



## Bulletin 10 – 7<sup>th</sup> Sept. 2023

### Guest-speaker Christian Hernandez from AMCAL Salamander Bay



Christian is director & co-owner of AMCAL pharmacy in Salamander Bay shopping centre. He started there as a pharmacy student in 2006 followed by his Pharmacist Internship and became a registered pharmacist in 2007. In 2014 he became co-owner of the pharmacy. They currently employ approx. 80 staff within our community and has a passion to help people with their health requirement. Christian lives locally with his wife son and daughter. He claims to be a cricket tragic.

His connection to our club is when he won the PoW Award in 2012. He pointed out that the role of a pharmacist today is quite varied and different from the past, they dispense prescriptions, advise doctors and other health professionals on drug selection and usage, primary healthcare advice and support, and educate customers on health promotion, disease prevention and the proper use of medicines. During the Covid pandemic, a most challenging period, due to the big unknowns of the virus, AMCAL remained open and dispensed 50 thousand vaccines and boosters. From late last year they are now allowed to administer a wider range, in addition to flu, whooping cough, MMR (Measles Mumps Rubella), such as travel and shingles vaccinations, to reduce the load on GPs. Measuring Blood Pressure & Blood Sugar levels, Ear checks with otoscope, issue Leave certificates, are some of the lesser-known services they provide. They are also allowed to prescribe medicines for UTI, oral contraceptives, MAPs (Morning After Pill), Sleep Apnea treatment and prepare and deliver Webster packs.

- The history of community pharmacy is closely entwined with the Pharmacy Benefits Scheme (PBS), which was first introduced as a limited scheme in 1948 and formally established in 1960.
- Every five years since 1990, the Pharmacy Guild of Australia and the government have negotiated the terms and conditions for supplying PBS medicines.
- The first pharmacy in Australia was established in 1825, Hatton and Laws Pharmacy – Launceston
- In the early 1900s, pharmacists fulfilled the role of apothecary —preparing drug products *secundum artem* (according to the art) for medicinal use. Pills, potions, powders and intricate prescription formulas handwritten then carefully handcrafted
- 1950s, large-scale manufacturing of medicinal products by the pharmaceutical industry, and the introduction of prescription-only legal status for most therapeutic agents.
- Mid-1960s pharmacists had evolved toward a more patient-oriented practice and developed the concept of clinical pharmacy.
- And now the **60 Day prescription policy**

*According to his opinion the 60 Day prescription policy of the Fed. Government means that a doctor can write two months of medication to be dispensed at one time, will result in challenges to the “bottom line” of many pharmacies and drugs being wasted by patients.*

### COMING EVENTS:

14<sup>th</sup> Sept. Club Meeting  
23<sup>rd</sup> Sept. Hospital Garden opening (*see Invitation p.2*)

### BIRTHDAYS:

12<sup>th</sup> Sept. Geoff Diemar

### ANNIVERSARIES:

none

### WINNERS:

H/T: J. Cropley

RAFFLE: W. Mathieson

3 Minute Talk: Warwick

### MEMBER DUTIES

Door: L.Freeman

Grace: R.Turner

Toast: G.Robinson

Introduce Speaker: n/a

Thank Speaker: n/a

Bulletin: J.Cropley

Photos: n/a

Binoculars: n/a

Bunnings BBQ, the monthly event, and Clive’s Cooker sortie at the annual Suicide Prevention Network walk



Peter, Ella, Jim & Dieter braved the early morning chill.



Peter, Ian, Lesley & Geoff managed the lunch time madness.



Robo, John & Chris at the Suicide Prevention walk in Boat Harbour.



**Port Stephens Suicide Prevention Network (PSSPN) conducted its annual Remembrance Walk at Iluka Reserve, Boat Harbour.**

Our club has been supporting this event with providing our mobile BBQ “Clive’s Cooker” The Remembrance Walk is an opportunity for members of the community who have lost someone close to them to suicide to come together and remember that special person.



The garden almost complete, shrubs, plants & lawn growing nicely, ready for official opening 23<sup>rd</sup> Sept.



If you ever wondered how the trees, we planted at the oval next to PCYC as part of the 100 trees planting project are going, here a picture of the oval showing that they are well established already

**Please R.S.V.P. by 15<sup>th</sup> Sept.**



PO BOX 103  
Nelson Bay NSW 2315  
Phone 0401 450 239

District 9670 - ABN 87 774 566 005  
www.nelsonbayrotary.org.au

**INVITATION**

*Members and Honorary Members*

*Rotary Club of Nelson Bay.*

*Dear Member and Partner,*

*You are cordially invited to attend the official opening of the Rotary Club of Nelson Bay Tomaree Community Hospital Reflective Garden Project.*

*The garden will be officially opened by Meryl Swanson MP Federal Member for Paterson at 10.30am on Saturday 23 September 2023.*

*Please note that parking at the hospital is limited and you are asked to park in the neighbouring street. Please use the main entrance off Kerrigan Street where you will be met by a Rotarian who will direct you to the garden. Please arrive by 10.15am.*

*Following the official ceremony, you are invited to morning tea and a tour of the garden facility.*

*To assist our planning would you kindly RSVP by 15 September 2023 to Don Whatham Secretary Rotary Club of Nelson Bay. Phone: 0435 255 345 or Email: [donwhatham@bigpond.com](mailto:donwhatham@bigpond.com)*

*All members are asked to volunteer to assist with this important and wonderful highlight of our Rotary Year. We will need help to transport equipment from the Rotary shed to the hospital, setting up on the day, parking assistance, meet and greet, packing up and taking equipment back to the shed. Please advise Doug Craike (0452 036 324 or [dcraike@gmail.com](mailto:dcraike@gmail.com)) of your availability to assist.*