



**BALLARAT BASE HOSPITAL**

# **COMMUNICATOR**

**NO : 6 AUGUST - SEPTEMBER '88**

# FROM THE C.E.O.'S DESK

## Redevelopment. Progress

The User Groups associated with the development of plans for the new buildings and services have almost completed their initial task of assessing requirements for each of the new Departments included in the program.



Some of the principal features of the program include the reduction of ward units from 25/30 beds down to 24 to recognise the increasing turnover of patients in wards, as well as the increasing complexity of treatment given. This is a trend that is quite evident in new hospital developments occurring in Western Countries overseas.

Other features include the development of adequate staffing facilities for each area including seminar rooms for the accommodation of students, including medical, paramedical and nursing. To date there is no room for these activities within busy ward and departmental areas. Other features include specific consideration to the needs of patients, particularly in the supporting services with the aim of providing not only efficient clinical areas, but also a pleasant patient environment.

The new building, to be located on the corner of Mair and Drummond Street to be called the "North Block", until a suitable name has been determined by the Board of Management, will accommodate the following facilities:-

- |                      |                                |
|----------------------|--------------------------------|
| First Floor -        | Operating Theatres and Dayward |
| Second Floor -       | Orthopaedics                   |
| Third/Fourth Floor - | Medical and Surgical Wards     |
| Fifth Floor -        | Obstetrics                     |

The modernisation of Yuille House will include appropriate patient amenities, including admission and discharge and all administrative services directly associated with the patients. In addition there will be an extensive range of commercial activities including kiosk, flower shop and other commercial concessions which would enable the patient and their visitors to have access to items to make their stay more comfortable.

#### STAFF SAFETY

Recently the access to Windermere Street North was changed at the request of the Ballarat City Council from Mair Street to Sturt Street. I am aware of some concerns expressed by staff leaving Windermere Street North via Sturt Street. Discussions have taken place with the City Council and some modifications to the parking adjacent to the new entrance will be made.

I would like to take the opportunity of pointing out to all staff to exercise caution in entering Sturt Street. You should be aware of the following points:-

1. Windermere Street North, which is now owned by the Ballarat Base Hospital, has no status as a street in terms of road traffic law and therefore exiting Windermere Street North carries with it the same responsibilities as if one was exiting from ones own driveway.
2. Cars turning right from Windermere Street South into Sturt Street have right of way over cars leaving our property and going south in Windermere Street.
3. Cars wishing to enter the hospital property from Windermere Street South should occupy the left lane and only cross if the way is clear into our property. There was an incident recently where two cars attempted to cross into the hospital property together at the same time as a car was leaving the hospital property to enter Sturt Street.

4. All cars are required to stop prior to entering Sturt Street or proceeding south in Windermere Street.

We realise that there are problems associated with exiting our property, however I can assure all staff that there is continuing dialogue with the Ballarat City Council who have the responsibility for all traffic in Sturt Street adjacent to the entrance. It should also be noted that one of the reasons for changing the entrance from Mair Street was the increasing traffic that was occurring in Mair Street coming off the roundabout and the narrowness of the Street itself. A number of accidents and near accidents had occurred in the vicinity of our entrance and particularly at peak times, it was becoming increasingly difficult for staff to exit into Mair Street because of the traffic flow.

E.D. MACAULAY  
Chief Executive Officer



# GENERAL SERVICES



## Redevelopment

Progress on the Major Redevelopment Planning has been referred to in the Chief Executive Officer's report in this issue. Part of the Redevelopment planning is to relocate the occupants of the Hutton Jones and McDonald Wing. The Chief Engineer has produced a plan that is now receiving careful consideration to relocate occupants of the present buildings on the First Floor of the Nurses Home. A final decision will be made on this transfer at the Executive Staff Council meeting scheduled for later this month. Because of the hospital's requirements for additional accommodation in the Nurses Home, the B.C.A.E. student intake for 1989 will have to be substantially reduced. It is intended that the student intake for the next year will be 70 to 80 students. A meeting to discuss numbers and other terms and conditions between the hospital and the B.C.A.E. will be convened within the next week.

## P.A.B.X. Telephone System

Now that the P.A.B.X. system has been in operation for some time, arrangements are being made for Telecom to revisit the hospital with their training officers to again talk to the staff on telephone use. The system has now settled down and a number of features available can be further explored with Telecom now the staff have a better understanding of the new system. Departmental - staff will be invited to attend a seminar when this has been arranged by Mr. Lane.

## Image Report

The report from the Consultants, who have recently undertaken a survey to ascertain the hospital Image from the various Users, such as patients, visitors, medical staff, other staff and community groups, is expected to be received in the next few days. This will give the hospital some valuable information as to how its services are perceived in the community. We are also awaiting the Hazard



Management Report recently completed by Mr. Mark Hennessy on the aspects of Occupational Health and Safety. May I thank all staff who participated in either of these surveys because your contribution has been important in ensuring that input at all levels has been taken into account.

### Hospital Foundation

Four meetings have now been held and the articles and memorandum of association have been prepared by the hospital solicitors. The company name "Ballarat Base Hospital Foundation Ltd." has been lodged with the Corporate Affairs Department for registration. With the incorporation arrangements now well in hand the Committee will be proceeding with the task of approaching various citizens, business houses and community groups seeking their support.

### Internal Courier/Mail

Australia Post has recently revised the mail sorting procedures at the Ballarat Mail Centre. This puts back mail delivery to the hospital to 9.30 a.m. rather than 9.00 a.m. However, I am advised that as the new system is streamlined and developed, mail will become available earlier. In the meantime the delivery of internal mail is a little later than normal.

### AN EXAMPLE OF A LETTER OF PRAISE RECEIVED DURING THE MONTH:

Dear Administrator,

I wish to express my sincere thanks for the prompt attention given to me by the resident and casualty staff when I was admitted to the Casualty Section of your hospital on Thursday of last week.

All questions I was asked were relevant and politely put, and explanations for the procedures and tests were given without my having to ask. I can say from experience that this puts the patient more at ease. The Ballarat area is fortunate in having such competent and caring staff at its hospital.

### THOUGHT FOR THE MONTH

Tact is the art of recognising when to be BIG and when not to BELITTLE.

J.R. Bridger,  
Director of General Services. 5

# AFTER HOURS

Kevin has worked at the Ballarat Base Hospital for 5 1/2 years in Biochemistry and is employed as a Hospital Scientist.



After hours Kevin is a very keen competitive runner. He first started running at the age of 8 whilst living in Stawell and although he has been running for nearly 22 years says he's definitely never been a jogger.

Recently Kevin won the Ballarat 8km cross country championship which is open to amateurs and professionals. This gives him the title of "Ballarat Champion!"

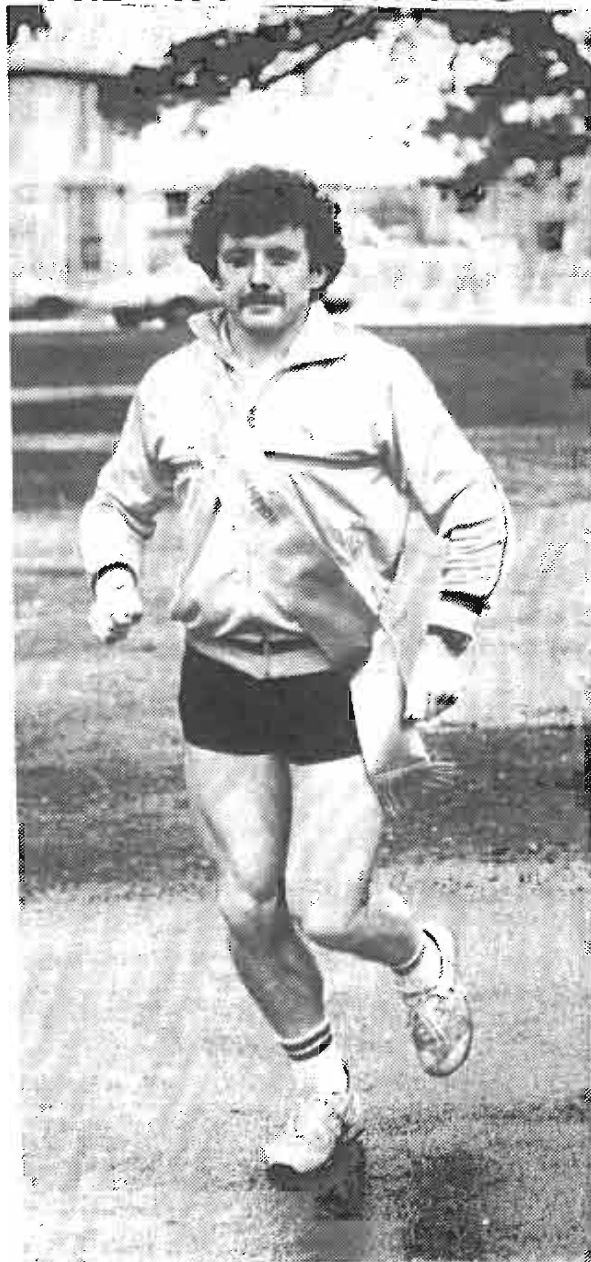
Kevin is now putting a lot of his time and training into the areas of Biathlons and Triathlons. He recently defeated approximately 40 competitors at Lake Wendouree to win a Biathlon which comprised a lap of the lake running, 4 laps on a bike, and then a further 3km run. His winning time was 1 hour 11 minutes. In the Begonia Festival Triathlon, Kevin finished a creditable 10th and was the first "local" past the finish line. He has an ambition to improve his swimming so he can be more competitive in triathlons and hopefully will go from "swimming like a brick to recording fast times."

During the winter Kevin also aims to help local Athletic Club Ballarat Harriers become strong enough to enter the A Grade Melbourne competition in cross country and road running. They currently compete in B Grade. Kevin's own training averages 80-90kms per week but can reach up to 160kms per week.

I'm sure with Kevin's determination, dedication to training and natural abilities it won't be long before we again read of his sporting achievements.

**WELL DONE KEV!**

★ KEVIN DAVIES ★





# NURSING

## 2nd Tier Review:

The Second Tier Review will complete on 30th September, 1988.

My thanks to Mrs. E. Cameron, Management Representative, Mr. McDonald, R.A.N.F. Representative and to Mrs. Baker and Mrs. Higham, H.E.F. Representative.



## Centennial Week:

The School of Nursing will proudly celebrate one hundred years of nursing training. To celebrate this very special occasion, a week of activities have been planned.

**Friday 30th September, 1988 at 8 pm.**

The Hospital Revue - last year was a great success so don't miss this year at the Civic Hall. Tickets obtainable from Welfare.

**Wednesday 5th October, 1988.**

Seminar - Bookings through School of Nursing. "Past, Present and Future".

Cost \$20 including lunch.

**Saturday 8th October, 1988.**

Dinner Dance at the Balanada Room, Bell Tower Motel. Cost \$30. Tickets available from Miss J. Taylor (Theatre).

**Sunday 9th October, 1988.**

Hospital Open Day.

Church Service at St. Andrew's Kirk at 10 am.

I hope that as many people as possible will support these celebrations.

The Centennial Scholarship has been divided between Mrs. M. Stickland, Deputy Director, Nursing who will be travelling interstate to study Quality Assurance Programs and Mrs. M. Adeney, Oncology Nurse who is at present in London attending an Oncology Conference. Mrs. Adeney will be spending time studying Hospice and Pain Control Programs in the United Kingdom.

I would like to take this opportunity to thank all members of the Centennial Committee for their work over the last eighteen months. Especially Val Livitsanis, Secretary, Miss W. Menadue, Miss J. Taylor and to Mrs. B. Munro whose energy and imagination in fund raising has been outstanding. All funds raised from the Centennial week will go towards providing equipment for the Education Resource Centre.

Miss E. A. Brady,  
DIRECTOR OF NURSING.

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**"DEFINITELY NOT PAY DAY"**

**"BOSS STILL AT LUNCH"**

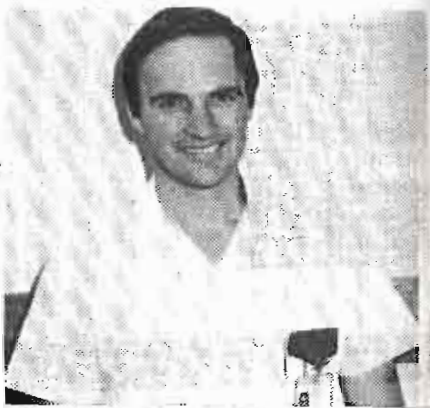
**"PRACTISING TO BECOME AN ENGINEER"**



# ENGINEERS DESK

Whilst reading through an Engineer's Journal recently, I came across the following article on the specifications for a pipe:

"All pipe is to be made of a long hole, surrounded by plastic or metal. All pipe is to be made hollow throughout the entire length. The inside diameter must not exceed the outside diameter, otherwise the hole will be on the outside.



All pipes over 500 feet in length should have the words "Long Pipe" printed clearly on each side, so that the plumber will know that it is a long pipe. Pipes over two miles in length must also have the words "Long Pipe" printed in the middle, so that the plumber will not have to walk the entire length of the pipe to determine whether or not it is a long pipe.

All pipes over six inches in diameter must have the words "Large Pipe" painted on them, so the plumber will not mistake them for small pipes.

Flanges must be fitted on all pipes. Flanges must have holes for bolts quite separate from the big hole in the middle.

When ordering pipe fittings from the supplier, be sure that 90, 45 or 30 degree elbows are specified as right hand or left hand, otherwise you may end up going the wrong way. Any screwed couplings should have right hand or left hand threads, but do not mix the threads, otherwise as the coupling is being screwed at one pipe, it is being unscrewed at the next.

Be sure to specify level, uphill or downhill pipe. If you use downhill pipe for going uphill, the water will flow the wrong way."

So next time you need to buy some pipe, make sure you re-read this so that you know the proper way to specify your needs.

Leigh D. Grigg (CHIEF ENGINEER)

### PERSONALITY OF THE MONTH

Age: 58

Years of Service: 15

Height: 6' +

Build: Average

Sex: Male

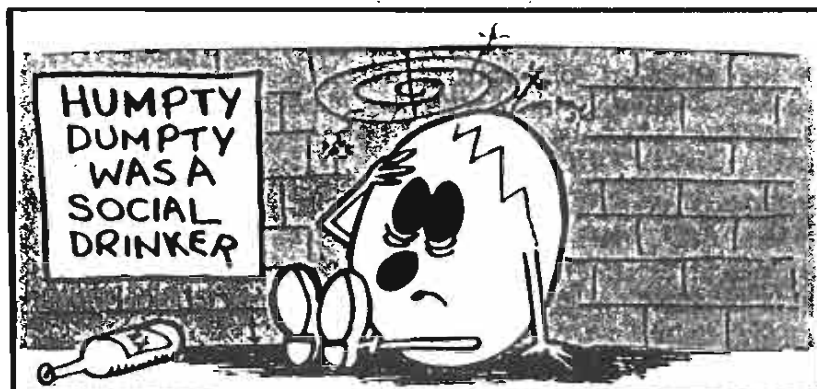
Likes: Golf, holidays, privacy, whistling,  
playing with Ballarat Imperials Football  
Club (Renamed Ballarat East about 1920).

Dislikes: Apprentices, Authority, Monday to Friday

Favourite Saying: Doesn't suffer fools gladly.

Department: Engineers.

Name: Ray Sargent.



# THE COMMITTEE ANIMAL

TO THE EDITOR!

SIR!

With all due defference to the Journalistic skills of Ms. Maureen Stewart, I find it distasteful, the slur she casts upon that noblest of professions - 'Meeting Attendance'

Ms. Stewart writes .....

If it pleases the chair, I've had enough

I have attended my last committee meeting. Not my latest, my last. It was not a difficult decision; I just don't have the makings of a committee animal. But I have had the misfortune to watch some of the best specimens of this rare species in their natural habitat.

Making an entrance is all important. The committee animal arrives just slightly late, preferably flustered and carrying several folders (most of which are quite unrelated to committee matters) and quickly announces that she or he is exhausted, and must leave at a certain time to make another meeting.

Instead of looking forward to an evening with friends or family, a few drinks in the pub, or an evening at the theatre or watching television, the committee animal thrives on an evening of minutes and agendas. In extreme cases the committee becomes a love substitute. The glow of belonging suffuses faces, the shuffling of papers gives credence to existences. The true committee animal comes complete with jargon. One never disagrees, one expresses deep plastic concern, or, better still, disquiet. One must pepper various terms liberally throughout any discussion - meaningful relationship, learning situation, workshopping, looking at systems as a whole. Nit-picking is a great virtue. One gains stature by correcting previous minutes - the smaller the error to be corrected, the greater the stature gained.



"If I may be brief, Mr. Chairman" indicates the start of a long, circumlocutive ramble. "At this point in time" heralds language bankruptcy to the outsider, but "context situation" to other committee animals. There are competitions to see who can say "Point of order Mr. Chairman" most often; the keen observer can watch for eager starters here, straining like greyhounds in the slips.

Then there is "brainstorming." This is the current jargon for free discussion, which is anything but. If one must do these things at all, the obvious procedure is to go around the table, ascertaining each individual opinion. This never occurs; instead, the most loquacious (not necessarily the most articulate) committee animals leap in where angels may tread lightly, and we experience the rule of the few over the many. Democracy is a glamorous theory.

The committee animal embraces sub-committees with naked lust. The concept of gathering with others of their species on yet another evening to discuss a problem that any intelligent person could solve in five minutes is all too tempting - the wine, cheese and biscuits are their communal daily bread.

Away from their natural habitat, committee animals are often confused and inarticulate. The voice that launched a thousand motions offers hesitant comments on the weather. Conversation flags as there is no agenda, no previous minutes for instant referral.

The committee animal does not stand well alone, in the pecking order of real life. It is a sad sight to see eyes scanning the room frantically for a second or two a motion that was never put.

Committee participation offers separation from all that is normal; it offers token democracy, an artificial sense of belonging, a mirage of flickering candles becoming flashing neon signs.

I suppose we should be grateful for committee animals. After all, they love what they do, and seem happy doing it. And it keeps them off the streets.

Yours sincerely,

CHAIRMAN OF COMMITTEES

## SUPPLY

### BOB HARRISON



Bob Harrison has been promoted to the position of Supply Manager. Bob has worked here for 29 years in the Supply Department. He certainly isn't lacking in experience and we all wish him well in his new position.

## CATERING

### ANGELA FLAVELL



Angela was recently promoted to the position of Food Services Manager replacing Dennis Barker who was featured in our last edition. Angela has had over 30 years experience in catering and we wish her well in the difficult job of producing mass quality meals.

# INFECTION CONTROL 1

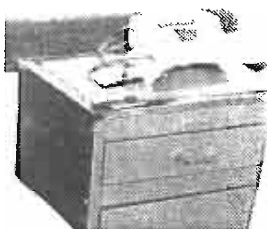


1 Gather equipment.  
Always use a kidney dish.



2

Draw up medication. Do not resheath needle. Put used needles into 'Sharps' disposal unit or if unavailable, into kidney dish.



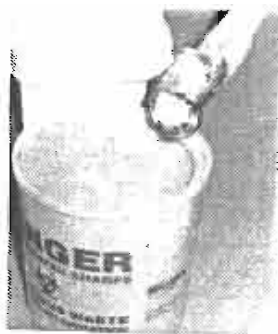
3

Take medication to bedside in the kidney dish. Swab injection site and give medication.



4

Place syringe back in kidney dish. Do not resheath needle



5

Take kidney dish to Clinical room. Dispose of needles and syringes in 'Sharps' bin. (Preferred disposal method). Wash kidney dish in detergent and water and leave dry for next use.

# GREEN THUMB

Why on earth did they call this column Green Thumb? Grey thumbs with cracks in them are probably the most common digits in the garden. It's our knees that are usually green. No smart comments by request.

But jokes aside, I'd like to say a couple of things about the greenest thing in the garden, the lawn. If you sow a new lawn in spring, then do it as soon as the ground is dry enough to work well with a rake. Level it roughly, then use your full weight on your heels to tread down every inch of it to firm the soft spots along with those a bit firmer, this will help to avoid later subsidence. A roller will not do this, since it won't press into the soft areas, but will only harden the knobs.

Then rake it level with great care, standing well back often during the process to look for high or low areas, which will sometimes be surprisingly large. Choose your seed mixture according to whether or not you want a fine quality lawn or something hard wearing. Your local nursery will probably be the best guide here, but get it from a nursery with a high turnover to ensure fresh seed. If they are keeping it in a dampish place, then get it elsewhere. Chuck it about at the rate of two or three seeds to the square centimetre and don't be frightened of putting any excess on with it. Rake it well in to avoid having the birds steal half of it, then water it lightly but thoroughly with a fine "rose" nozzle, and repeat it often enough to keep it damp until it is well up all over. NEVER LET IT DRY WHILE GERMINATING, no matter how much of a bore it may be. Use a sharp, fast mower on it when it is about ten centimetres high, leaving it about half that height until next time, when it can be brought down to a couple of cms.

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## THANKYOU

I would like to thank all hospital staff for their co-operation whilst I was employed at the hospital. The friendliness, courtesy and untiring efforts were greatly appreciated in my day to day routine.

Thank you, PAM LINGENBERG

# MEDICAL ADMINISTRATION

Dr. Davis is in England for a month.

I was not meant to mention this to anybody, but I understand that he is spending three days in summit with Mrs. Thatcher.



Before he left I handed him a sealed confidential dossier on Allan Bath and Gary Greville.

Apparently the pair have been under scrutiny by M15 since last July. Rumour has it that all of the snippets of gossip that Allan has accumulated from the corridors of power over the last decades are being released in a book being published by Gary later this year.

Apparently the British Government is viewing the episode with grave concern.

And the title of the new book - you guessed it - "Flycatcher" or "How to Succeed without a White Coat".

The CT Scanner has commenced operating and has had an immediate impact on patient care.

Ian Channing points out that it has five different coloured flashing lights but he still hasn't worked out how to win a free game!

The Hospital redevelopment programme is racing ahead. With the user group input we have managed to arrive at a one hundred and thirty storey tower block on the corner of Drummond and Mair Streets. Obviously some hard bargaining ahead.

Stay tuned for the next edition and the next exciting installments.

Best wishes,

DR. MARK FITZGERALD



# RETRIEVAL SYSTEM

In May 1986 a Retrieval system for the Central Highlands Region and adjacent areas was established. This was developed to provide expert resuscitation and stable transport of critically ill patients.

The facility had two roles:-

1. To provide medical and resuscitative expertise to patients in the field around Ballarat and to work in conjunction with the Ballarat and District Ambulance Service Advanced Life Support System which is manned by officers capable of sophisticated resuscitative techniques.
2. To provide a retrieval service to outlying hospitals to ensure appropriate resuscitation and stabilization prior to transport.

The necessary equipment and manpower was supplied by the Ballarat Base Hospital Emergency Department in conjunction with the Ballarat and District Ambulance Service.

On average the facility is mobilized at least once per week with the majority of patients attended about Ballarat. Once monthly the service attends outlying hospitals which at the moment are at Stawell, Ararat, St. Arnaud, Maryborough, Daylesford and Bacchus Marsh.

The majority of patients are accident victims or patients with acute cardiorespiratory failure.

Since its institution the following has been noted:

1. Most patients are inadequately stabilized at peripheral hospitals prior to arrival of the retrieval facility.
2. In particular the majority of patients require the establishment of mechanical ventilation prior to transport.
3. Using a road based system no patients awaiting retrieval at peripheral hospitals have died prior to arrival of the retrieval facility.
4. There have been no deaths during transportation.
5. The present road vehicles supplied have an inadequate working environment.



Dr. Mark Fitzgerald (above right) is shown explaining operations of the new retrieval ambulance to (L to R) Dr. John Redman, Dental Clinic and Bill Ham from Ballarat South Rotary Club. Below - the new ambulance.



# SOCIAL CLUB NEWS

Thankyou to the thousands of staff and friends who have supported the numerous events that the committee have organised this year so far.

I can assure you that the committee has and will continue to put in numerous hours so that staff from all areas of the hospital benefit from our activities.

## DISCOUNT LIST

The Social Club discount list is currently under review and will be available to members in a revised version in approximately one month.

## FILM NIGHTS

These will be continued on a monthly basis and will be subsidised as has been the case in the past. The response has been most pleasing and these low key social nights give us all a better chance to get to know each other (and maybe appreciate each other a little more), so come along.

It only costs \$3.00 and we'll also give you a free packet of jaffas because "it's your money."

## BOWLS NIGHTS

Out of hours, your hard working committee (with the help of several domestic staff) have been able to acquire 3 indoor bias bowls mats and bowls.

## POOL TOURNAMENT

The annual pool tournament (doubles) will be conducted in November-December so start practicing.

## FREE GIVEAWAYS

If you are a social club member, you are automatically in the draw for a free bi-monthly prize valued at over \$100.00.

Membership is still only 50¢ per week, so join up at the Pay Office and get your discount list and membership card.

GARY GREVILLE,  
PRESIDENT.

# COMPETITION - WHO IS IT?



Peter Lane our Communications Manager was our cheeky "Cute Kid". It was great to see our best response to this competition. We had 6 correct entries submitted and the prize of two \$20.00 counter meals for 2 at the Golden City Hotel went to June Smith from Welfare and Bev Thornton from Accounts.

If you think you know this "Cute Kid" who is currently working at our hospital, jot the name together with yours onto paper and send it to Gary Greville in General Administration. The winner will receive a \$20.00 counter meal for two at the Golden City Hotel, compliments of the B.B.H. Social Club.

**SO - BE IN IT TO WIN IT!**

Clue: Hangs around Beaufort a lot!



# SCHOOL TOURS

24-8-88

RMB E952

Warrenheip

3352

Dear Mr Greville,

Thank-you for  
touring us around the  
hospital on Wednesday 10 of August.

I did not know they have  
so many people that work  
there. I'd would like to be  
in hospital with all the

vegetables and yummy salads  
and food.

yours Sincerely

Nathan Madigan



# ☆ USA IMPORT ☆

## HOSPITAL TOUR LEADS TO EMPLOYMENT

Gretchen has just completed a 4 week locum as a physiotherapy assistant in the Rehabilitation Unit. She is well known to some of us already as the "Ballarat Ladies Miners" Basketball Teams - U.S.A. "import".

Gretchen affectionately acquired the nickname "Gerty" whilst working in the rehabilitation ward and enjoyed her stay here immensely.

On one of her first days she tried to poison the patients by giving them straight cordial. Gretchen holds a sports-medicine diploma and has had previous experience in physical therapy in the U.S.A. and was able to assume her role here with minimal supervision. Her employment here was a direct result from an enquiry for a hospital tour. Whilst being shown through the physiotherapy department on a hospital tour it was mentioned that a 4 week locum position existed and subsequent enquiries led to her employment.

Gretchen will return to the U.S.A. in approximately a week or so to her home town of Los Angeles. Any staff in the vicinity of Huntington Beach are invited "to drop in and we'll paint the town red".

## GRETCHEN MEINHARDT



**"THE TWO WOODCUTTERS"**      To be read **Aloud**  
(Note Esau = E-Sor)

Once upon a time there were two woodcutters named **ESAU SOAR** and **ESAU WOODE**. They both cut wood in the woods with their axes.

Being tired of all the manual effort involved in using an axe, they each made a woodsaw. Esau Soar called his woodsaw the 'Esau Soar Woodsaw' and Esau Woode called his woodsaw the 'Esau Woode Woodsaw'. So Esau Soar and Esau Woode sawed wood in the woods with their woodsaws.

One day Esau Soar saw Esau Woode saw wood in the woods with his 'Esau Woode Woodsaw.' So Esau Soar saw Esau Woode and said "Esau Woode, I'm Esau Soar. I saw your 'Esau Woode Woodsaw' saw wood in the woods and I say that my 'Esau Soar Woodsaw' would saw wood better than your 'Esau Woode Woodsaw' would."

Esau Woode replied... "And I saw your 'Esau Soar Woodsaw' saw wood in the woods and I say that my 'Esau Woode Woodsaw' would saw wood better than your 'Esau Soar Woodsaw' would."

On they argued until Esau Soar and Esau Woode saw an "E.E. Day Woodsaw" saw wood in the wood. They both saw that neither the 'Esau Soar Woodsaw' nor the 'Esau Woode Woodsaw' would saw wood in the woods as well as the 'E.E. Day Woodsaw' would.

**ALAN HOCKING**

**TIPS FOR NUTRITION**

Blend cottage cheese with a little hot water until smooth, cool and sour with a few tablespoons of lemon juice. Use as a substitute for sour cream with baked potatoes, dips etc.



# SOL'S STEWS



## FRUIT CAKE

### Ingredients:

2 cups sultanas,  
1 cup nuts,  
1 cup currants.

Pour 1/2 cup of milk and 1/2 cup of marsala over fruit and let stand preferably over night.

Cream: 500 gram butter and 1 cup of brown sugar,

Add: 3 eggs one at a time and mix well.

Stir in fruit.

Sift in: 1 cup of plain flour,

1 tsp of bicarb soda,

1 tsp mixed spice,

1/2 tsp of nutmeg and cinnamon.

Mix well and place in lined 9inch tin and bake in moderate oven for approximately 2 hours (until cooked).

## SALMON QUICHE

1 cup flour, )

Pinch salt, )

Sift.

1/4 level tspn baking powder. )

Rub in 60 grams butter, add 1 tblspn water/squeeze lemon to make dough.

Line a 23cm tin, bake at 425 degrees for 10 minutes.

Sprinkle 220 gram can of salmon over pastry base.

Saute 1 onion finely chopped, 3 rashers of chopped bacon and 1 cup sliced mushroom - add over salmon.

Combine: 1 cup cream, 3 eggs, 1/2 tspn salt, 1/2 tsp paprika, 2 tps parsley, 1/2 grated cheese (grated carrot optional) and pour into flan.

Sprinkle 1/2 cup (extra) grated cheese over the top and bake at 375 degrees for 30-35 minutes.

## ANNETTE SOLLY

# FOR SALE

1 full size Guitar complete with soft case and learning books. New set of strings. In "as new" condition, hardly used. \$60.00 O.N.O.  
Phone 32 7065.

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5 sheep, 1 ram and 5 lambs.  
Good lawn mowers or ready for slaughter.  
Ram an excellent worker.  
Contact Paul on 30 1848.

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Stereo - A.W.A. 3 in One with large speakers. Hardly used \$325.00 ONO. Phone 316 395.

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## HOUSE.

Overlooking sports oval, close to Bridge Mall, 2 Bedroom Miners Cottage in good condition with "Golden Mile T.V. Reception. \$39,950 O.N.O. Ph: 316 395.

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CAR - 1969 Torana. New reconditioned motor, new battery, new gearbox, new clutch, excellent tyres, radio, no rust, 100% reliable in excellent condition. \$2,495. O.N.O. Phone: 316 395.

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## HOUSE.

Central, 3 bedroom, established garden on large allotment. Excellent condition, suit as a family home or an investment. \$61,000. Phone: 321 336.

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1 Everhot Upright Model Electric Stove. Good condition. Contact Mrs. E. Cameron, after hours Ph: 361 665.

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## WANTED

Car Magazines and brochures, also any old magazines or newspapers with car advertisements (preferably pre 1970's).

Contact: Mr. Rob Nicholls 322 064 A.H.

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TF GEMINI. Good condition 5 speed. Genuine reason for sale. Phone: 34 2321, AH. or 33 0420 AH.

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Cement Brick Incinerator. Good condition. \$25.00, extension 456.

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ONE SET OF MENS LAWN BOWLS SIZE 4 (Heavy) PLUS BAG  
ONLY USED A FEW TIMES - \$150.00 Phone: 315 843

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#### UPHOLSTERY REPAIRS/RECOVERING

Kitchen Chairs from \$10 and material (or buy your own)  
Jason Recliners from \$100 and materials ( " " " " )  
Tent Repairs

Contact 315 843 for free quote (after 6.00pm) Ted Vinen

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Drapes X 2 pairs. Apricot Velour lined - As new 5'6" drop.

Drapes X 1 pair. Cream wool berber 5'6" drop. As new.

Contact Jenny on 324 664.

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Kayak with paddle. Exoellent condition. \$320.00 ONO  
Phone Lisa Murray on 321 048.

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Black leather ladies shoes, pointed toes, small  
skilleto heel, silver side buckle. Size 9 1/2. Worn 3  
hours. \$25.00 ONO. 448 423.

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Exercise Rowing Machine. Exoellent condition. \$60.00  
Phone 315 636.

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2 matching boys bedspreads, aqua/blue with vintage car  
prints. As new - \$20.00 each. Phone 315 636.

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Pair bone coloured sheepskin car seat covers (bucket  
seats). Suit Nissan or other medium size car. As new  
\$80.00 extension 456.

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Station Wagon Cabin Divider. Custom built for Nissan  
Station Wagon. Should fit similar type vehicle.  
\$50.00. extension 456.

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# AUCTION

Would you buy a used car from this man? Part-time Auctioneer Rob Nichols and his assistant Bill Rowe are shown trying to Auction this bargain.....\$583.00 was raised and another Auction will be held prior to Christmas.



### WORK EXPERIENCE PROGRAMME

As many of the Wards and Departments will know, we have played host to many schools in the Ballarat area, including a number of students from the outlying country areas, participating in the work experience programme.

Thanks must go to all who have helped these students through their week in the hospital. Many of them come in literally scared to death, and go out on the Friday full of confidence, and clearer on whether their choice of career is exactly what they would like to take up.

Without the help and understanding of staff from all Departments, this programme would not be successful, and we look forward to continuing the remainder of the year with your support.

Thank you,

Ann Vinen,  
Work Experience Co-ordinator

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### BALLARAT BASE HOSPITAL REVUE

B A L L A R A T   C I V I C   H A L L

M A I R   S T R E E T

FRIDAY   30.9.1988.

8.00pm.

Adults:     \$4.00

Children    \$1.00

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# DID YOU KNOW ?

Staff are advised to guard their lamingtons at afternoon tea if Sally Parrot is in the vicinity as she is a convicted lamington thief.

Beware! If entering the finance department, staff are warned to watch their step as the typists are typing on the floor. Cleaners are advised to be careful when vacuuming!

Frank Gray was heard to say, "I'm not senile", however we couldn't find anyone to second this motion.

Heard that Sharon Murphy oalled "Old Ballarat Ladies Miners' basketballer Gretchen Meinhardt "SHORT STUFF."

Fran Baker was heard to say (to auctioneer Rob Nicholls) at the recent hospital auction, (as she rolled her eyes and took a bite from her succulent pear!), "do you take bribes."

It was suggested in the finance area that nursing could do a skit for the Revue called "Hey big spender."

Heard that Leigh Ditchfield hasn't bought his wife last year's Christmas present yet. "The coffers have run dry!"

Is Ewen McDonald really a love child of Ronald McDonald.

Wayne Barclay said he feels "undressed" without his rings or watch on.

Upon purchasing a meal in the staff cafeteria, Anne remarked to a male staff member, "how come you eat so much and you're thin!" He replied, "it's because I enjoy such a good sex life." Anne replied, "That must be why I'm fat."

Barbara Morrison (Outpatients office) didn't wear her red nose in case Mr. Donoghue wanted to do an operation on her!

Heard that Wayne Barclay has put on so much weight that he can't fit into his pants anymore.

Arthur Bilston was recently described as the BBH's answer to crocodile dundee.

Allan was asked how his family tree was going - "it was going O.K." was his reply, "until I got back to when it rained 40 days and 40 nights then all the records were washed away".

Rimas Liubinas is engaged to Jayne Holt from Pathology.

Saw Phil Duggan (EL GRINGO) playing pool at 2.15pm the other day. Must of thought he was still on Long Service Leave.

Who in Pharmacy suggested we have a brown nose day?

Heard that Mike Rhook from Finance is up to 11 stone. "Must be nibbling away at the profits."

Who looks like a little rabbit with their red nose on in Pathology Blood Collection.

Heard that June Smith won the Badminton Grand Final.

Leigh Cross beat Richard Roper by 8 balls in the pool.

*'It is better to find  
a whole worm than  
only half of one.'*



# HAPPY BIRTHDAY !

They said it couldn't be done! Allan Bath blush? Well it finally happened. When this little "cutie" (below) sat on his knee his temperature rose, he started shaking and he finally went "scarlet". The enthusiastic gathering of "tipped off" onlookers loved it. Sandra Lorensini (right) puckers up to the birthday boy.







# ALLAN BATH



## ODD SPOT

Who was the certain cleaner who left the vaccum cleaner in the lift still turned on?

Unfortunately the lift closed on the cleaner leaving the U.F.O. stuck to the lift ceiling. The lift opened on Y2, visitor slides along the wall to get in, fearing that he would get zapped. Lift continues onto ground floor, cord still dangling from power point in Y4. Cleaner beside himself. Finally rescues vaccum while staff are in fits of laughter.

Well done Shane!!

## HOSPITAL CHRISTIAN FELLOWSHIP

### God Loves You

"For God so loved the world that HE gave his only Son, so that whoever believes in Him, shall not perish but have eternal life."

For this Bible verse to be more meaningful to you, say it like this:

"For God so loved me that He gave His only son so that if I believe in Him, I shall not perish but have eternal life."

God loves you personally and wants the very best for you.

## SYMPATHY

Hospital staff were saddened to hear of the recent death of Robin Crawley's wife, Beverley, as a result of a freak car accident. Out sincere condolences to Robin and family.

# RED NOSE DAY

Thank you to all the staff who supported Red Nose Day. Donations totalled approximately \$1,000.00 for Sudden Infant Death Syndrome (S.I.D.S.) or "Cot Death".















# PHOTOGRAPHY

"Communicator" photographer Frank Gray deserves special recognition for the time and effort he puts into his photography. Frank only claims his expenses and devotes his time free of charge for the Communicator.

Thanks Frank.



## INPUT.

The Communicator is produced every two months for the staff at our Hospital. Input by staff from all areas within the Hospital would be most appreciated and should be addressed to Gary Greville, General Administration.

Thanks also to Maxine and Robyn for their help in typing this Communicator.



**GARY GREVILLE**  
Production Manager



**PETER LANE**  
Editor in Chief