 72 km and thanks those members who have supported him.
- The Club website has been updated with the new location of the book drop-off location.



Finesmaster:



Gordon Sagers entertained members with a virtual fines session....by his own admission 'just a series of gags really'.

The best one was:

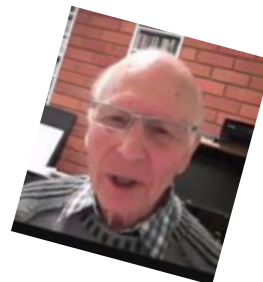
"A man who says sorry when he's wrong is called honest.

A man who says sorry when he's not sure is called wise.

A man who says sorry even when he's right is called husband."

Guest Speaker:

David Kennedy was scheduled to provide 'instalment 2 of his 'Short and Sweet' this week but was promoted to 'Guest Speaker' status on the strength of last week's presentation. This is a transcript.....



Following on from last week, let's look at some of the more common formulas that we had to make up in the 1950s.

There was a host of skin preparations to be prepared including **camphor liniment with methyl salicylate** for aches and sprains. We used to make this up in gallon lots for the football teams. **Camphor and menthol cream** was used for chilblains, acriflavine and mercurochrome solutions for antiseptics, lip cream and cold-sore creams, calamine lotion, and cream for sunburn. **Iodine paints and tinctures** were prepared by dissolving Iodine crystals in spirit and adjusting the strength. **Colourless Iodine paint** was in some demand mainly for fingernails. This was a little more complicated to produce as you dissolved the crystals in 90% alcohol and then added strong ammonia solution and sat the bottle on a window ledge in the sunshine and it would become colourless after about a week of sunning itself.

Cough and cold mixtures and linctuses were always in demand and most pharmacies produced their own proprietary products bearing their own label usually with **Tincture Opium as a main ingredient**. . **There was no such things as expiry dates**.

Drug abuse in the 1950s and 1960s was clearly nowhere near the current problems of abuse, as our "Dangerous Drugs" were always carefully locked in a plywood cupboard with a wardrobe key. Sometimes we even remembered to remove the key from the lock.

In 1915 Marijuana, heroin and morphine were all available over the counter at the local corner chemist. Back then, chemists said: "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels and is in fact the perfect guardian of health.

There were also salesmen with all sorts of mixtures and claims. One that my Dad mentioned was a tonic that claimed to have "**All vitamins, known and unknown in specially measured quantities**".

Very often when you made a **medicinal ointment** there would be some left on the slab when you had filled the patient's jar. This was usually set aside in a "**dog-pot**" to be used for the next similar prescription. Often you would make up your own cream using the Dog Pot and adding some **Coal Tar Extract** so that it was always of a like appearance.

If a **dog** was brought in with a skin disorder, then my Dad would mix up some "**Gamma Wash**" into simple cream. This was usually most effective, and probably before its time. He also used to vaccinate the local dogs for no charge.

The dispensary in those days needed to have several sets of **scales** including a dispensing balance with jewelled knife-edges, three sets of weights and measures: **Avoirdupois, Metric**, and for most tasks Apothecaries weights and measures (grains, scruples, and drachms, minims, mls and imperial fluid ounces). An **apothecary ounce weighed 437.5 grains** (just to help the apprentice in his percentage calculations). There was a graded rack of **conical glass volume measures** in minims, and in mls, and in fluid ounces that all had to be stamped by then Government office.

There were spatulas to use on marble or glass ointment slabs, as well as bone or Bakelite spatulas for use if the ointment contained mercury.

Other necessary equipment included suppository moulds, a pill roller & cutter, capsule fillers, filter funnels and papers, a two-part funnel with gauze across it used to strain coarse particles out of a mixture, stirring rods, usually a water filter and of course a range of pestles and mortars which were the hallmarks of the profession.

The dispensary featured walls of shelving on which **glass stoppered bottles** stood in alphabetical order with their kindred: Powders, Syrups, Extracts, Ointments and Pastes, and there were cupboards holding a range of **bottles and jars to receive our dispensed products**.

Recycling of medicine bottles was also a big practice, and I still recall older men arriving with a chaff bag full of old medicine bottles. It was usually the apprentice's job to count and grade the bottles and the pharmacist would pay so much for each bottle. These bottles however had to be well washed so this was **my job from about 8 years** on where I would bring in a mate and we would set up two buckets in a back broom, one for washing with a bottle brush & soapy water, and the second for rinsing and packing up to dry.

Almost unbelievable now, was that it was considered **inappropriate** for patients to know what was in their medicines, and great lengths were taken to preserve the secrecy. Mixtures were merely labelled "THE MIXTURE" and tablets "THE TABLETS". Similarly, tubes of ointments would have painted names removed from their tubes by soaking them in a chloroform bath and labelled THE OINTMENT or CREAM.

Prescriptions were universally **written in Latin** which had been the tradition for centuries, both because it was a universal language and also because it lent to the arcane status of the chemist.

The first job every morning for every apprentice was indexing the **Prescription Book**. All prescriptions were recorded in a large leather-bound Prescription Book showing the date and the patients name and address and the medicine dispensed plus the doctor's name. The book had a tabbed index at the front, and each prescription dispensed then had to be entered into the index under the surname followed by appropriate initials so that the patient's history could be recalled. Often doctors would ring up to check what they had prescribed, for their filling systems were not the best.

Certainly, there has been amazing changes to pharmacy since the late 1980s when computers were introduced and therefore script books and indexing were no longer required. Also almost all **medications then became available in tablet or capsule form**, so it is exceedingly rare for a pharmacist to have to prepare and galenical preparation today.

I suppose only a few Pharmaceutical Chemists exist today. The modern graduate is a pharmacist, and from the 1970s on, pharmacy changed dramatically, particularly in hospital pharmacy.

But that's another story.

News from Timor Leste..... (Contributed by Bryan Short)

Below is a photo that came in recently from Timor Leste showing our on-the-ground team in Timor Leste, working on our clean water program.



On the left are 2 Rotaractors who have expressed a willingness to help us test for appropriate sites and deliver some of Howard's purification units, then there is Magda, an Australian volunteer whose husband is a teacher in Dili and has been a great help. On the right, is a staff member of Biro Pitic Clinic, a hospital in Dili who Howard has been liaising with for a number of years and has been helping us in choosing and setting up existing units. Lockdown in Timor Leste was lifted last week, so hopefully we can get the project back up and running again shortly.

Unfortunately Magda has to return to Australia next month for family reasons, but she is hoping she can set up the connection with the local Rotaract group, some of who can speak English to carry on.

HAPPY SNAPS.....ZOOM STYLE!!



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

- 21st September 2021 International Day of Peace virtual ceremony
- 22nd September 2021 Lilier Lodge Catering (Casserole Dinner)
- 26th September 2021 'Opportunities for Leadership' Seminar
- 25th November 2021 Wagga Rotary Shine Recognition Function **POSTPONED**

