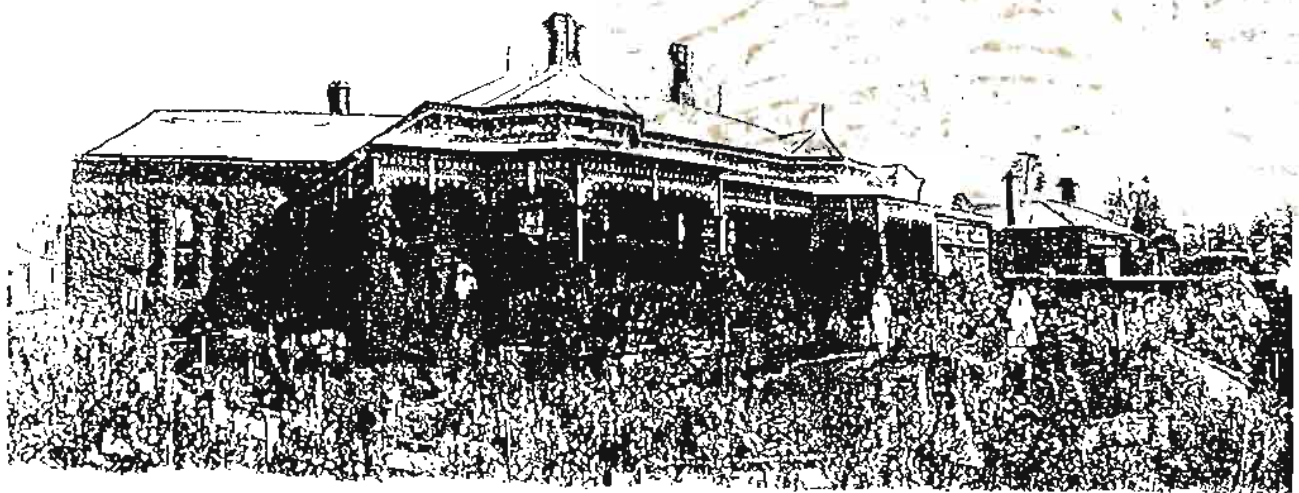


# VISTA



NORWOOD

# OCTOBER

# 1991



# THE CHAPLAIN'S PAGE

Father Lawrie writes about

## SAINT MICHAEL AND ALL ANGELS

Christianity is a religion of the supernatural. I find it very odd that people admit the possibility of beings on Mars and other planets and galaxies and are filled with dread at the prospect of U.F.O's and close encounters with them, yet they can't accept the belief that other heavenly beings exist.

You know there are many today who doubt that angels really exist. They can believe only in beings they can see, hear and touch.

Yet modern science and religion taken together reveal a scale of creation far beyond the compass of the human mind. Long before virtual reality we can speak of beings without bodies, heavenly beings, beings who are pure spirit.

I suppose it is to be expected that the people who deny that God exists will dismiss angels as mere figments of the imagination and the stories about them as messengers of God as mere fairy tales.

What they forget is that many of life's deeper experiences, the events we find hard to describe or express, defy scientific analysis. Could a scientist analyse a tear drop and tell you whether that tiny particle of sodium chloride and water was produced by the anguish of a criminal or the joy of a bride. No scientist could tell the one from the other.

When someone dismisses your faith in angels as ridiculous, and puts them on a par with Santa Claus and pantomime fairies he's being utterly conceited. He's saying that we just can't believe there's anybody or anything more important than ourselves in the world.

You see, there's always been the conviction at every period of history that we're not alone. It's there in the Jewish writings, in the ancient Babylonian myths as well as in Persian thought. They all believed man wasn't alone.

The Bible says much about these heavenly beings. It stresses their place in God's scheme. They are His messengers. One brought a message to Mary that she was to be the mother of His Son. Another told Joseph to take her as his wife. Others told the women at the Tomb on Easter Day - "Don't be afraid." They are faithful messengers telling people what God wants them to hear.

Our Lord made special mention of this world of the spirit and how that world impinges on our world and everyday life in the here and now.

These spiritual warriors remind us that this world is not the end. They point to a vast spiritual world, whose beings without bodies, parts or passions have more powers than we shall ever possess. They serve Almighty God, for whom they are faithful messengers, watchmen and stewards. And at this Michaelmass time each year we thank God for them.

God bless and keep you in His Love,

*Lawrence J. Rodgers.*

## THOUGHTS FOR THE MONTH

1. If you wish to be loved, show more of your faults than your virtues.
2. To love is to place our happiness in the happiness of another.
3. In prosperity, our friends know us; in adversity, we know our friends.
4. The quickest way to become an old dog is to stop learning new tricks.
5. Unsafe cars are recalled by the maker. This happens to unsafe drivers too.
6. Optimist: A person who won't take woe for an answer.
7. Enthusiasm is like measles; If you don't have it, you can't give it to anyone.
8. A man never knows how to say goodbye, a woman never knows when.
9. You rear a child like you throw a ball, Give it the best start you can whilst it's in your hands, for it must go the rest of the way by itself.
10. Give me a positive character with a positive faith, positive opinions and positive actions, though frequently in error. Something is better than nothing.
11. Half the pleasure of crying is missed if there's nobody by to pity and comfort you.
12. Travel agency: Flee market.
13. Envy is a disease contracted by counting other people's blessing.
14. It is impossible to name a single great human achievement that was insured against failure.
15. If we are strong, our character will speak for itself. If we are weak, words will be of no help.
16. A gossip is someone who reaches for a chair when the telephone rings.
17. Most people want to be first in line, unless it's a funeral procession.
18. Silence doesn't indicate wisdom; knowing when to remain silent does.
19. A man's accusation of himself are always believed; his praises of self never.
20. There is a certain inconsistency in the way we insist that the butcher's scale be strictly honest, but have no objections if the bathroom scale fools around a bit.
21. Vanity keeps persons in favour with themselves who are out of favour with all others.
22. When you see a man opening the car door for his wife, you can bet one of two things is new-- the car or his wife.
23. If you want your son to follow in your footsteps, stop wearing loafers.
24. Chop your own wood, and it will warm you twice.

**STAFF CHANGES - Lakeside Hospital Ballarat**  
for (months): **AUGUST/SEPTEMBER '91**

\*\*\*\*\*

**NEW APPOINTMENTS:**

Dr Bertha Johnson	Consultant Psychiatrist - (from Forensic Unit)
Dr Michael McCausland	Trainee Psychiatrist - (from Royal Park)
David Woods	Occupational Therapist

**Ceased Duty:**

Sheryl Barwick	Mental Health Aide
Sharyn Horke	Occupational Therapist
Edgar Turner	Student Nurse

**RETIREMENT(S)**

Harold Frost	Cook Grade II
Iermgard Fedulow	Mental Health Aide

\*\*\*\*\*



**Flip-flop**

After watching a minister match coins with a member to see who paid for the coffee, a friend asked, "Preacher, doesn't that constitute gambling?"

"Not at all," the preacher replied. "It's simply a scientific method of determining just who is going to commit an act of charity."

\*\*\*\*\*

**The key**

When the late Mr. and Mrs. Henry Ford celebrated their golden wedding anniversary, a reporter asked them, "To what do you attribute your 50 years of successful married life?"

"The formula," said Ford, "is the same formula I have always used in making cars — just stick to one model."



**Grave question**

The old man was dead. A wonderful funeral was in progress and the country preacher talked at length of the good traits of the deceased . . . what an honest man he was, what a loving husband and kind father.

Finally, the widow whispered to one of her children:

"Go up there and take a look in that coffin and see if that's your pa."



TARGET

UNDER 40's

YOUNG  
IN SPIRIT

TARGET

IN HEART

# SOCIAL DANCE

Are You Bored?

Want A Fun Time?

Looking For Something Different?

Then Come To The REC CENTRE.

WEDNESDAY 16<sup>TH</sup> OCTOBER 6 pm To 7.30 pm

Learn To Dance!!

Be with People Your Own Age

Have a Great Time

SUPPER INCLUDED.



# THUMBS UP OR DOWN



To Anna Olszewski, Glenda Rivett and Julie Mee, who are tripping away to Egypt to see the sights. I'm sure there will be stories to tell when these three return. Hope you have a safe journey.

O.T. Staff



Thankyou Judy, for our new Curtains in the Sunroom. They have made a great improvement.

Ward 20.



To all the Nigel Mansells of the Hospital. The SPEED LIMIT is ONLY 25. Please Consider.

Your Friendly Neighbourhood  
Hairdresser..



To the B.M.H.A. for the Trivia Quiz Night. A Great Night was had by all. Thanks to all concerned, and to our Trivia Master Peter Gray.

John Gilbert.



## PASSIVE SMOKING

1. **Passive Smoking** (sometimes called involuntary smoking) is the term used for the exposure of non-smokers to air polluted by tobacco smoke. It can be considered as a form of smoking because the non-smoker is exposed to many of the same substances in cigarette smoke that the smoker is exposed to, and it is involuntary because the exposure occurs as a part of the necessary act of breathing.
2. Non-smokers sharing space with smokers in cars, pubs, meetings etc. do a significant amount of passive smoking. In addition to discomfort, occasional allergic reactions, and nasal and conjunctival irritation, a small but real health risk appears to be another potential consequence.
3. Tobacco smoke contains several potentially hazardous components e.g. tar, nicotine, and carbon monoxide (CO). In tobacco smoke the CO may be as high as 5%. The smoke inhaled by non-smokers differs in composition from the cigarette smoke inhaled by smokers. **Sidestream smoke** - that smoke released directly into the air from the burning cigarette tip, contains 2½ times the nicotine and CO and over 100 times the ammonia of **mainstream smoke** - that smoke which is drawn directly through the cigarette by the smoker.
4. Oxygen carried by the blood is combined with haemoglobin to form oxyhaemoglobin (HbO). CO competes with oxygen for the haemoglobin and forms carboxyhaemoglobin (COHb). Thus, exposure to significant levels of CO reduces the amount of oxygen a given volume of blood can carry. As oxygen is required by muscles when they contract, there is less oxygen available and the muscles tire more quickly. This is probably one of the reasons why smokers are less fit than non-smokers.
5. A smoking experiment was conducted to measure the absorption of CO<sup>1</sup>. During an exposure time of 78 minutes spent in a confined room with no ventilation, when a total of 80 cigarettes and two cigars were smoked it was calculated that non-smokers absorbed approximately the same amount of CO as would be expected if they had actively smoked and inhaled one cigarette.
6. In a study<sup>2</sup> of acute respiratory illnesses in 2205 infants over the first five years of life, parents' smoking habits and respiratory symptoms were recorded annually. The incidence of pneumonia and bronchitis in the first year of life was found to be associated with parents' smoking habits; incidence was lowest where both parents were non-smokers, but twice as high where both smoked.
7. In a study of 2100 workers<sup>3</sup> it was found that non-smokers chronically exposed to cigarette smoke at their places of work had reduced lung function (small airways dysfunction) compared with non-smokers who did not work close to smokers. In fact, the apparent damage to the passive smokers was similar to the levels of light smokers and smokers who did not inhale. The authors of this study concluded that "chronic exposure to tobacco smoke in the environment is deleterious to the non-smoker and significantly reduces small-airways function".
8. A prospective study<sup>4</sup> of 91,540 non-smoking wives in Japan measured their risk of developing lung cancer according to the smoking habits of their husbands. Wives of heavy smokers were found to have a higher risk of developing lung cancer than wives of non-smokers and a dose-response relationship was observed. These results indicate the possible importance of passive smoking as one of the causal factors of lung cancer.
9. Although a finding similar to the Japanese study was reported for a smaller number of married female Greek lung cancer patients<sup>5</sup>, the pattern was not found in a larger American sample.<sup>6</sup>



10. A French study<sup>7</sup> of members of 5,266 households showed that passive smoking in the home is a risk factor for limiting airflow through bronchial passages. Two groups were studied. One group consisted of couples where neither spouse smoked, this gave the group of true non-smokers. The second group consisted of one smoker who smoked at least 10 gm of tobacco a day whose spouse was a non-smoker. This gave the group of passive smokers. In the study, care was taken to exclude households with children over 18 who might have contributed to the passive smoking exposure. The researchers found that the passive smokers had significantly lower readings of lung capacity than the true non-smokers. This difference was not explained by any other factor. In a large sub-group of non-working women (i.e. those not exposed to workplace smoking) a clear dose-response relationship to the amount of smoking by their husbands was found.
11. A case-control study<sup>8</sup> of 1338 lung cancer patients and 1393 controls in Louisiana U.S.A. showed that non-smokers married to heavy smokers had an increased risk of lung cancer, and so did subjects whose mothers smoked. There was no association between lung cancer risk and paternal smoking. The association with maternal smoking was found only in smokers but was statistically significant only in males. How maternal smoking causes lung cancer can at this stage only be a matter of speculation. The possibilities include the enhanced susceptibility to lung cancer induction after active smoking later in life. Another possibility may be the enhanced active smoking of the offspring in which case the increase in risk would not be an effect of passive smoking. Further research on the subject is required.
12. The health risk involved in smoking is one that smokers are prepared to take many times a day. Though the risk of passive smoking may be minor compared with active smoking, it is a risk that many non-smokers wish to avoid. Many non-smokers may well wish to have the choice between breathing clean air and air polluted by tobacco smoke.

### KINDNESS

Kindness is a competitive game.  
Not known by many that you can name.  
Kindness is a rewarding game.  
Its good timing preserves your name.

Miss the chance to be kind and you're lost.  
Seize the right chance and you are in trust.  
You make a friend by your selflessness.  
That's not a bad reward for kindness.

It is so easy to be kind,  
Your warm feelings  
Built into helpful thought,  
Expressed in the right words  
or perhaps timed action.  
That is kindness.

Akolawole Ayonrinde.



# JOINERY UNIT

## OUT-DOOR GARDEN SETTINGS



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



SLATTED  
PLANTER  
TUBS \$224.00



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



# LETTERS TO THE EDITOR

## IN RESPONSE TO THE CHAPLAIN'S LETTER.

I read with interest the article in last month's Magazine by our resident Chaplain, Laurence Hodges, on Men Marching Against Rape.

This is an issue I am deeply worried about, and therefore wish to endorse the comments made by Laurie. I feel some head way is being made, through Media attention and an Awareness brought about by our Premier, Mrs. Joan Kirner. Men are starting to be made to feel responsible for the actions of their Sex.

But there is still a long way to go. Is it responsible to display lewd posters on walls, to tell offensive jokes, or to encourage sexual advances upon unwilling participants? Do we need the kind of advertising material and magazine display boards alighting shop fronts. Is there a need for innuendo and provocative themes in Television Today? I think Not. There comes a time when everyone should be responsible for other people.

For too long Women and Children, haven't received the respect due to them. It seems that every day there is a report of an incident against Women, the Aged or the very Young. This Horrifies me, and the acceptance of it is Equally Repugnant.

Speak out against violence on Women. Stop the Exploitation and Macho Bravado. Each and everyone of us can, and must, face the issue and act upon it. What right has a man got to deny a woman her respect. Should not a man retain his own Self-Respect.

Join me in Speaking Out..

John Gilbert.

## Hi from All in Garden Drive.

Well here we are at long last. A note of thanks to all the people involved with our rushed shift to Garden Drive from ward 16.

Aspecial thanks to the Staff in the Engineering Dept. for the great job they did to get us and all our belongings here. Thanks also to the Plumbers, Carpenters, Painters, Electricians, Domestic, Off duty Nursing Staff, Gardeners, Communication Centre, Captain Terry, and Store Staff.

I guess there are some we have neglected to mention, so a BIG thanks to you all.

We are now situated in 5 houses and 1 office house.

No's 1, 2, 5, 6, 7 & 1a the office house (Vincent House)

All at Garden Drive..

Don't let yesterday use up too much of today. -Will Rogers.

A rich man is nothing but a poor man with money -W.C.Fields.



# LAKE SIDE JACKPOT

## A GAME FOR EVERYONE, PATIENTS & STAFF

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

AS THERE ARE NO WINNERS YET THE JACKPOT STANDS AT \$500

AT THE 4th.Oct.....IT'S NOW 6 from 16..

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.....

## CIRCLE IT 16

Reading his poetry is complicated by his fondness for his native Gaelic dialect. Yet our list may remind you how familiar his work is in this country.

*robert burns*

Address ✓

Afton ✓

Anderson ✓

Auld ✓

Beggars ✓

Blast ✓

Cauld ✓

Cotter's ✓

Devil ✓

Doctor ✓

Door ✓

Drink ✓

Fetch ✓

Fond ✓

Gentle ✓

Green ✓

Hallowe'en ✓

Highland ✓

Holy ✓

Hornbook ✓

Jolly ✓

Lammas ✓

Lange ✓

Lass ✓

Loof ✓

Louse ✓

Maillie ✓

Marry ✓

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

Mountain ✓

Mouse ✓

My Jean ✓

My Jo ✓

Open ✓

Ordination ✓

Rashes ✓

Scotch ✓

Sweet ✓

Syne ✓

Tam ✓

O'Shanter ✓

Twa Dogs ✓

Vision ✓

Willie ✓

Wine ✓

Yestreen ✓

Young ✓



# ACROSS

1. Goad: — (on)
4. Dieter's fare
9. Use needle and thread
12. Busy as a —
13. Eradicate
14. Comb. form: three
15. Golfer Hogan
16. Help
17. Easily broken
19. Related
21. Came close
22. Cascades
24. Kind of chair
25. Committed perjury
26. Pools
27. Fort (abbr.)
29. Goof
30. Harbors
31. Exist
32. Document signed (abbr.)
33. Melting snow
34. Cruising
35. Trim off
36. Kitchen gadget
37. Family cars
40. Renown
41. Occasion
42. Criticize severely

43. Sign of assent
46. Oz's — Woodman
47. Vote into office
49. Dehydrate
50. Crafty
51. Fender dimples
52. Behold

# DOWN

1. Recede
2. Command to horse
3. Milder
4. Aquatic mammals
5. Barren
6. Lass's mate

# FORTY-EIGHT



7. While
8. Acts as attorney for
9. Celebrity
10. US Indian
11. Uncivilized
18. Tatters
20. Timeworn
21. After eighth
22. Ran away
23. Broadcasts
24. Not as good
26. Serves tea
27. Gratuitous
28. Cleave
30. Sowed
31. Goes up
33. Bridge
34. Purpose
36. Raves
37. Ensembles
38. Malevolent
39. Repudiate
40. The — of the matter . . .
42. Pencil's mate
44. Portland's State (abbr.)
45. Change color
48. Leading edge (abbr.)

1	2	3		4	5	6	7	8		9	10	11
E	G	G		S	A	L	A	D		S	E	W
12				13						14		
B	E	E		E	R	A	S	E		T	R	I
15				16						17	18	
B	E	N		A	I	D				F	R	A
			19	20					21			
			T	C	L	D			N	E	A	R
22	23								24			
F	A	L	L	S					W	I	N	G
25												
L	I	E	D						26	P	O	N
									D	S		
27												
E	R	R							30	P	O	R
									T	S		
31												
D	S								32	S	L	U
									S	H		
									34	H	S	E
									A	F	A	
									36	R	I	C
									E	F	R	
37	38	39							40			
S	E	D	A	N	S				F	A	M	E
41									42			
F	V	E	N	T					P	A	N	
43												
44												
45												
46									47	48		
T	I	M							E	L	E	C
									T			
50									51	D	E	N
S									T	S		
									52	S	E	E



### THE PROBLEM OF TRUTH

Whatever I may think, feel or perceive  
About me, you or the world  
I must keep my mind open to new thinking,  
new feeling and new perceiving,  
Because truth hides away from minds that are closed,  
Because truth is like a polygon which has many sides,  
Because truth is like a coconut with thick layers,  
because truth is gained or lost by me and others  
Who may think they have or have not bits of it

So I live through life without knowing its truth  
I think, I feel, I perceive, but I know not truth  
How long this ignorance and darkness will go on for,  
That I will never really know.  
But I must continue my life's journey  
To its undated end, even if I know not its truth,  
Since that is the only truth I know.

Akolawole Ayonrinde

---

### INDOOR CARPET BOWLS MATCH BETWEEN ARADALE 'n' LAKESIDE

On September 11 Lakeside went up to Aradale to play indoor Bowls. Which resulted in the No. 1. team having a win. They were Skippered by Ron Corbin. The No. 2. team was runner up and was Skippered by Phillip Arnott. The Weather was pretty terrible on that day, when we went up there, all the players had fun and enjoyed a good dinner and afternoon tea. Aradale's teams had a winner and a runner up so a great day was had by all.

Ron Corbin

## MURPHY AND THE BRICKS

### An ode to workplace safety

Dear Sir, I write this note to you to tell you of my plight,  
for at the time of writing I am not a pretty sight.  
My body is all black and blue, my face a healthy grey  
and I write this note to say why Murphy's not at work today.

While working on the 14th floor some bricks I had to clear,  
but to toss them down from such a height was not a good idea.  
The Foreman wasn't very pleased, he is a awkward sod,  
he said I'd have to cart them down the ladders in the hod.

Now shifting all those bricks by hand, it was so very slow,  
so I hoisted up a barrel and secured a rope below.  
But in my haste to do the job I was too blind to see  
that a barrel full of building bricks was heavier than me.

And so when I untied the rope the barrel fell like lead,  
and clinging tightly to the rope I started up instead.  
I shot up like rocket till to my dismay I found,  
that half way up I met the bloody barrel coming down.

Now the barrel broke me shoulder as to the ground it sped  
and when I reached the top I banged the pulley with my head.  
I clung on tightly, numb with shock from this almighty blow,  
and the barrel spilled out half the bricks from fourteen floors below.

Now when these bricks had fallen from the barrel to the floor,  
I then outweighed the barrel and so started down once more.  
Still clinging tightly to the rope, my body racked with pain  
and half way down I met the bloody barrel once again.

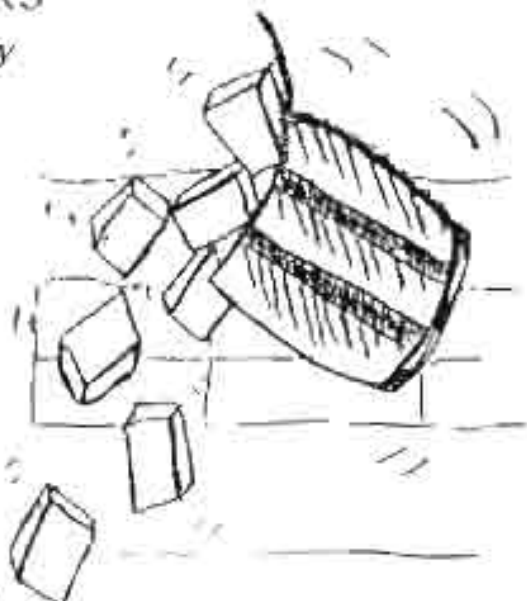
Now the force of this collision half way down the office block,  
caused multiple abrasions and a nasty state of shock.  
Still clinging tightly to the rope I fell towards the ground,  
and I landed on the broken bricks the barrel had scattered round.

I lay there groaning on the ground, I thought I passed the worst,  
but the barrel hit the pulley wheel and then the bottom burst.  
A shower of bricks rained down on me, I didn't have a hope,  
as I lay there bleeding **on the ground I let go the bloody rope.**

The barrel then being heavier, it started down once more,  
and it landed right across me as I lay there on the floor.  
It broke three ribs and my left arm and I can only say,  
I hope you'll understand why Murphy's not at work today.

\* Words from the song "Murphy and the Bricks"

as performed by Noel Murphy on "Anon's Auslander All Over the 6"



## MINESTRONE SOUP

PROVIDES 4 - 6 SERVINGS

### INGREDIENTS

425 gr tomato pieces  
100g bacon pieces  
1 cup macaroni  
2 beef stock cubes  
1 teaspoon oregano  
4 cups water  
Parmesan cheese  
1 carrot  
1 onion  
1 potatoe  
1 cabbage

### EQUIPMENT

1 chopping board  
1 knife  
1 peeler  
1 large saucepan with lid  
1 wooden spoon  
1 can opener  
1 teaspoon  
cup  
1 jug

### METHOD

1. DICE POTATOE, ONION AND CARROT
2. SHRED CABBAGE
3. FRY BACON, ONION AND CARROT FOR 5 MIN. IN LARGE PAN
4. ADD CABBAGE AND TOMATOES
5. ADD MACARONI AND OREGANO
6. ADD WATER AND STOCK CUBES
7. COVER AND SIMMER - 1 HOUR
8. SERVE AND SPRINKLE WITH PARMESAN CHEESE.

Happy cooking



The newly-qualified young doctor was examining a patient.

"Have you had this before?" he asked, plainly baffled.

"Yes, doctor," said the unfortunate patient.

"Well, you've got it again!"



"And this one of Charlie and the kids taken last Summer!"

A man carrying a sledgehammer, a huge rock and a large suitcase called on the director of a variety show.  
"In my act," the man told the director, "I put a rock on my head and my assistant breaks it with a sledgehammer. Then I take a bow and walk off the stage unharmed."  
"If that's all you do," the director said, "why do you carry that suitcase?"  
"For my aspirin," said the man.

The young married couple moved into a sumptuously furnished apartment in an ultra-modern block. Air conditioning, swimming pool, ocean view and all, the best of everything.

One day the young wife was showing some pop-eyed friends around the place.

"My goodness," breathed one of the visitors, "the owners must ask a lot for rent of a place like that!"

"Oh, they do, they do," said the wife. "Last month they had to ask Harold seven times."



"Is there one to help me decide which is the right one for me?"

A city fellow sidled over to the tourist and whispered, "How would you like to buy some pornographic material, friend?"

"Shucks," replied the tourist, "we ain't even got a pornograph."

Customer: "That bacon you sent me yesterday was bad."  
Grocer: "Impossible madam. Why it was only cured last week."  
Customer: "Well, then it must have had a relapse."

A small lad of six was sitting at a table with his father and two of his uncles.

Miserably he complained to his father: "Dad, why can't I go out and play like the other kids, with my tri-cycle? Why can't I join the gang and have time to ride my scooter and eat bubble-gum?"

And his father snarled: "Aw, shut up and deal."



"They look worn out... It's the strain of being nice to each other all the evening!"

"My son worries me," confided the patient's mother. "He's absolutely crazy about stamp. He's always bringing them home."  
"That's nothing to be alarmed about," the psychiatrist reassured her. "Why, my own son is an inveterate stamp-collector."  
"Really? Tell me, doctor, what do you do with all the mail bags?"

Two brothers had a horse, not much good as it turned out. After racing him and finding that he couldn't get near a place, the decision was made to sell him.

On sale day, the first brother boasted the horse's qualities, but the only bid was \$50.

"Will I knock him down?" he asked.  
"Ahh, got," said the second brother, "try to sell him first."

A new member of a country club whose golf was less than inspiring, was assigned a young inexperienced caddy for his weekly game.

On his drive on the fourth the ball landed in the rough to the right of the bunker, in a position where any shot to the green was blocked by two trees.

"What club do you think I should use?" the member asked the caddy.  
"I don't know," came the reply. "I don't play golf either!"

In the midst of a busy morning, the county veterinarian got a call from a woman who said she was starting a chicken farm and wanted to know how long the should keep the rooster with the hens.

"Just a minute," said the vet, who was busy on the other telephone.

"Thank you very much," said the woman, and hung up.

After many sleepless nights, the weary fellow dragged himself into the doctor's surgery.

"You must learn to relax," the doctor told him. "Instead of counting sheep tonight, tell each part of your body to go to sleep. Before you can get from head to toe, you'll be asleep."

The man went home and thought he'd give the new plan a try.

That night when he got in bed he said, "Head, go to sleep. Neck, go to sleep. Shoulders, go to sleep..." As he was almost finished, his wife came into the bedroom wearing a new negligee.

"Wake up, everybody!" shouted the man.

The shearer's cook turned out food that was plain but edible, and that was enough of a rarity to earn him praise. But if his tucker was nothing special, his coffee certainly was.

It was so good even the boss of the property took to drinking it, and every morning he came over to the shearer's quarters for a big mug of the delicious brew.

When the clip was finished and the men were being paid off, he asked the cook his secret.

"Well," said the cook, "it's all in the straining. To get a good cup o' coffee, you gotta strain it through a wool and acrylic mixture sock..."

"A sock!" said the grazier. "You mean every time you make a cup of coffee, you use a clean sock?"

"Leave it out!" snorted the cook. "I never said nuthin' about a clean sock..."



# What Does Time Mean to You?

By Ruth Dailey Grainger

**W**e all have various beliefs, feelings and values about time. And since the use of time is basically under our control, it seems appropriate to examine our feelings and priorities about this very old, very deep human concern in light of wisdom shared through the centuries.

*"Time is the least thing we have of."* (Ernest Hemingway)

Time is our most precious possession. A moment spent cannot be retrieved, for it is gone forever. Yet, how often do we live as if we had an inexhaustible supply of time!

*"Time is the only thing we are truly equal to."* (Anonymous)

We weren't all born with the same potentials, abilities, and attributes. We weren't all born into a family that was able to care for us adequately. We weren't all born with the same socioeconomic and cultural advantages. But one thing we all have is exactly 24 hours per day of time.

*"Time is the image of eternity."* (Diogenes, ancient Greek philosopher)

When people have near-death experiences, suffer the loss of a dear friend or relative, or develop serious physical illnesses, there is often a re-evaluation of time that places truly important goals and issues higher in priority.

*"The way a man spends his time is a true reflection of his character."* (Anonymous)

It has been said, "When you want something done, give it to a busy person." When an active and alive person is committed to an attainable goal, she will usually reach it.

How we choose to use time tells much about our values. In courtship, for example, a person would be wise to honestly evaluate his or her beloved from that viewpoint. We have a strong

tendency to do what we want to in our spare time, revealing our character.

*"Procrastination is the thief of time."* (Edward Young, 18th-century English poet)

I used to believe this, but experience has led me to recognize an intentional form of procrastination that turns a project over to our vast unconscious resources, so that when we do decide to begin the work, some of it has already been organized in our minds.

*"Don't thou love life? Then do not squander time; for that's the stuff life is*

**If something is really important to you, you will probably find yourself engaging in the activity that promotes that goal almost every day.**

*made of..."* (Benjamin Franklin)

What's important to you? Make a list of your activities and figure out how much time each of them consumes in a week. (It could be done by the day, but amounts averaged over a week show more accurately your patterns of using time.) Work, sleep, physical activity, sex, eating, eliminating, socializing, parenting and other family affairs, food preparation (including shopping), cleaning, reading, spectator sports (including TV), thinking, driving, meditation, planning, writing, and phoning are only a few of the activities you may have on your list.

Multiply the average hours you spend every day in your various activities by 365. Can you imagine that you might spend more than 1,000 hours per year watching TV, eating, shopping or commuting? Think of 1,000 hours as the equivalent of 25 work weeks—half your

working year!

If you were to transfer the information on your activity list to a pie-chart, what would this graphic representation of your life look like? Is there any part that you would like to change?

Make a second pie-chart, and divide it according to what you want to have achieved in this life. What can you learn from these two charts? Can you rearrange your priorities to direct you toward your goal in a more timely way?

If something is really important to you, you will probably find yourself engaging in the activity that promotes that goal almost every day.

*"Time heals all wounds."*

Can there be a living soul who hasn't heard that saying? Yet it isn't really true. Many wounds remain, even when much time has passed and especially if the individual has dissociated a traumatic event from the feelings or memories related to it. Healing takes more than time. It requires a deeper level of understanding, the ability to experience the emotions that have been repressed, and a new perspective that includes learning from the past without repeating it.

However, the passing of time does tend to promote integration. One of the best ways to heighten that effect is sleep. If we can get several nights of deep, rapid-eye-movement sleep and dreaming, we inevitably regard traumatic events with greater understanding and improved perspective.

*"Time is the stone we use to sculpt our lives; abilities the chisel, and motivation the hammer."* (Anonymous)

Time is the inevitable creator of life. The manner in which we spend time creates the person that we become.

*"...Lost time is never found again."* (Benjamin Franklin)

*"The right time is my time that one is still as lucky as to have...Live!"* (Henry James, 19th-century American novelist)

Ruth Dailey (Kneels) Grainger, PhD, ARNP, CC, is a certified clinical specialist in psychiatric-mental health nursing, and a nurse practitioner and consultant in Miami, FL.



# The Standards of Perfection

By Ruth Dailey Grainger

**D**o you ever tell yourself or others:

"I have to do it perfectly, or not at all," or  
"I shouldn't make mistakes," or  
"I ought to meet others' expectations of me," or  
"I'm not as good as . . .," or  
"I can't believe I'm such a stupid klutz as to . . .," or  
"I have to be the best . . ."

If you do, then this article is for you.

These self-statements, like all self-statements, are based on standards, beliefs, or rules within the self that tend to be nonproductive, obsolete, and to promote inappropriately high standards.

The need for perfection is basically grandiose, a common belief of childhood but an impossibility in the adult. Standards—which are often based on this need for perfection—are usually learned in early childhood within the family. "You're the oldest, so you have to set a good example for your little brother," or "We expect someone as smart as you to always get straight A's," or "You don't want to disappoint your father now, do you?" Very early in life one may have learned to equate being loved with meeting others' expectations, regardless of whether the expectations were reasonable. And so, we came to develop standards.

First, these standards belonged to our parents; then we learned them and incorporated them, and shaped our behavior by them. We were praised when we met the standards, and punished when we didn't. First-



ly, we came to believe that the standards were necessary, and they became beliefs or rules of self, followed, but unquestioned.

When we became adults, we moved beyond some of our childhood roles and beliefs. Although we no longer go to bed at 9 PM, get an allowance, or ask permission to leave the house, a parental voice may still remain, which, useful at one time, is now an obsolete message that may interfere with our functioning, relationships, and happiness.

This parental voice may be behind a common nursing standard of "overfunctioning responsibility" (work overtime, spend off-hours solving work problems, take calls after working a 12-hour shift, etc.) that is promoted by most health-care organizations. But if your job interferes with your sleep, health, or the welfare of your patients, are you really being responsible? And what about the ultimate responsibility—to yourself? Is

this overfunctioning responsibility standard truly responsible in the long run? How can it be altered to better meet the needs of self, patient, and health-care organization?

Most of us have at least a few standards that no one can meet. When standards are unrealistically high, disappointment is inevitable. Have you ever thought that the only way to be disappointed is to have an expectation (whether that expectation pertains to oneself or another)?

To keep only those standards that are in our best long-term interests, we need to identify them, evaluate their usefulness, avoid comparisons, and replace inappropriate standards with more productive ones. Here are a few suggestions that may help:

**1. Identify and evaluate your standards.**

Make a list of some important beliefs or standards that were taught to you as a child. Then, go back and place a check mark by the ones that are actually useful to you in your adult life, cross out the ones that are clearly detrimental, and place a question mark beside the ones that are ambiguous.

Could you figure out whose the crossed-out standards were? Did they belong to a parent? When you catch yourself admonishing yourself about a standard, do you hear it in your own voice or in the voice of an important person of your past? If the voice (standard) belongs to another, let him keep it while you move on to meet your own standards.

**2. Avoid Comparisons.** Comparisons are a part of standards. Think of a situation in which you compare yourself to another person. Well, who won? About 90% of the person

Ruth Dailey (Kendall) Grainger, ARNP, CS, PhD, is a psychiatric clinical nurse specialist in private practice in Miami, FL.



## Dealing with Feelings

I have polled select a comparison in which they lose. If you find yourself doing the same, quickly select another person and a better aspect of your self for comparison so that you come out the winner. This way of thinking may feel strange, but it helps to counteract an unproductive and bad comparison of self with others. Remember that comparing yourself with another is like comparing palm trees to pomegranates. The only person you can fairly compare yourself with is either your past self or your potential self. You'll soon find it a relief and a pleasure to be able to sit back and appreciate the genius of people like Itzhak Perlman, Michael Jordan, or Mikhail Baryshnikov without feeling the need to compete with them.

**3. Interrupt inappropriate beliefs.** Make an intentional mistake, just to be sure that you still know how.

If a self-standard is harassing you ("You are always doing dumb things," or "Can't you ever do anything right?"), argue with it and state the current truth ("I may have made a mistake, but I am learning how to do this differently").

If you have the bad habit of mentioning your shortcomings before others can do so (because it hurts less this way?), take a deep breath and remain silent. They may never notice your "shortcoming" if you don't call their attention to it.

Would you set a similar standard for your best friend? If not, then realize that your standard might also be inappropriate for you.

**4. Determine what beliefs and standards fit you, promote your health and success, enhance your relationships with others, and bring you happiness.** Categorize them in this way, write them down, and read them at least once a day. Each time you act on a "new improved standard," you create a more mentally healthy individual. □



**Waterfall** No single part of this picture is illogical, yet the picture as a whole does not make sense. Start at the water-wheel and follow the course of the water, along its conduits and to the top of the waterfall. It tumbles down to turn the wheel — and starts its course again. A drop of water leaving the bottom of the fall would miraculously flow to the top. Another oddity: the two towers seem to be equal in height, yet one has three storeys while the other has only two.

## Sight gag

An elderly lady who had always driven herself everywhere suddenly announced that she was giving up driving.

"It makes me too nervous," she explained, "all those cars coming and going."

"When did it start to bother you?" her son asked.

"Right after I got my new glasses," she replied.

## CIRCLE IT 16



## FORTY-EIGHT





# Just How Healthy Are You?

We all want good health. But with everybody trying to sell it to us, it's confusing where and how to get it. Here's an effective and inexpensive way to get a lifetime of good health. Some people think that health is just freedom from disease--if you're not sick then you must be healthy. But health doesn't just happen. Everything your body does, even the scratching of an ear, depends upon three systems. First, a functioning unit such as the muscles, which brings about the action. Second, a support system such as circulation, which provides blood and oxygen to the muscles. And Third, a guidance system that ensures you scratch your ear rather than poke your eye. A breakdown in any of these can lead to chaos in the total body. Some health experts liken our health to an equilateral triangle. The three sides represent our social, mental and physical components. All are equally important. But our health is out of balance without a Fourth component--Spirituality. Add this component and our health is more like a pyramid, with the strength of each side depending on the strength of the others. A breakdown or an overdevelopment in any of the sides leads to a breakdown of the pyramid as a whole..

## **New Start**

Let's look at the New Start concept of health. NEW START stands for nutrition, exercise, water, sunshine, air, temperance, rest and trust.

## **Nutrition**

The old saying "What you eat today is what you are tomorrow" has some truth to it. Nutrition isn't only responsible for the ongoing growth and repair of our bodies, but what we eat also determines our energy reserves. Failure to maintain the right balance and variety of foods, or overindulging can lead to a breakdown in the health and function of our bodies..

## **Exercise**

Most of us have done away with the need for physical exertion in our daily tasks, but our bodies haven't. They still function more effectively and efficiently when they're physically fit. Exercise improves the cardiovascular, respiratory and immune systems. Three to five sessions per week of 20 to 30 minutes of vigorous activity is necessary for the effective and efficient functioning of our bodies..





## JUST HOW HEALTHY ARE YOU? CONTINUES:-

### **Water**

Many people are lax in their intake of water. Our bodies need six to eight glasses of water a day. Tea, Coffee, Fruit Juices or soft drinks don't replace the body's need for water. Water is a cleansing agent and makes up a large percentage of our total body waste. When fluid is lost, it needs to be replaced. If it's not, the body begins to dehydrate. The blood becomes more viscous and less efficient in supplying nutrients and oxygen, and in removing waste from the cells..

### **Sunshine**

Our bodies depend on an adequate supply of sunshine. Without it, certain vitamins can't be produced. Lack of vitamin D may lead to poor bone development or rickets. Research is now showing that there's a strong relationship between our emotional health and sunshine. But just as too little sunshine is harmful, so is too much..

### **Temperance**

Temperance isn't just a word that's aligned with various organisations that promote total abstinence from alcohol. It's a term that promotes moderation in all things. Too little of many things and too much of most things will lead to ill health. Good health means promoting all aspects of our lifestyle in balance and harmony.

### **Air**

An adequate supply of oxygen to the body ensures that it functions effectively and efficiently. It means we can concentrate more clearly, make decisions more decisively and have more energy. Poor ventilation or a polluted source of air impedes the normal functioning of the body and the effectiveness of the brain..

### **Rest**

Proper rest, recreation and relaxation are essential for good health. We all need to take time out to do those things that give us pleasure and aren't related to our daily tasks. Our brains need rest and the stimulation of focusing on aspects other than our daily work pressures. Research has shown that, for most people, less than six hours of sleep or more than nine hours of sleep a night has a detrimental effect upon our longevity. Inadequate time to rest, recuperate, recreate and rebuild impedes the body's efficiency..

### **Trust**

Newsweek recently called the 1990s the "Age of Anxiety". In the uncertain world in which we live, we all like to find some certainty. We all need to trust someone. And there's peace and tranquillity in trusting God..

### **How do I make my new start**

The concepts are simple and the practices aren't complicated. But gaining the motivation to start and the commitment to continue is the hard part. Start now. Set yourself a start date-- within the next week--and write it on your calendar. Then get to it. Good health adds life to your years. And it will probably add years to your life..



JUST HOW HEALTHY ARE YOU? CONTINUES:-

**GOOD HEALTH CHECK LIST**

- |     |   |     |    |
|-----|---|-----|----|
| 1.  | Do you eat from a variety of fresh, natural foods?  | Yes | No |
| 2.  | Does your daily diet include three serves of fruit, four serves of cereals and four serves of vegetables?                 | Yes | No |
| 3.  | Do you participate in 20 to 30 minutes of vigorous exercise (raised heart rate and breathing rate) 3 to 5 times per week? | Yes | No |
| 4.  | Do you drink 6 to 8 glasses of water per day?   | Yes | No |
| 5.  | Do you participate in outdoor activities such as gardening exercise or recreation?  | Yes | No |
| 6.  | Are you moderate in all things, not overindulging in any one thing?   | Yes | No |
| 7.  | Are your home and workplace well-ventilated, allowing for a good flow of fresh, clean air?                                | Yes | No |
| 8.  | Do you expand your lungs through deep breathing each day, taking in large volumes of refreshing air?                      | Yes | No |
| 9.  | Do you get 6 to 9 hours of sleep every night?   | Yes | No |
| 10. | Would you describe your present situation as happy?   | Yes | No |
| 11. | Does your leisure include activities that are totally different from your daily tasks?                                    | Yes | No |
| 12. | Do you believe in a power greater than yourself that has some control over your destiny?                                  | Yes | No |

**YOUR GOOD HEALTH SCORE**

Award yourself one point for each Yes answer.

12-- You're living a lifestyle for optimal health.

9-11-- While you should be experiencing good health, small adjustments could lead to optimal health.

6-8-- The foundation is there, but you need to strive for a broader balance of living.

Below 6-- Take time for health or be forced to take time for disease..

FRONT COVER

NORWOOD as it was a Private Hospital prior to World War 2.

Ballarat Base Hospital bought it in the 1940's to become an Annex to their Maternity section. About 1958 Norwood became part of Mental hygiene. Norwood was called "Norwood Psychiatric Services".

- Editor.

# MELBOURNE CUP

First  
Tuesday in  
November



Tuesday 5<sup>TH</sup> November  
Come to the Rec Centre

and see the Races on the Big Screen



Afternoon  
— tea  
will  
be  
Provided

There will be  
FUN for all

Starting at

— 1 pm —

PRIZES For:

Best Dressed Lady/Man  
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who picks  
the most  
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ENJOY A GAME ---- "CASH PRIZES"

BINGO BINGO BINGO BINGO



REID X

FACIALS AND MANICURES

EVERY TUESDAY MORNING

9.30 AM. TO 11.00 AM. AT

HAIRDRESSERS.



President: Mr. David Carter

Secretary: Mr. Trevor Ward

SEPTEMBER 1991 NEWSLETTER

Phone: 378111 (W)

**RESULTS:** No fish weighed in.**REPORTS:**

**DEEP LAKE COLP.** Ralph caught Bill, tangling both their lines. Trevor caught a Gill Net with several rotting Divers and a Redfin; which Trevor marinated for 3 days in his esky full of ice water and bear cans.

**WENDOUREE.** is being fished mainly in the morning. Fish have been seen up to 5lb.

**LEARMOUTH.** Apparently C&E have been Gill Netting again and have taken Brown Trout to 16lb and several Brown & Rainbow Trout at 6lb.

**BULLEN KERRI.** Report received of a 3.1Kg Salmon taken on worms from the bank. Other Salmon being taken on worms.

**PURRUMBEE.** The fish are reported to be taking Glassies.

**C & E.** It was reported that out of date publications are being sold at country offices. This caused one angler some anxious moments when he followed the information in a recently purchased guide to Victorian waters and placed Gill Nets in a Lake. He was apprehended by C&E Officers and but for a dated receipt for the publication he would have been in very hot water. We cannot trust the law enforcement agency (C&E) to sell accurate guides to the laws they enforce.

**NEXT OUTINGS:**

**TROUT OPENING W/E** - Open Weekend (48 hrs) cards to be tabled at SEPT. 7th & 8th the next meeting.

- This year we are camping at Purrumbeet for those wishing to have a W/E away.

**SEPT. 29th** - Club Dams, 8 AM till 6 PM, fish both Dams.

**SEPT. 21st** - Tullaroop Catchment Group are holding a tree planting day on Birch's Creek near the Smeaton Bridge.

Meet at the Smeaton Store at 9.30 AM ( 2 to 2½ hrs)

**NEXT MEETING:** - Monday October 7th, 8.15 PM at the Committee Rooms Lakeside.

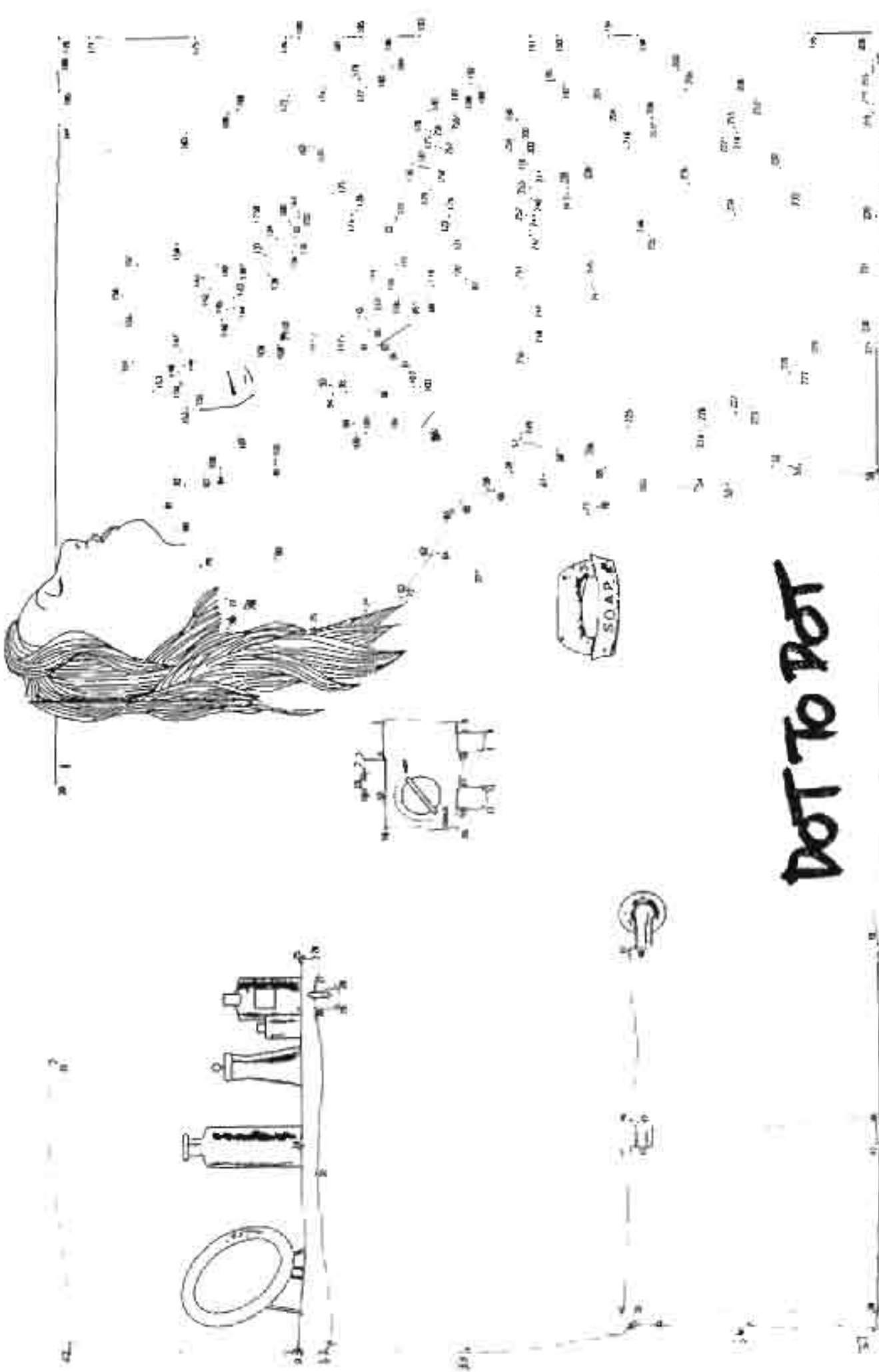
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# DOT TO DOT

Here's how to make a really clean breast of it!

# Why Are Company Vehicles so popular?

The reason seems to be that they have special features rarely found in private vehicles. For example:-

1. They travel faster in ALL gears, especially reverse.
2. They accelerate at a phenomenal rate.
3. They enjoy a much shorter braking distance.
4. They have a much lighter turning circle.
5. They can take 'bumps at twice the speed of private vehicles'.
6. Battery, water, oil and tyre pressures do not need to be checked nearly so often.
7. The floor is shaped just like an ashtray.
8. They burn only petrol with the highest trading stamp rate.
9. They do not require to be garaged at night.
10. They can be driven for up to 100 kms with the oil warning light flashing.
11. They need cleaning less often, especially inside.
12. The suspension is re-inforced to allow carriage of concrete slabs and other heavy building materials.
13. They are adapted to allow reverse gear to be engaged whilst the car is still moving.
14. The tyre walls are designed to allow bumping into and over kerbstones.
15. Unusual and alarming engine noises are easily eliminated by the adjustment of the fitted radio volume control.
16. No security is needed, they may be left anywhere, unlocked, with the keys in the ignition.

## A Thought:

True Creativeness is finding new possibilities in old situations.

- Winifred Peterson



# HIRE A VIDEO FROM THE REC. CENTRE

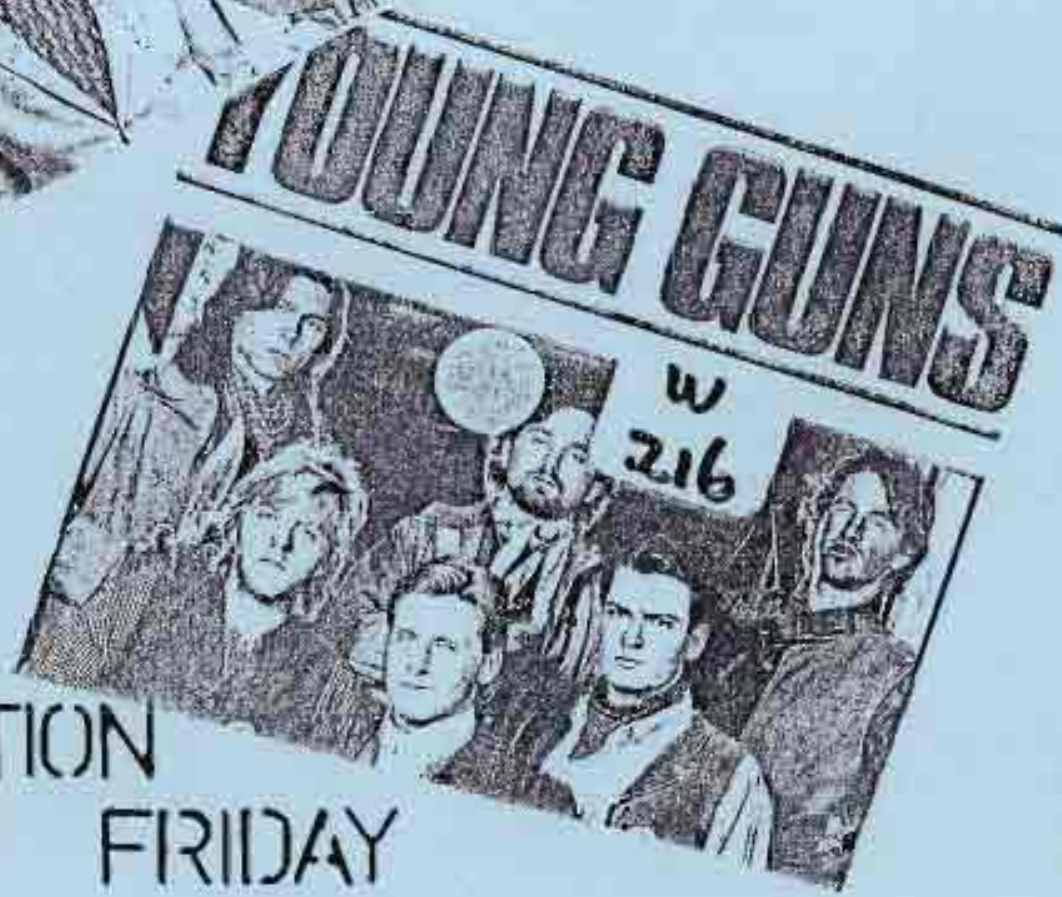
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