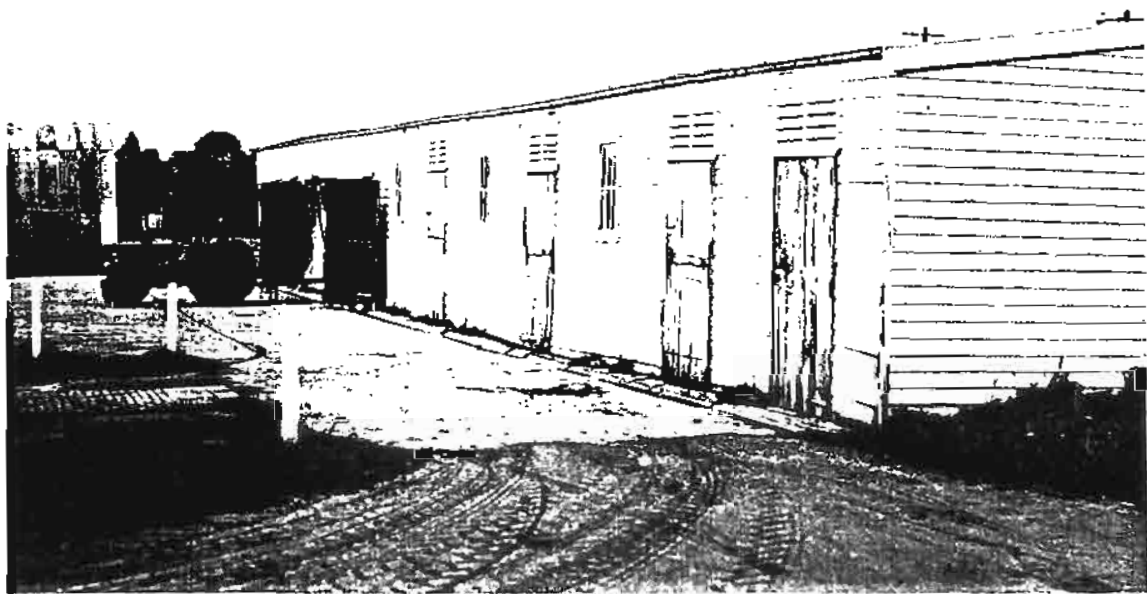


Vista



May

1992



EXECUTIVE

NEWS

Most people should be aware that in the last week of April the Health Department released the report of the Clinical Audit into Psychiatric Inpatient Services. This audit was the most comprehensive review ever undertaken of Victoria's public psychiatric services.

The review revealed a widespread need for reform, with the audit team making some 14 recommendations. When fully implemented these reforms will ensure a significantly improved service, clearly focused on client services and the protection of civil and human rights.

Recommendation One deals with the need for "patients to live in an environment that enhances their right to privacy, dignity, freedom and personal space". This recommendation is particularly relevant to the decision within Lakeside to restructure the Adult Acute and Rehabilitation Programs through closure of Ward 25.

The report of the Lakeside Board of Investigation recommended this course of action and it is pleasing to have been able to finally meet this recommendation in such a way as to offer improved service to clients in a manner that will also meet the requirements of the clinical audit recommendation.

I would take this opportunity to express my gratitude to all involved in this decision and its successful implementation.

NOTE: The recommendations of the clinical audit will be made available in the near future.

JIM FLETCHER

CHIEF EXECUTIVE OFFICER

The Chaplain's Letter

FATHER LAWRIE WRITES ABOUT LESSONS FROM LIFE

A funny thing happened when I returned to Lakeside early this Monday morning. The first person I met was Recreation Officer Ian. He asked for my material for this page and wanted it today. That was an unexpected encounter! So I'll do my best. And here it is.

Some of you will be aware that I was away on leave last week. My wife and I motored to Sydney in order to be present at our daughter's graduation at Macquarie University. She was awarded her Diploma of Teaching by the Institute of Early Childhood. The Chancellor, the Honourable Justice Michael Kirby conferred the Degrees. For us and for her it was a grand celebration and a rich experience. To reach that goal has been no easy task. And we supported her all the way by our prayers and our presence.

You may recall that in my Easter letter (Vista, April 92) I said, "Easter is not an event in time; it is a timeless event." That experience runs through our lives - if we have eyes to see it.

The Emmaus Road Story (Luke 24: 13-35) tells us of Jesus sharing the journey with some of his friends. "Our hearts burned within us", they said. They didn't know, they didn't realise. And so for us.

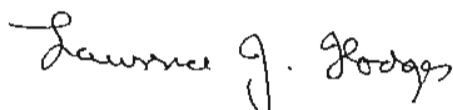
We need to realise the Risen Lord stands among us. He stands among us in our fightings and in our fears. To each of us He speaks. Sunday by Sunday He meets us in the Breaking of the Bread and the Sharing of the Cup.

Jesus knows all about us - our fears, our sins, our sorrows and our joys.

Listen not to my voice but to His. He speaks something like this.

I'll walk beside you through the passing years.
Through days of cloud and sunshine, joys and tears,
And when the great call comes, the sunset gleams
I'll walk beside you to the land of dreams.

That is the marvellous and abiding truth of Easter. Rejoice in it, and live by it.



Rev. Canon L.J. Hodges,
RESIDENT ANGLICAN CHAPLAIN.

PSYCHIATRIC NURSING REGISTRATION EXAMINATION RESULTS..

The following Lakeside Hospital Student Nurses have successfully passed the March 1992 Victorian Nursing Councils Registration Examinations in Psychiatric Nursing:

CREDIT:

Paul Birkett, Colin Carter, Jill Caunter, Hugh Iron, Raelene Colbourne, Andrea Dennett, Deborah McBryde, Jennifer Sewell..

PASS;

Susan Arkle, Rosemarie Dryden, Kim Hollaway, Graeme Mair, Lee McBryde..

Robert Geyer
Senior Nursing Education Officer.



THE HISTORY of LAKEESIDE HOSPITAL PART 4

The paralysing shortage of female nurses was relieved by the arrival of 30 displaced persons, the first batch of 20 reaching Ballarat in August 1948. They were praised for the way they adapted themselves to their unfamiliar surroundings. Now arose an urgent need for a sister tutor to instruct them.

The opening of a new male ward and the final closing of the old building was referred to as an epoch in the history of the hospital. The chaplains were thanked for their work amongst patients with the comment that their stipend was totally inadequate.

1949 was notable for the revolutionary improvement in diets made possible by the appointment of a dietitian and a senior supervisor of catering. During the following year a unique event was the visit from the State Governor, His Excellency Sir Dallas Brooks who inspected as much of the hospital as was possible in the time at his disposal. A very disturbing event not many months later was the serious fire which broke out in a female ward, originating in the roof and apparently caused by a defect in the flue from the furnace. It was put out by the Fire Brigade but not before considerable damage had been done to the roof of the ward dining room.

Often contrary to the usual reports one reads, some of those written by Dr. Farren-Ridge make entertaining reading. He quotes Macbeth when referring to the cramped conditions of the Receiving House:

"But now I am cabin'd, confin'd, bound in
To saucy doubts and fears"

and, "no-one has yet succeeded in putting a quart into a pint pot" when pleading for increased accommodation for female patients.

During the 1950s the mental hospital entered into community life in a way it had not succeeded in doing before. A psychiatric clinic was established at the Ballarat Base Hospital which largely accounted for the fact that there was the biggest ever number of voluntary boarders admitted. The Base Hospital readily accepted mental hospital patients for consultation and surgical treatment when necessary and a happy relationship existed between the two establishments. The Red Cross started an additional service by way of a class held three mornings a week with 35 females and two men in the group and they also installed 600 books for a lending library. Occupational therapy continued to function very satisfactorily in the therapy building. Plans were made and put into practice for patients confined to the wards to receive some form of activity. Ballarat town-folk were warmly thanked for their generosity—through the good offices of the Ladies, Auxiliary and the C.W.A., a piano, carpet, invalid and two fireside chairs, a sewing machine, wireless set, 30 pairs of slippers and a variety of smaller items were donated to wards in need. The Auxiliary provided trophies for competitions, ran the kiosk most efficiently and assisted discharged patients when the need was evident.

A new drug, Lithium, was given to selected patients with surprisingly good results. Some patients, severely disturbed for a long period showed a dramatic response and have since been able to live a more contented life within the hospital. This in its turn gave relief to the over-worked nursing staff. Certain risks

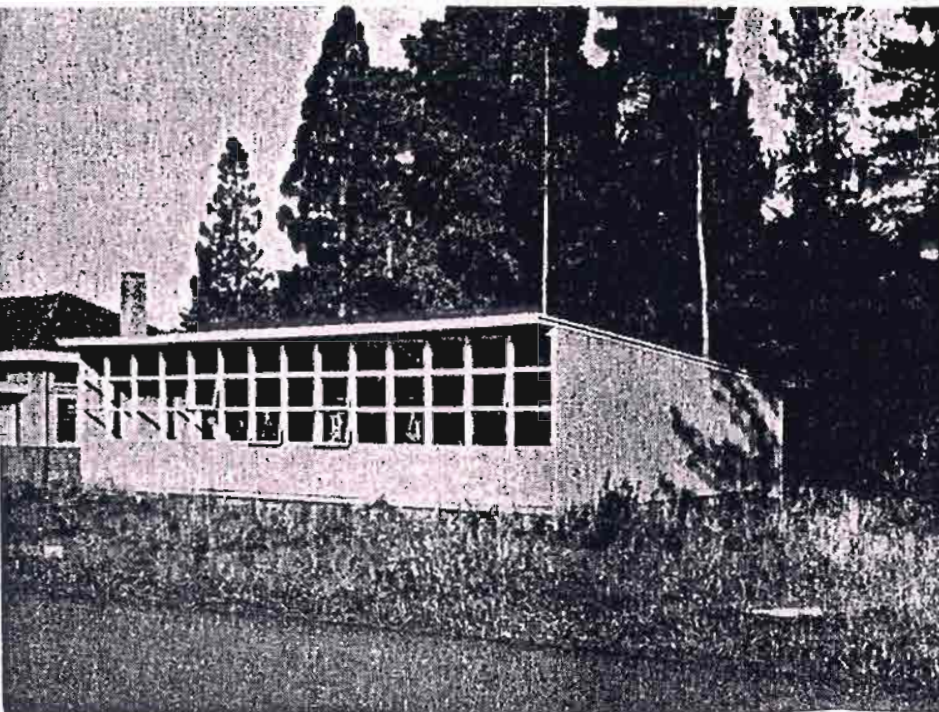
outlet in which a number of Ballarat citizens showed interest.

The same year saw group psychotherapy extended in scope, enabling many more patients to participate, with a noticeable improvement in patient-nurse relationship.

The hospital's first Open Day was held in 1954 during the Begonia Festival. A floral float was entered by staff members and awarded a prize. The Ladies' Auxiliary moved the contents of their kiosk to a small building specially erected for this purpose by the artisan staff; this was officially opened by the Deputy Chairman, the late Dr. C. R. D. Brothers. The profits from the kiosk provide, as is customary in every hospital, amenities for patients.

The increased efficiency of the hospital was marred by an unfortunate outbreak of scabies, endemic amongst a group of defectives and epileptics, over a number of years in one of the 100 bed

wards. This spread to a ward for the aged and fifteen cases developed before it was brought under control.

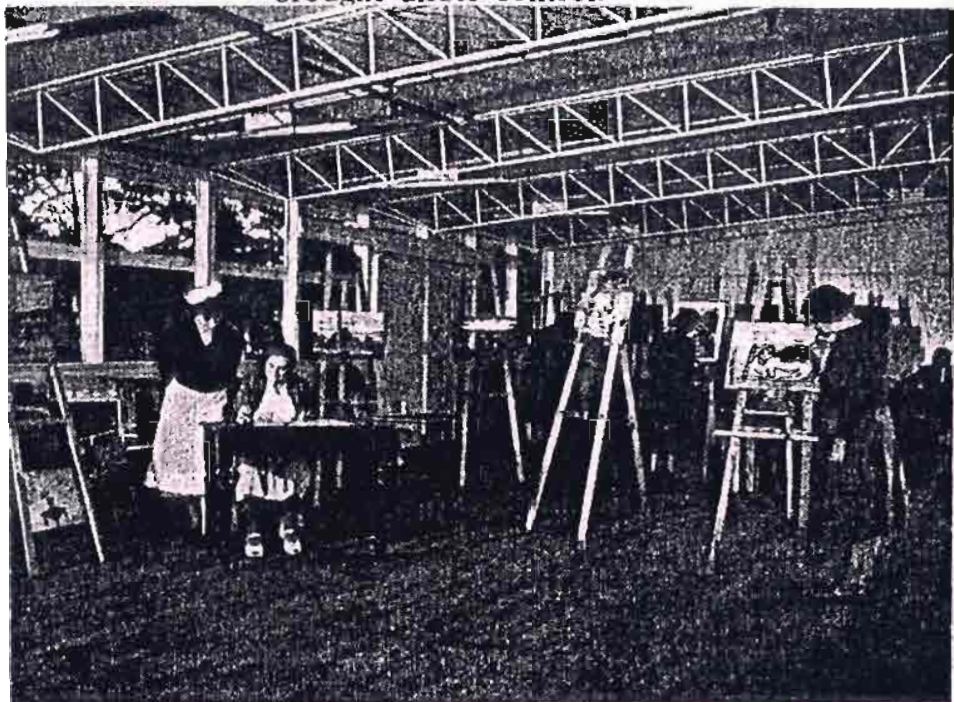


The Art School.

inherent in this treatment were considered to be over-ridden by the obvious advantages to the majority of those benefitting from it.

The appointment of a qualified nursing tutor from England was another asset in the life of the mental hospital and almost immediately an improvement in nursing care was obvious.

Early in 1954 work was started on a new nurses' hostel, occupational therapy and artisan buildings. New projects included a woodwork class for males and a cushion making class for females. The recently formed Art School provided a much needed



Art Group, Ballarat.

TO BE CONTINUED

CENTRAL HIGHLANDS WIMMERA PSYCHIATRIC SERVICES.

Cricket Challenge.

On Sunday March 22ndm 1992 staff from Lakeside Hospital traveled to Ararat to take up a challenge from the Aradale staff.

A "33 over" a side cricket match took place, all players bowled and batted, and both teams were mixed.

Lakeside's vice captain, Alison McGregor, called the toss of the cigarette packet correctly, and chose to field first for Lakeside.

Aradale's batting was contained early with good, tight bowling from R. Carlyon and T. Harris, who were well supported by A. McGregor and S. Mills.

Aradale increased its scoring momentum with good knocks from D. Stephens, L. Gilcrest and G. Suttleworth to eventually score 189 runs off their 33 overs. The score may have been much higher except for Lakeside's enthusiastic and athleticism in the field and a late bowling spell by M. Randall.

Lakeside started the run chase facing a fiery opening bowling spell from Aradale, G. Reid and J. Fendyk were fearless in their approach to see off this spell before T. Harris and A. McGregor set Lakeside up for a big reply.

The scoring rate slowed in the middle of the innings due to tight bowling from Aradale before a good supportive innings from L. Prodger, helped B. Pepplinkhouse increase the rate again.

Good support from late order batpersons A. Dunlop and K. Pepplinkhouse set Lakeside the task of needing 2 runs off the last over.

Aradale responded to this challenge bowling and fielding well in the final over, taking four wickets and only allowing one run.

The final result was a tie at 189 runs each.

The C.E.O. player of the day was David Stephens from the Aradale team. David scored 40 runs not out, took 3 for 12 runs off his 3 overs and kept wickets all day, making 2 stumpings.

Score Board.

Aradale Cricket Team.

<u>Players.</u>	<u>Score.</u>
B. Hutchison	7
D. Stephens - not out	40
L. Gilchrist	27
M. Davis	4
B. Cavanagh	13
G. Shuttleworth	23
D. Faulkhead	0
J. Hermans	4
I. Elliot	5
L. Elliot	3
G. Cunningham	16
Extras	<u>47</u>
Total Score	<u>189</u>

Lakeside Cricket Team.

<u>Players</u>	<u>Score</u>
John "Slasher" Fendyk	28
Gayle "Slow Hand" Reid	1
Tony "The Spring" Harris	23
Alison "Sir Don" McGregor	28
Stephen "Stumpy" Mills	25
Lois "The Dodger" Prodger	8
Bill "Iron Gloves" Pepplinkhouse	23
Rachael "The Fillin" Carlyon	0
Andrea "The Flash" Dunlop	21
Maureen "Simo" Randall	0
Kate "The Hitter" Pepplinkhouse	5
Extras	<u>27</u>
Total Score	<u>189</u>

THERE ARE NO CORRECT OR INCORRECT ANSWERS
ONLY HONEST AND DISHONEST ONES.

- Q. If a new medicine were developed that would cure arthritis but cause a fatal reaction in 1 percent of those who took it, would you want it to be released to the public ?
- Q. Which sex do you think has it easier in our culture ? Have you ever wished you were of the opposite sex ?
- Q. Would you rather be extremely successful professionally and have a tolerable yet unexciting private life, or have an extremely happy private life and only a tolerable and uninspiring professional life ?
- Q. If at birth you could select the profession your child would eventually pursue, would you do so ?
- Q. Would you be willing to become extremely ugly physically if it meant you would live for 1,000 years at any physical age you choose ?
- Q. You have the chance to meet someone with whom you can have the most satisfying love imaginable. Sadly, you know that in six months the person will die. Knowing the pain that will follow, would you still want to meet the person and fall in love ? What if you knew your lover would not die, but instead would betray you ?
- Q. For an all-expense-paid, one week vacation anywhere in the world, would you be willing to kill a beautiful butterfly by pulling off it's wings? What about stepping on a cockroach ?
- Q.b. Why does a beautiful creature merit more compassion than an ugly one ? Does it damage us psychologically when we destroy something we find beautiful ? How meaningful is the difference between pulling the wings off an insect and stepping on it ? Is the decision of how to kill something a minor decision when balanced against the decision of whether or not to kill at all ?
- Q. Would you be willing to murder an innocent person if it would end hunger in the world ?
- Q.b. Would it torment you more to have the blood of an innocent person on your hands or to know you let millions of people die ?
- Q. Would you give up half of what you now own for a pill that would permanently change you so that one hour of sleep each day would fully refresh you ?
- Q. Given the choice of anyone in the world, whom would you want as your dinner guest ? as your close friend ? as your lover ?
- Q. While parking late at night, you slightly scrape the side of a Porsche. You are certain no one else is aware of what happened. The damage is minor and would not be covered by insurance. Would you leave a note ?
- Q. If you could choose the manner of your death, what would it be ?
- Q. For what in your life do you feel most grateful ?
- Q. Would you like your spouse to be both smarter and more attractive than you ?
- Q. Would you be willing to give up sex for one year if you knew it would give you a much deeper sense of peace than you have now ?

PATIENT EDUCATION

Mastitis

What is mastitis?

Mastitis is an inflammation of breast tissue. There is usually a red painful area on one breast, fever, tiredness and aching all over, as if you had the flu.

What causes mastitis?

It usually follows a blocked duct, which is usually caused by poor drainage of milk. Common causes of poor drainage are:

- missed feeds: for example, baby sleeping through the night
- incomplete emptying of breast: for example, incorrect positioning of baby at breast, hurried feeds, or posture feeding.
- external pressure: for example, bra too tight (beware of trap-door bras), sleeping on tummy
- oversupply of milk
- exhaustion
- poor nutrition.

Is it serious?

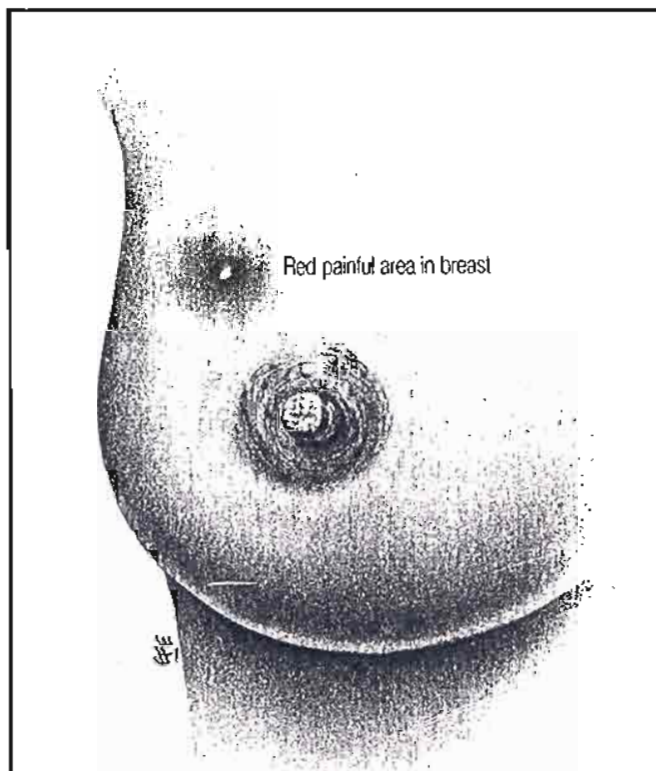
When treated correctly the symptoms should improve within 48 hours — if not, contact your doctor. A breast abscess is a rare but serious complication. This requires surgical drainage under general anaesthetic.

A secondary infection of the breast with *Candida albicans* (thrush) may also occur. This causes a shooting breast pain, like hot cords, which continues after feeding. *Candida* requires antifungal treatment of your nipples and the baby's mouth.

What is the treatment?

There are a number of steps involved in the treatment:

- keep breastfeeding — frequently, sore side first; check positioning to ensure drainage
- antibiotics: take the prescribed full course, usually 10 days
- apply heat to breast before feeding: have a shower or use a hot face washer
- relaxation techniques to encourage let-down reflex
- massage breast gently toward nipple while feeding
- drain breast well: hand express if necessary
- apply cool packs after feeding: keep a face washer in the freezer
- analgesics: paracetamol or aspirin



- bed rest: organise help with household
- maintain a high fluid intake
- ultrasound therapy before feeding may be helpful.

Can it be prevented?

Check the list of causes of poor drainage and take the necessary action. For example, express breasts or wake baby if long interval between feeds is the problem. If the problem is oversupply, try feeding from one breast only at each feed.

Planning a low fat diet and avoiding caffeine may also be worth while.

The Nursing Mothers Association of Australia's booklet 'Breast and Nipple Care' includes further practical suggestions. Ring NMAA on (03) 877 5011 for your local group contact. Local groups provide support and conduct meetings, and sell a wide range of reasonably priced booklets.

Dr Lisa Amir

A patient education service prepared by the RACGP and the Department of Community Medicine, Monash University. For instructions about ordering copies for your use, please turn to page 817.



P U N T E R S P A G E S

B Y

TRAVELLING TRACKSIDE

TRAVELLING TRACKSIDE will be a regular monthly feature, it will give you views and information on horses, jockeys, trainers, race courses and track talk.....

WINTER BLUES PUNT SHREWD!

With the Winter weather nearly upon us this makes the punters life difficult. For example the variation in track conditions, one week a good racing surface, the following week the surface could be heavy, so when selecting your chances this time of the year make sure you have a good report on the track condition. Once track condition is obtained look for horses with appropriate form. On a slow or heavy track look for horse that has wet track form, if the horse has won in the wet it will have a W next to its' name in the paper, if no form on wet tracks it may be worth a ccheck on the breeding to see if Sire or Dam were good wet trackers.

During the Winter, PUNT SHREWD, always asses your forthcoming bet that day. There may be a variance in track condition eg. first race -good track, rain follows then track condition becomes heavy by race 5, so my suggestion is not to put all bets on early in the day. If possible put early bets on then watch or listen to those races before investing the rent money for the rest of the meeting.

KEEP IN MIND.... Most Group or Feature races are won by the leading trainers, so it will pay to follow such trainers in these events, for example D L FREEDMAN, D HAYES, D B CUMMINGS, J MEAGHER.

*** JOCKEY JOY ***

Apprentice jockeys who can claim on the weight to be carried are worth following in the wet months especially on topweight horses at Melbourne race meetings.

Cont'd .../2





*** TRACKSIDES TALES ***

Report has it that a part owned staff members' horse is knocking on the till, that horse being "IMMERSION". He has had a few runs in since a spell and after a solid finishing run at Moonee Valley the horse needs the distance of 2000m and up. It suggests to me that there will be a curry celebration very soon.....ALL THE BEST WITH THAT ONE!



NAGBAG NELLIE confided in me on a promising 3 Y.O. "GOLD WONDER", Nellie has been sniffing around the stallions at the Smerdon stable and has picked up some hot manure on this horse. After a couple of good runs, its ready to salute the judge verysoon, the horse needs a little bit of distance but if freshend up could sprint well. Hasn't raced for a while so watch at WARRNAMBOOL CARNIVAL.

MAXI MANE munnurs that after a recent trip to GEELONG track, finishing slightly worse for wear but with a wealth of information on two promising winners, one being "CONCEITED EYES" trained by R W SMERDON, the horse ran a very good time and went on and won since but pay to follow in the coming months. By "VAIN" it goes very fast and MAXI MANE suggests it could even win in town. The other highlight of the day was the win of another 2 Y.O. "GOLD MESSAGE". Very smart, since won at FLEMINGTON. The horses next start will be at ADELAIDE on May 16th and will greet the judge accordingly.



RACETRACK REG reported very little, except to say keno might be the way to go. But for the committed followers a horse called "COGITATE" is the one to follow.



*** HORSES TO FOLLOW FOR THE MERRY MONTH OF MAY ***

TEA HABIT -3 y.o. trained R E LAING. Back only over 1000M or 1200M anywhere.

ORE-DE-DINO -3 y.o. Recent Flemington winner. 1600M and over.

CENTURY RISING-5 y.o. Good sprinter who will win very soon.

TANGO MASTER -6 y.o. Great win first up, horse excells this time of year.

GOLD WONDER -3 y.o. This horse is smart, better suited 1600 M on.

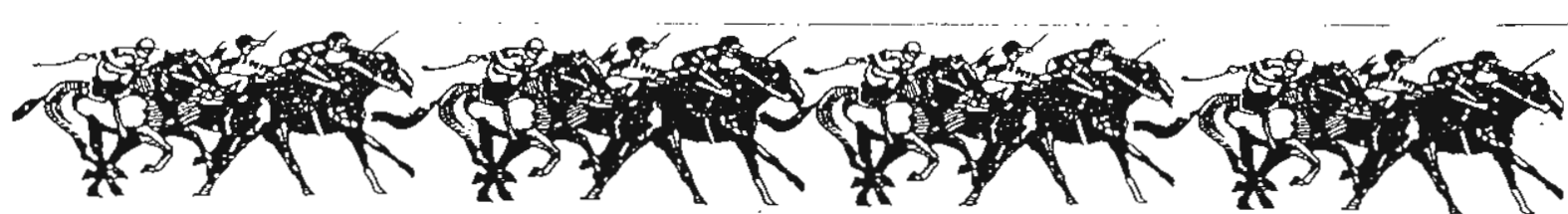
GOLD MESSAGE -2 y.o. Will run in Sire's Produce 1600M Adelaide May 16 and will prove his class.

CONCEITED EYES-2 y.o. Smerdon horse by VAIN and MORE SPRINT. Race wins to come.

COGITATE -Will win very soon in a big race.

Cont'd.../3





*** * * JOCKEYS TO FOLLOW FOR THE MONTH * * ***

D OLIVER - Follow in the month and you could finish in front.
G CHILDS - Watch at Adelaide and Brisbane Race carnivals.
S KING - BIG...BIG...Months ahead in Melbourne and country.
*****BIG FUTURE*****...N RAWILLER apprentice jockey who has it all
will ride mostly at country meetings but has rode winners in town.
Has great balance and touch of class, he will create a big future
for himself.

*** * * TRAINER OF THE MONTH * * ***

R E LAING -has been off the scene in the last few months due to
suspension, but now back on the scene his horses absolutely excell
this time of year when other big name trainers put all their topline
horses out to spell, so look for that name.... R E LAING when
selecting your chances, it may pay too.

TRACKSIDES TRIBULATIONS

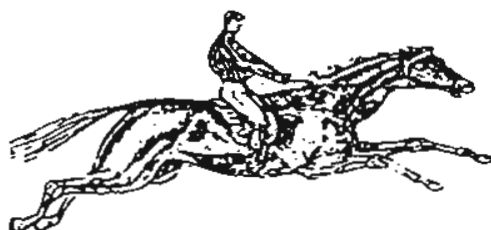
I will have a big report for you from the WARRNAMEBOOL RACE CARNIVAL
next month. I am heading down with the team, Nagbag Nellie, Maxi
Mane, Looselips Laurie, Racetrack Reg (if I can get him away from
the Keno). So look forward to all the track talk next month and
remember Travelling Tracksides' motto

**"SHAKE THE SHRAPNEL FROM YOUR SHIRT AND LETS MAKE THE NEXT
HORSE A CERT..."**

Yours profitably
TRAVELLING TRACKSIDE

PS. Any correspondence for next month, feel free. Put in envelope
and mark attn. Travelling Trackside and leave at Rec. office.

.....commissions gratefully accepted..!



ATTENTION!



NEW

COMPETITION



"GUESS the PERSONALITY of
the MONTH"



PRIZE - \$25 MEAL VOUCHER

at the Blue Bell Hotel.

CONDITIONS:

1. All Entries must be into the Rec Rooms by Friday 29th. MAY - 12 noon.
2. Entries are FREE..
3. All Entries will be put into a barrel and the 1st. Correst Entry drawn will WIN..
4. JUDGES decision is final and no correspondence will be entered into!!



SEE OVER →

GUESS THE PERSONALITY

OF THE MONTH



AGE: 46 MARITAL STATUS: Married
HEIGHT: 5' 8" WEIGHT: 13 stone
EYE COLOUR: Blue HAIR COLOUR: Going Grey
VITAL STATISTICS: Good Male Body
BIGGEST INFLUENCE: No Bull
LIKES: Rational People

DISLIKES: Idiots

FAVORITE MUSIC: Good Ship Lolley Pop/Daddy would'nt buy me a
Bow Wow..
FAVORITE MAGAZINE: Bulletin
FAVORITE TV SHOW: Rumpole of the Bailey
FAVORITE FOOD: Casseroles
FAVORITE RESTAURANT: Steve's Fishshop
FAVORITE DRINK: Sarsparella
FAVORITE SPORT: Golf
FAVORITE MOVIE: Laurence of Arabia
FAVORITE FOOTBALL TEAM: Essendon
HOBBIES: Bushwalking

WHAT CAR DO YOU DRIVE: Camry

WHAT IS YOUR FAVORITE FANTASY: To be John O'Neill's Boss

WHAT MAKES YOU LAUGH: OPS

WHAT MAKES YOU CRY: OPS

WHAT IS YOUR MAIN TURN ON: Knicker Page, Target Catalogue

WHAT TURNS YOU OFF: Getting Caught looking at Knicker page

WHAT DO YOU LIKE MOST ABOUT SEX: Feeling the Earth Move

HOW WOULD YOU SUM UP YOUR PERSONALITY: Wonderfull

BASIC PHILOSOPHY IN LIFE: Get on with it

IMMEDIATE PLANS: Carry on with Favorite Fantasy

Advertisement

- Akolawole Ayonrinde -

Best tasty PIES baked in the skilfully manufactured oven, trade-named FAFCO. These PIES are essential for children but valuable for all ages. Baked in any other oven, the result is not as good. PIES and FAFCO must go together. Highly recommended for young parents. Sells fast.

The recipe for the PIES

1. Physically healthy baby nurtured carefully and given full opportunity for sound Physical development.
2. Intellectually stimulating environment with opportunities for a child to use his/her ears, eyes, mouth, nose, sense of taste, skin, hands and feet, to explore the world around him or her, within "safe risks".
3. Emotionally secure environment where the child is free to be, free to show love and displeasure, free to be loved and be corrected without the fear of being rejected or harshly punished - an atmosphere of trust and sense of worthiness.
4. Physical, Intellectual and Emotional contacts first within the family, then the school, etc to practise, show-off and learn how and how not to be part of the society, that is, Socialisation.

The materials of FAFCO

Fairness with the child, each child. This helps the development of TRUST and sensitiveness to the feelings of others.

Affection facilitates overall growth and creates a desire to belong and yet the freedom to venture.

Firmness sets limits, draws boundaries and, above all, provides a sense of direction.

Consistency makes learning easy at first; later on makes areas of disagreement easy to sort out. Where one parent says yes and the other says no, where school says yes and religion says no, where family says yes and society says no, it must be hard for a child to enjoy his or her PIES!

Testimony

We baked four PIES in the FAFCO oven and they are yomi-yomi.

STREET SENSE

Did you know?

Did you know there are laws covering use of footpaths?

- If a footpath is available and in fit condition a pedestrian must use it.
- A pedestrian must walk on the left-hand side of the footpath.
- If there's no footpath, a pedestrian must walk on the right-hand edge of the road, facing oncoming traffic.
- If there is a marked crossing within 20 metres, a pedestrian must use it to cross.

Street sense for cyclists

- Walk - don't ride - across pedestrian crossings.
- Don't carry a passenger.
- Don't ride fast across drive-ways or among parked cars.
- Watch for drivers of parked cars opening doors.
- Ride slowly near pedestrians.
- Keep the bicycle in good repair. Regularly check brakes, chain, tyres, pedals, bell, lights.
- Don't do wheelies on roads.
- Watch for dangerous surfaces. Gravel, mud and sand are slippery. Potholes, grates and grooves can tip you off.
- Keep both hands on the handlebars (except when signalling), both feet on the pedals and both wheels on the ground.

Street sense for walkers

- Don't cross between parked cars or where buses are waiting.
- When walking to school, follow the path mapped out with a parent.
- Remember it takes cars longer to stop on wet roads.
- Don't keep your head down.
- Look before crossing drive-ways.
- Don't assume cars will stop because you're on a crossing.
- Stay on the kerb until cars stop.
- Don't jaywalk.
- Don't stand on the median strip. Wait until the road is clear both ways before crossing.
- Use marked crossings.
- Look and listen all the time.
- Walk - never run - across roads.

Dressing the part

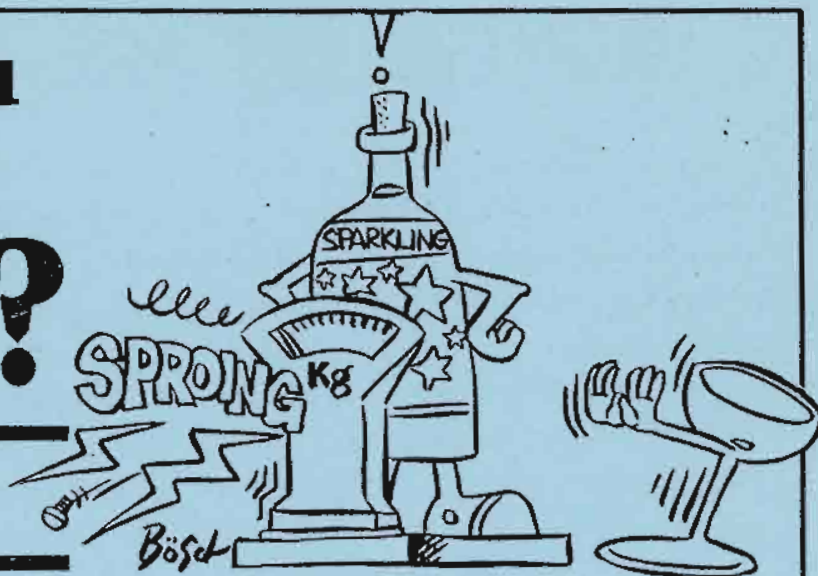
Child cyclists and pedestrians should wear light, bright colours. In wet weather, walkers should wear a bright raincoat and a sou'wester - umbrellas can obstruct vision. Long pants protect cyclists' legs from grazes in

case of a fall, but they must be light-fitting to avoid tangling with bicycle parts. Cyclists should wear sturdy shoes, and must wear a Standards Association of Australia approved light-weight safety helmet which sits

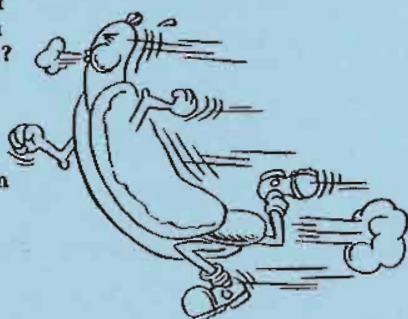
firmly on the head with chin-strap securely fastened. Mark the helmet with reflective tape. Never allow your children to wear headphones in the street: what they don't hear can hurt them.

What do you know about FOOD?

Test your knowledge of the foods you eat with our quiz



1. A kilojoule is
 - (a) a type of vitamin
 - (b) a measure of energy
 - (c) a blood cell
2. Protein is
 - (a) body-building material
 - (b) a hormone
 - (c) sugar
3. Which type of wine has most kilojoules?
 - (a) red wine
 - (b) white wine
 - (c) sparkling white wine
4. What percentage of people in the Western world are overweight?
 - (a) 11 per cent
 - (b) 26 per cent
 - (c) 37 per cent
5. A 170cm woman should weigh between
 - (a) 50kg and 63kg
 - (b) 52kg and 66kg
 - (c) 55kg and 68kg
6. Cholesterol is
 - (a) a part of sugar
 - (b) a disease
 - (c) a product of fat digestion
7. Which has most fibre?
 - (a) leeks
 - (b) bran
 - (c) baked beans
8. What effect does microwaving have on vitamins?
 - (a) destroys most of them
 - (b) preserves them
 - (c) destroys less than normal cooking
9. The recommended daily amount of fibre is
 - (a) 30g
 - (b) 60g
 - (c) 90g
10. Carbohydrate is
 - (a) the basic structure of starch and sugar
 - (b) a vital vitamin



- (c) a mineral
11. Most food allergies are caused by
 - (a) artificial colours
 - (b) preservatives
 - (c) natural foods
12. Fibre is
 - (a) roughage
 - (b) starch
 - (c) fat
13. Eating oily fish may
 - (a) reduce blood cholesterol
 - (b) prevent colds
- (b) a preservative
 - (c) vitamin C
19. The recommended daily kilojoule intake for women aged 19 to 54 is
 - (a) 5,000 kilojoules
 - (b) 9,000 kilojoules
 - (c) 12,500 kilojoules
20. "Fast food" is a bad idea because it
 - (a) contains few nutrients
 - (b) gives little protein in relation to fat
 - (c) is high in salt and fat
21. Vitamin A helps
 - (a) build strong bones
 - (b) produce healthy skin
 - (c) the digestion of fats
22. Vitamin B12 primarily helps
 - (a) night vision
 - (b) growth of teeth
 - (c) growth of nerve cells and red blood cells
23. Vitamin K is essential for
 - (a) manufacture of fats
 - (b) hormone production
 - (c) blood clotting
24. A vegetable oil high in saturated fat is
 - (a) coconut
 - (b) sesame
 - (c) corn
25. Lack of iron leads to
 - (a) a type of anaemia
 - (b) brown teeth
 - (c) soft bones
26. Too much salt leads to
 - (a) high blood pressure
 - (b) copper deficiency
 - (c) overeating
27. Recommended daily amount of salt is
 - (a) 18g
 - (b) 9g
 - (c) 5g
28. Which has the highest sugar content?
 - (a) make you gain weight
14. Which contains the most calcium?
 - (a) skimmed milk
 - (b) semi-skimmed milk
 - (c) fresh whole milk
15. Best source of iron is
 - (a) pig's liver
 - (b) lamb's liver
 - (c) lamb's kidney
16. Best source of zinc is
 - (a) oysters
 - (b) steak
 - (c) crab
17. Which has the most kilojoules?
 - (a) fried pork sausage
 - (b) fried beef sausage
 - (c) fried bacon
18. Additive E300 is
 - (a) an artificial colour

- (a) a plain chocolate bar
 - (b) a milk chocolate bar
 - (c) a toffee apple
29. The most salt per portion can be found in
 - (a) a tin of vegetable soup
 - (b) a pork sausage
 - (c) a herring
30. Best way to lose weight and stay healthy is to
 - (a) use slimming and vitamin pills regularly
 - (b) eat just fruit and vegetables
 - (c) eat a variety of foods but in smaller quantities

ANSWERS
score one point for every correct answer

1.b 2.a 3.c 4.b 5.c 6.c 7.c 8.c 9.a 10.a 11.c 12.a 13.a 14.a 15.a 16.a 17.c 18.b 19.b 20.c 21.b 22.c 23.c 24.a 25.a 26.a 27.b 28.a 29.a 30.c

How did you fare?

30-26

You seem to have excellent knowledge about food — you're probably eating very healthily.

25-20

Pretty good, but there's still room for improvement.

19-15

Your knowledge is scanty — and you may be eating the wrong diet.

14 or under

You need to watch your diet. Buy a good book on nutrition.

WD

BECAUSE WE ARE WOMEN

If you put a man on a pedestal, you are accused of being old fashioned - a housewife, If you don't you're non-supportive; If you work too hard, you are a selfish career climber, bad wife, bad mother, If you don't you're subservient and unambitious; If a man gets a promotion ahead of us, he deserves it, if we get it over them, we have been fornicating up the ladder;

If we say he's handsome, we're nymphos on the pick up, If we don't we are dykes; If we cry we are weak, If we don't we're as hard as nails; If we're oversexed we're tarts, if we don't fancy him, we are frigid in need of hormone replacement; If she loses her job she'll get over it, if he loses his, it's a living nightmare; If he doesn't have an orgasm, we all know about it, if she doesn't who cares?? When he does ballet, he's artistic or new age, if she does football, she's butch;

When he thinks continental drift is a new European drink or the Ramayana's 101 ways to do it. -

It's no wonder the modern waman is so bored!!



Who Had the Longest Hair in the World?

Could you imagine hair more than five times as long as your body? Early this century, a holy man who lived in a monastery in India had hair that was measured to be 26 feet long!

Then there was Jean Bunford, a woman born in England in 1895. Jean had hair that reached to her ankles - and she stood 7 feet, 7 inches tall. The longest hairs on her head were probably more than 8 feet long!

The world's longest mustache belonged to an Indian man. From one end to the other, the mustache measured about 8½ feet. And a man who lived in Norway had a beard that was more than 17 feet long!

CIRCLE IT 21

"They're different from you and me," novelist Scott Fitzgerald once observed to a friend. "They sure are," the friend agreed. "They have more money!"

rich folks



Loge
London
Maid
Mansion
Ming
Mink
Paris
Park Avenue
Parties
Patron
Philanthropy
Plane
Plush
Polo
Pool
Posh
Rich
Rolls-Royce
Rome
Sable
Safari
Spend
Stocks
Suite
Valet
Villa
Yacht

Bonds
Bourbon
Butler
Castle
Caviar
Champagne

Chauffeur
Club
Cook
Costa del Sol
Cruise
Furs

Idle
Jade
Jewels
Las Vegas
Library
Lodge

TWENTY-TWO

ACROSS

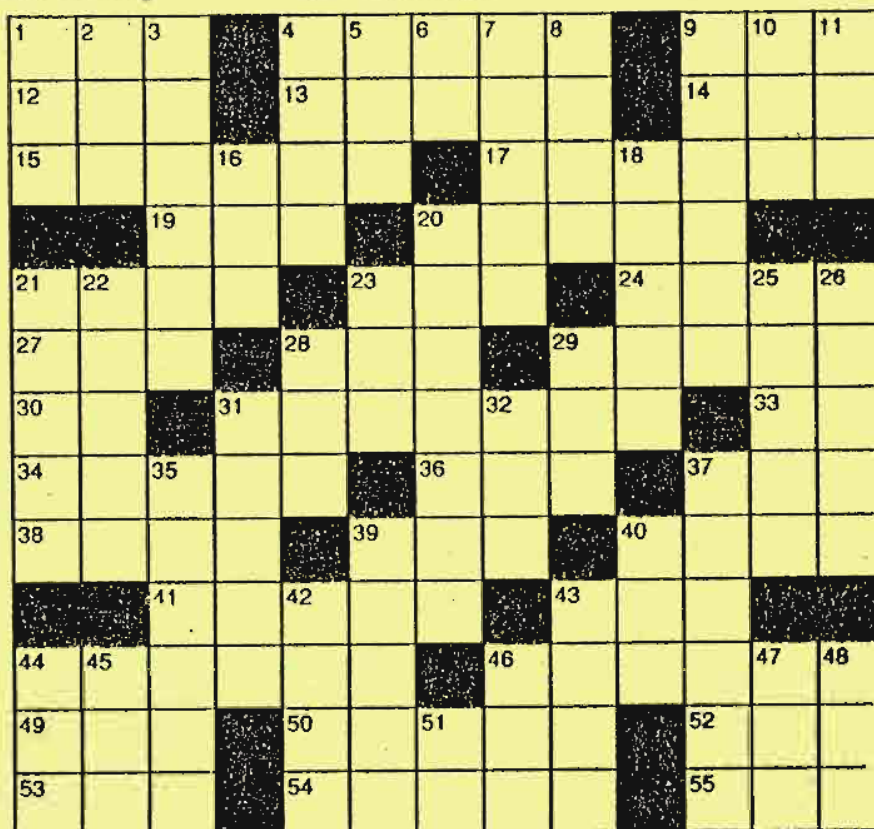
1. Write down hurriedly
4. Body's midsection
9. Red or Black
12. Tune
13. Go in
14. Abolish
15. Put in position
17. Refreshed in body
19. Papa
20. Occurrence
21. Worry
23. Single thing
24. Pub drinks
27. Help
28. Owing
29. Alexander the —
30. Exists
31. Breakfast cereal
33. In that way
34. Put on trial again
36. Climbing vine
37. Ball-point
38. Rebuff
39. Visualize
40. Manufactured
41. Leases
43. Boy
44. Roam
46. Repaired
49. Fruit drink
50. Earnings

52. Install carpeting
53. Shepherd's cudgel
54. Leopard's markings
55. Before

DOWN

1. Toyko's land (abbr.)
2. Cottonseed or peanut —
3. Bartered
4. Unwanted plant
5. Furthermore
6. Neuter pronoun
7. Wait on
8. Hat and coat holder

9. Colonize
10. East-northeast (abbr.)
11. Sum up
16. Siamese or Manx
18. Tangle
20. "—, A Love Story"
21. Agricultural exhibitions
22. Gone up
23. — to lunch
25. Made comfortable
26. Rock
28. Memorial —
29. Merry
31. Formed into a circle
32. Woman's name
35. Changed direction
37. Table tennis implement
39. Leather strip
40. Human being
42. Tidings
43. Not so much
44. 1914 event
45. Fuss
46. Encountered
47. Pitcher handle
48. Henna, for one
51. Depart



SHEPHERDS PIE.

INGREDIENTS.

Serves 4

750g minced steak

$\frac{1}{2}$ teaspoon thyme

30g butter

3 cups water

1 large onion

2 tablespoons flour

1 large carrot

$\frac{1}{4}$ cup water, extra

salt, pepper.

TOPPING.

750g potatoes

60g butter

1 egg

$\frac{1}{2}$ cup milk

salt.

METHOD.

Place steak, butter, peeled and finely-chopped onion and peeled and finely-chopped carrot in frying pan; stir over high heat until golden brown, mashing meat well. Add thyme, salt pepper and water; stir until combined. Bring to boil; reduce heat; simmer covered 45 minutes or until meat is tender. Remove pan from heat; add combined flour and extra water; stir until combined. Return pan to heat; stir until sauce boils and thickens; reduce heat; simmer 5 minutes. Spoon meat mixture into medium-size ovenproof dishes. Spoon potato mixture evenly over meat, spreading out evenly.

With knife, mark a diamond pattern on potato.

Brush lightly with beaten egg. Bake in moderate oven 45 minutes or until potato is golden brown.

TOPPING:

Place peeled, washed and quartered potatoes in boiling salted water; boil covered, 20 minutes or until potatoes are tender; drain. Add butter and milk; mash well.

Use while still hot..



"It doesn't pop up very well with marmalade on it!"

A speaker, beginning his talk at a club meeting, advised: "My job as I understand it is to talk to you, yours as I understand it, is to listen; if you finish before I do just put up your hand."

A group of medical students was listening to a lecture. The lecturer decided to prove his point by putting a couple of worms into a jar of alcohol. The worms were dead within seconds.

"Now, as you can see, gentlemen, this is the effect of alcohol on the lesser organisms. Now what do you suppose that this proves in the case of man?"

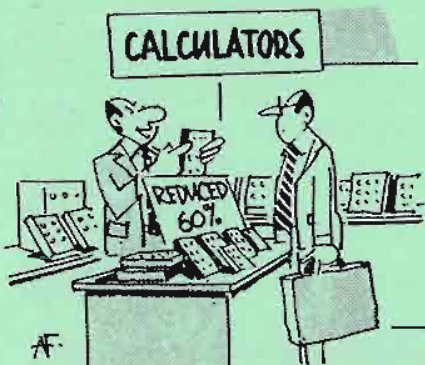
One of the students thought for a minute and then concluded: "Any man who drinks won't get worms."

Words of wisdom noted by a bulletin editor . . .

"The trouble with weather forecasting is that it's right too often to ignore it and wrong too often to rely on."

A wife telephoned the local club and asked if her husband was there.

When the manager asked how he would recognise him, she replied: "He's the one that looks guilty."



"It's got more special function keys than you'll find on larger models: square root, cosine, integral and exponential keys. I'd say that more than makes up for the fact that it doesn't have the number five!"

A little boy accidentally swallowed an aspirin. His mother, distraught at the uncertainty of the aspirin's reaction upon such a young child, telephoned her mother immediately.

Relating exactly what had happened, she shouted hysterically into the telephone, "What should I do?"

Grandma, conditioned by years of coping, shouted back like a trooper: "Give him a headache!"

No wonder today's teenager gets mixed up. Half the adults are telling him to "find himself" and the other half are telling him to "get lost".

Business was a bit slow in real estate and the salesman was showing a property to a prospective buyer.

Asked about the climate he said: "Best in the world; illness in unheard of around here."

Just then a funeral procession came into view and respectfully removing his hat the salesman said: "Poor old undertaker - starved to death."

Jokes

Little Johnnie rushed home from school one afternoon and breathlessly announced to his mother that his class was going to be split into two divisions.

"I'm going to be in the top one," he explained, "and the other one's for backward readers."

"But," he added, confidentially, "we don't know who's going to be in the other one because there's not a pupil in the room who can read backward."

The couple seated in a restaurant seemed to be having a wonderful time. But as the woman glanced away from the table, their waiter suddenly rushed over.

"Madam, look," he said. "Your husband just slid under the table."

"No, he didn't," she replied. "My husband just came in the door."

"I would like to marry your daughter", said the young clerk to the chairman of the bank. "You do have one, don't you?"

Thoughts on marriage: Marriage is an attempt to convert a night owl into a homing pigeon.

Even if marriages are made in heaven, man has to be responsible for the maintenance.



"Reverend, I'm afraid the Commissioner is going to require something more specific than 'good works'!"

Two women were reading the fashion magazines in the beauty parlour while awaiting their turn.

One woman said to the other: "Look, it says here that it takes seven Angora goats to make one of those fluffy looking sweaters."

"My," said the other woman, "isn't it wonderful what they can teach animals to do these days."

A man walked into a police station and put a dead cat on the counter.

"Somebody threw this into my front garden," he complained.

"Righto, sir," said the desk sergeant. "You come back in three months and if nobody's claimed it by then you can keep it!"

Before his daring escape from prison, a criminal had been photographed from four different angles.

The prison authorities sent copies of the photographs to police chiefs all across the land with orders to notify them the moment an arrest was made.

The next day a telex was received from the ambitious sheriff of a small town: "Pictures received. All four shot dead while resisting arrest."



"You know I can't come to the telephone . . . I'm glued to the television!"

THOUGHTS FOR THE MONTH

1. Tact is rubbing out another's mistake instead of rubbing it in. - Henry Boyle.
2. Every man is an omnibus in which his ancestors ride. - Oliver Wendell Holmes.
3. Isn't it amazing how quickly "pay later" comes when you "buy now"? - Larry Wayne.
4. One thing you get by patting yourself on the back is a lot of elbow room. - The Lion.
5. The wiseest words of pen or tongue: "For words unspoken you won't be hung." - Frank Tyger.
6. A pessimist is a man who looks both ways on a one way street. - Woodmen of the World.
7. It's difficult to say which leaves most people floundering more - to be accorded a sincere apology or a sincere compliment. - Arnot L. Sheppard.
8. Four walls do not a prison make, unless they happen to be in your head. - Richard C. Miller.
9. A good slogan for a happy homelife is the old railroad crossing sign: "Stop, Look and Listen. - Murray Hornsley.
10. Perseverance is not a lon race; it's many short races one after another. - Walter Elliot.
11. Tomorrow is often the busiest day of the year. - Spanish Proverb.
12. Bachelor: A guy who's footloose and fiancée-free.
13. Although they are not alike, there are two things that you are sure to find if you look for them. They are trouble and love. - Bern Williams.
14. Love is like a hurricane. It can be very wonderful and very destructive.
15. Remember when "treadmill" was boredom and not an exercise machine? - Shelby Friedman.
16. Our best friends are those who require no flattery - they can be liked for what they really are. - Skunk River Sage.
17. Rush hour traffic accident: Wreck tangle. - Shelby Friedman.
18. Self-discipline and self-control are not dams that impede our freedom; they are levees that channel our energies and guide our talents. - William Arthur Ward.
19. Nostalgia is longing to go back to the good old days when you were neither good or old. - The Lion.
20. Charm: The ability to make others more satisfied with themselves. - The Houghton Line.
21. Anger can cause your mouth to say things you didn't even realize you thought. - Will Wright.

LAKESIDE JACKPOT

A GAME FOR EVERYONE, PATIENTS & STAFF

THE DRAW IS FORTNIGHTLY ON FRIDAY OF PAY WEEK...

There were 2 Winners in last draw: Annmarie Voight
Andrea Dunlop
Next draw \$100 on 15th. May will be 6 from 20..

so get your tickets from the recreation centre now!!!

object of the game

cost: 20 cents a square or one dollar for a whole sheet..

HOW TO PLAY

- 1/ Pick 6 numbers out of 20 per square.
- 2/ Numbers drawn every Thursday Pay Day (at Bingo)
- 3/ Winners will be notified.
- 4/ If No Winner Prize will JACKPOT, for the next draw..
- 5/ When there is no winner the next draw will be 6 from 19 numbers.
One number will be taken from each DRAW until there is a WINNER.....

'AU REVOIR' from Dr. TONY HARDMAN.

This is just to say a brief farewell to all I have known at Lakeside during my 2½ years here.

It's been impossible to say goodbye to everyone personally and, besides, I very much hope to be joining you again in January 1993.

Meanwhile, a big thank you to you all for helping to make my time here enjoyable and satisfying.

There's something else I'll be missing by the way---The Ballarat Winter!!

Tony H

Update Yourself On The Latest Terminology.

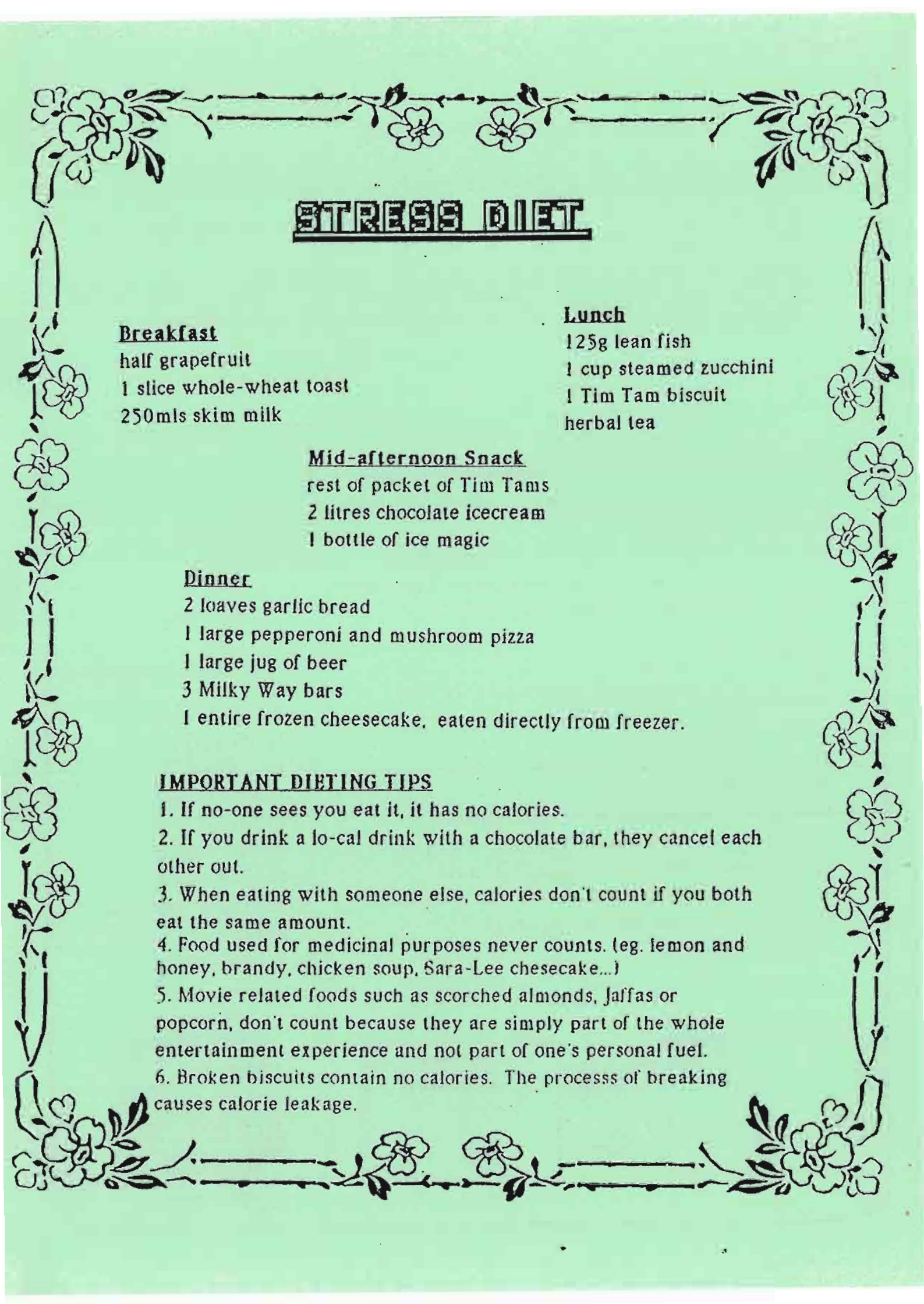
Electronically Adjusted Colour-coded vehicular-flow Control Mechanism	-	Traffic Light.
Sea-air interface climatic Disturbances	-	Ocean Waves
Portable hand-held Communications Inscriber	-	A pencil
Wood Interdental Stimulator	-	A toothpick.
Frame-supported Tension Structure	-	A tent
Collateral Damage	-	Civilian casualties
Ballistically-induced apertures in the Subcutaneous Environment.	-	Bullet holes.
People Expressways	-	Footpaths.
Impact Attenuation Devices	-	Oil drums
Physically Challenged	-	Handicapped
Members of a Career Offender Cartel	-	Criminal
Poorly Buffered Precipitation	-	Acid rain
Individual Behavior Adjustment Unit	-	Prison cell
Tactical Redeployment	-	Military retreat
Individual Permanent Relocation	-	Burial
Incomplete Success	-	A failure

No escape

The little boy had just attended his very first wedding which was held in a large cathedral. As the family was driving home the little boy asked his father, "Daddy, why do they rope off the aisles at weddings?"

Without missing a beat, the father replied, "So the bridegroom can't get away."



A decorative border of stylized flowers and leaves surrounds the text.

STRESS DIET

Breakfast

half grapefruit
1 slice whole-wheat toast
250mls skim milk

Lunch

125g lean fish
1 cup steamed zucchini
1 Tim Tam biscuit
herbal tea

Mid-afternoon Snack

rest of packet of Tim Tams
2 litres chocolate icecream
1 bottle of ice magic

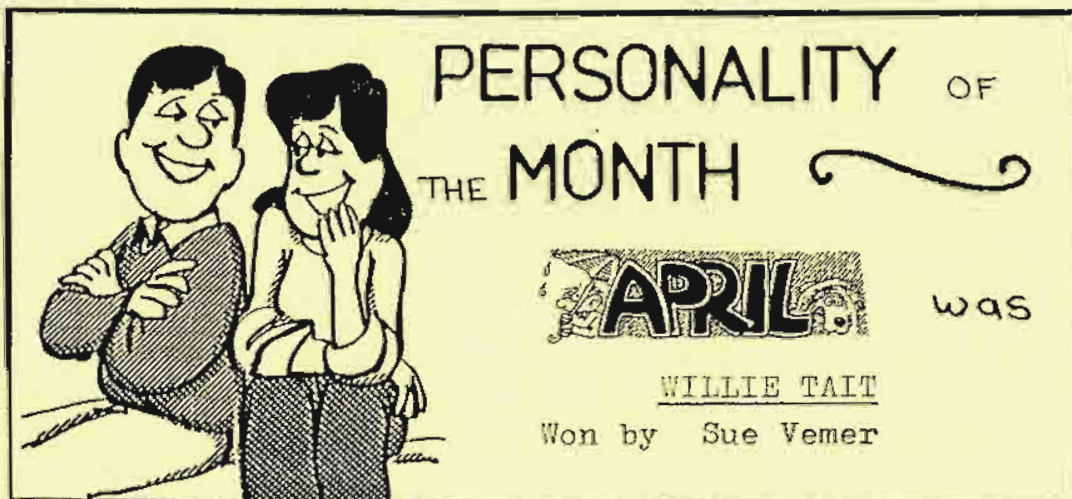
Dinner

2 loaves garlic bread
1 large pepperoni and mushroom pizza
1 large jug of beer
3 Milky Way bars
1 entire frozen cheesecake, eaten directly from freezer.

IMPORTANT DIETING TIPS

1. If no-one sees you eat it, it has no calories.
2. If you drink a lo-cal drink with a chocolate bar, they cancel each other out.
3. When eating with someone else, calories don't count if you both eat the same amount.
4. Food used for medicinal purposes never counts. (eg. lemon and honey, brandy, chicken soup, Sara-Lee cheesecake...)
5. Movie related foods such as scorched almonds, Jaffas or popcorn, don't count because they are simply part of the whole entertainment experience and not part of one's personal fuel.
6. Broken biscuits contain no calories. The process of breaking causes calorie leakage.

Bits 'N' Pieces



Easy does it

Father: "Why don't you get yourself a job?"

Son: "Why?"

Father: "So you could earn some money."

Son: "Why?"

Father: "So you could put some money in a bank account and earn interest."

Son: "Why?"

Father: "So that when you're old you can use the money in your bank account . . . and you would never have to work again."

Son: "I'm not working now."

— The Roughneck

Vanishing act

A man helped his 16-year-old son rebuild a car. Finally, it was ready to drive. "This is a magic car," the man told his son.

"Really?" replied the teenager.

"Yes," said his dad. "One speeding ticket, and it will disappear."

— Boys' Life

Touche'

An exasperating woman had spent almost two hours looking over the store's stock, complaining constantly, criticizing incessantly.

"Why is it," she snapped at last, "that I never get what I ask for in here?"

"Perhaps, madam," said the tired clerk, "it's because we are too polite."

— Interchange

What's wrong with Miss Jane?
What has Mr. Squiggle done?
Only time will tell!!

Sunday April 4th. Who was the Person seen sitting in the Dark over in the Rec. Rooms.
Bet she was Lonely!! Anon

P.S. The Lights were working..

TWENTY-TWO

JOT	WAIST	SEA
AIR	ENTER	END
PLACED	RESTED	
DAD	EVENT	
FRET	ONE	ALES
AID	DUE	GREAT
IS	OATMEAL	SO
RETRY	IVY	PEN
SNUB	SEE	MADE
RENTS	LAD	
WANDER	MENDED	
ADE	WAGES	LAY
ROD	SPOTS	ERE

His-terical

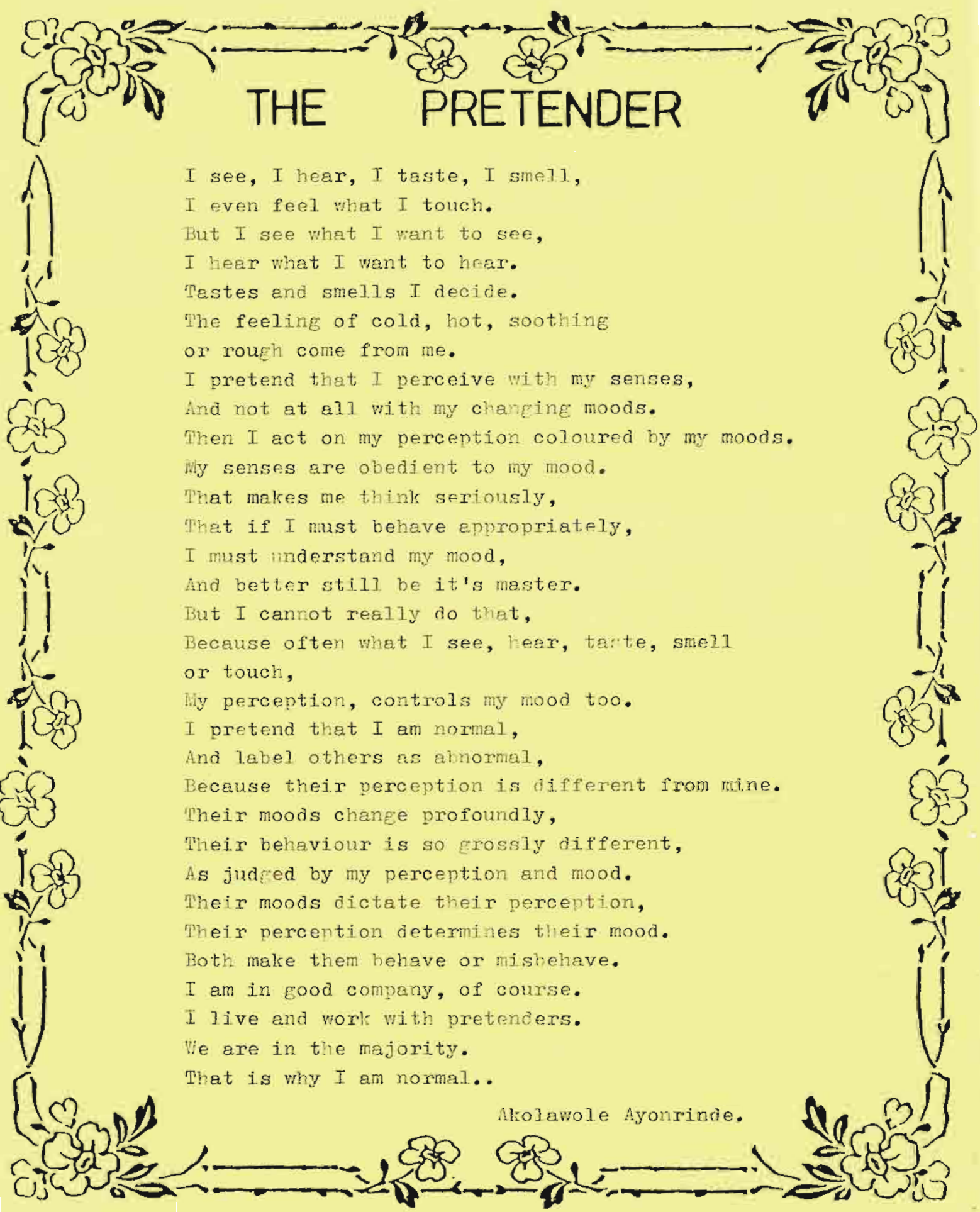
One of the ladies of the church got into a discussion with the minister on women's lib. The woman argued that even the church was pro-male in lots of ways. To make her point, she asked, "Why do you say 'a-men' instead of 'a-women'?"

The minister calmly replied, "For the same reason we sing hymns and not hers."

— Henry Boye

CIRCLE IT 21

N	O	I	S	N	A	M	B	S	C	A	V	I	A	R
W	C	L	O	N	D	O	N	A	E	G	D	O	L	P
S	M	O	C	L	U	B	V	B	A	L	L	E	E	L
K	I	H	S	R	A	A	O	L	O	P	T	O	N	A
C	N	S	B	T	L	S	L	E	W	E	J	S	G	N
O	G	O	U	E	A	I	R	L	U	T	Y	Y	A	E
T	N	P	T	M	V	D	U	N	S	I	R	A	P	C
S	I	S	L	A	S	V	E	G	A	S	A	C	M	Y
P	R	U	E	I	S	V	F	L	C	D	R	H	A	O
A	A	I	R	D	A	R	F	R	S	N	B	T	H	R
R	F	T	C	K	P	L	U	S	H	O	I	E	C	S
T	A	E	R	H	O	I	A	F	H	B	L	M	P	L
I	S	A	Y	O	S	O	H	J	A	D	E	O	O	L
E	P	S	P	E	N	D	C	M	I	N	K	R	O	O
S	Y	P	O	R	T	N	A	L	I	H	P	L	R	



THE PRETENDER

I see, I hear, I taste, I smell,
I even feel what I touch.
But I see what I want to see,
I hear what I want to hear.
Tastes and smells I decide.
The feeling of cold, hot, soothing
or rough come from me.
I pretend that I perceive with my senses,
And not at all with my changing moods.
Then I act on my perception coloured by my moods.
My senses are obedient to my mood.
That makes me think seriously,
That if I must behave appropriately,
I must understand my mood,
And better still be it's master.
But I cannot really do that,
Because often what I see, hear, taste, smell
or touch,
My perception, controls my mood too.
I pretend that I am normal,
And label others as abnormal,
Because their perception is different from mine.
Their moods change profoundly,
Their behaviour is so grossly different,
As judged by my perception and mood.
Their moods dictate their perception,
Their perception determines their mood.
Both make them behave or misbehave.
I am in good company, of course.
I live and work with pretenders.
We are in the majority.
That is why I am normal..

Akolawole Ayonrinde.

JOINERY UNIT

OUT-DOOR GARDEN SETTINGS



RECTANGLE
with 2 Stools \$192.00
with Backs Fitted to
Stools \$263.00



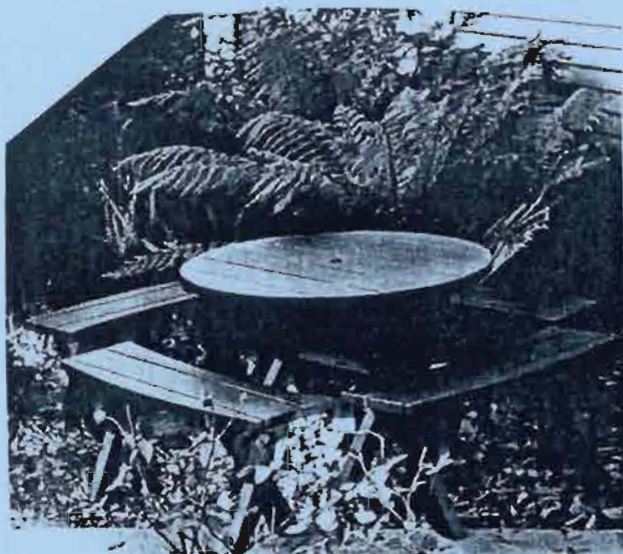
SLATTED
PLANTER
TUBS \$23.00



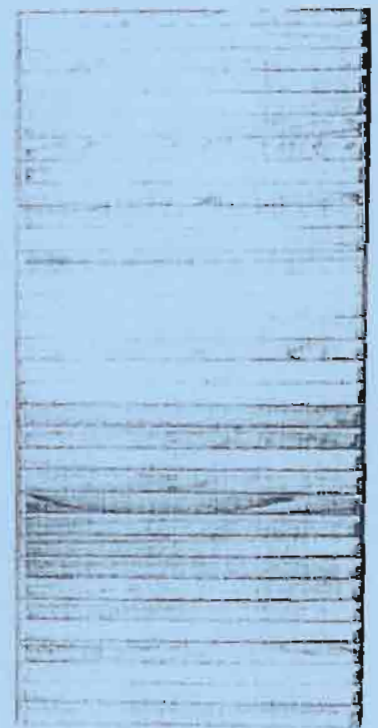
SQUARE PLANTER
TUBS \$35.00



PLANTER
BOXES \$30.00



ROUND with 4 Stools \$224.00
with Backs Fitted to Stools \$300.00



LOUVRE DOORS
Ex Stock. Shop Soiled P.O.A.

BUY ALL THESE AND MORE

FROM BRIAN OR DOUG ON EXT. 245. OR CALL IN and SEE THEM

HIRE A VIDEO FROM THE REC. CENTRE

POLICE ACADEMY 2
THEIR FIRST ASSIGNMENT

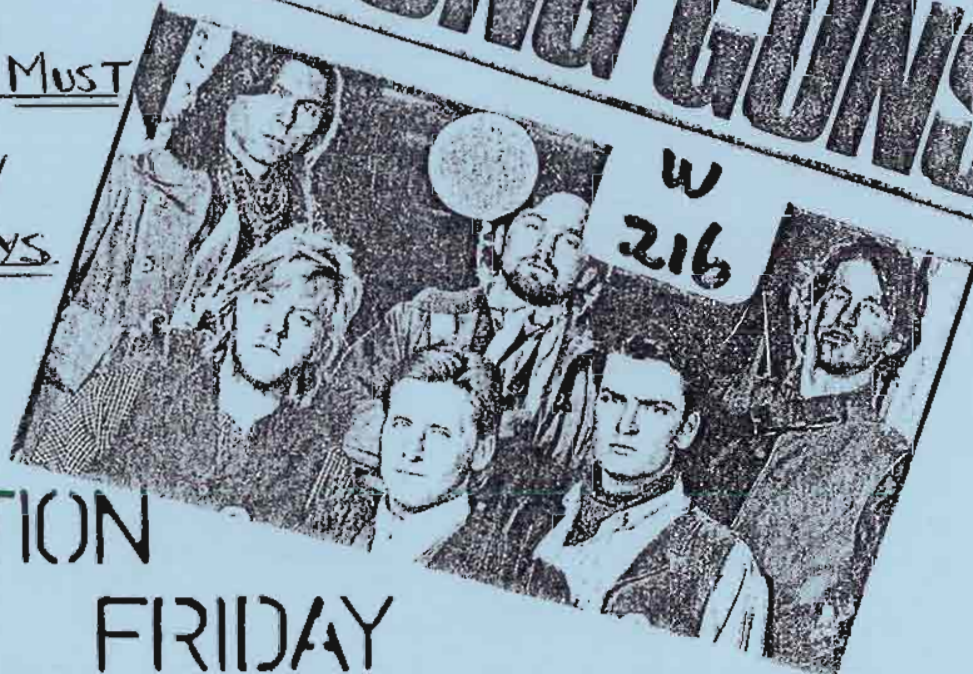
FOR

\$1.00



Only their
mother can
tell them
apart.

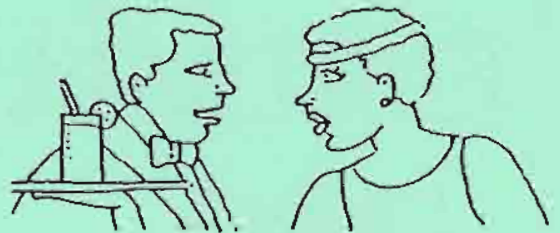
YOUNG GUNS



ALL VIDEOS MUST
Be BACK BY
12 NOON FRIDAYS.

NEW
SELECTION
EVERY FRIDAY

NON SMOKING ROOM



THE REC ROOMS NOW HAVE A ROOM FOR
STAFF AND PATIENTS WHERE THEY CAN SIT
AND RELAX WITHOUT THE ANNOYANCE OF
CIGARETTE SMOKE. THERE IS A T.V AND
STEREO FOR YOUR USE.



BADGES

FOOTBALL



Carlton

TEAM



Collingwood

EMBLEMS

AT O.T. DEPT.



Geelong

\$2.00