

VISTA



MARCH 1991

EDITORIAL

The Recreation Centre has now moved into a new era. The Occupational Therapy Department has taken over the centre and with the help of our two new staff, Bev Leehane and Peter Wilks, the Recreation Centre will continue to be open 7 days a week.

The Newsheet will come out monthly from this issue with a new name called VISTA. I won't tell you what it means, you will have to look it up in the dictionary for it's meaning.

So I am looking for YOU to make regular contributions of:

Jokes and riddles

Ward news

Gossip

Trivia

Recipes

Thumbs up & thumbs down (here's your chance)

Cartoons

The front cover is an aerial view of earlier Lakeside Hospital, see if you can pick out your ward. Each month there will be a different picture featured. Very soon we will be starting up activities and the Recreation Centre will be in full swing once again.

Sincerely

Ian Loader

Recreation Officer

STAFF CHANGES - Lakeside Hospital Ballarat

for (months): DEC '90/ JANUARY/FEBRUARY 91

NEW APPOINTMENTS:

Dr Nalliah	Medical Officer
Dr Aranda	Medical Officer
Sharyn Rorke	Occupational Therapist

Ceased Duty:

Gayle Reid	RPN.
Peter Foyster	RPN.
Monika Cooper	Typist

RETIREMENT(S)

Gerry Benda	RPN.3
Fred Heres	Gardener

REID X

FACIALS AND MANICURES
EVERY TUESDAY MORNING

9.30 AM. TO 11.00 AM. AT

HAIRDRESSERS.

FATHER LAWRIE'S LENTEN LETTER

Here we are almost in the middle of Lent 1991. This season is a time when the Church invites us to look more deeply into ourselves.

We began this season with the Gulf War inevitably preoccupying our minds. I am sure its consequences will be with us for years to come.

What is it about human beings that gets us into our present predicament? Is it simply that there are one or two nations or leaders of nations who are particularly wicked and cause wars? Or does it go deeper than that?

There are people who are particularly evil. But for the most part, even the villains of history are people like ourselves, a mixture of good and evil.

Christians do not believe that human beings are essentially or totally corrupt. The starting point for our understanding of life is the goodness of God's creation; and though it has been twisted it has certainly not been totally destroyed. We are made in the image of God and though that image in us has been cracked it has not been effaced. There is great goodness in people, if only we will see it.

Besides, Christ has come into the world and has shared our human nature in order that by his perfect obedience, even to the death of the cross, he might overcome in us the disobedience which damages our true nature.

It is as we open our lives to him, and die with him to the old rebellious human nature, that we become part of the new humanity which Christ has come to inaugurate.

"From death to life with Christ." That's what St. Paul said. That's what this Lenten Season is all about. We seek to die and rise with Christ as we celebrate together the saving mysteries of Lent, Holy Week and Easter.

May God Bless you all,

Raunee J. Hodges

RESIDENT CHAPLAIN

LENTEN SERVICES

SUNDAYS : 10.45a.m.
 Tuesdays : 8.30a.m.
 Thursdays: 8.30a.m.
 Saturdays : 9.45a.m. R.C. Mass

HOLY WEEK AND EASTER SERVICES

PALM SUNDAY, 24th March
 10.35a.m. PROCESSION AND
 HOLY EUCHARIST
 MAUNDY THURSDAY, 28th March
 8.30a.m. EUCHARIST
 GOOD FRIDAY, 29th March
 10.00a.m. SOLEMN LITURGY
 EASTER DAY, 31st March
 10.45a.m. EUCHARIST

PRAYERS FOR PEACE

I was very taken with the prayer for peace used at the World Conference on Religion and Peace which I attended in February. I have asked that it be published in this magazine. Some of you may like to use it too.

L . J . H.

World Conference On Religion And Peace

BUILDING TRUST AND RESOLVING CONFLICT

I would like to begin this morning if I may with a prayer for peace:

*O Lord and God of all
From whom all thoughts of truth and peace proceed
We bless you and give thanks to you
For the desires, the efforts, the achievements
Stirred up by your Spirit of peace in our time
To replace hate by love,
Mistrust by understanding,
Indifference by interdependence.*

*Continue to kindle in the hearts of all
The true love of Peace
And guide with your pure and peaceable wisdom
Those who take counsel for the nations of the earth.*

*Open our minds and hearts ever wider
To the real demands of the love of all our brothers and sisters
So that,
Outlawing nuclear weapons,
And banishing armaments and war,
We may become more completely peacemakers.*

*May your kingdom go forward in tranquility
As we help to usher in a new era in human relations
Based on truth, freedom, justice and love.*

amen

(WCRP 1984)

PARKLANDS

Parklands has announced an inquiry into the indentities of various females responsible for anonymous St. Valentine's greetings. Anyone with information is asked to contact M.Fryer, S. Townsend (who lives at the wrong address,) P.Lynch, G.Gorton or P.Carter. P.S. who are the cuties?

WARD 7

Patients from ward 7 have been swimming out to Lake Learmonth etc. quite regularly over the summer period, which they have enjoyed always.

WARD 22

Frank Mitchell went home to Hopetown for three days in scorching Mallee heat and enjoyed himself. Steve Merlo is at Ballarat Base Hospital at present. Ward clients wish Steve a speedy recovery. Some clients went on a variety of outings over the last month, including: indoor cricket, the Buninyong Festival and B.B.Q. and was enjoyed by all.

Regards
Mr.B. Smith.

WARD 16

Our ward has a new name now. We are called the Eureka Rehabilitation Unit. We have two houses in Garden Drive and the nurses help the patients to cook and clean and teach them how to do their shopping and banking.

I hope we will all get a turn to go there. We have a ward cat. She is very friendly, and we will all look after her. That's all for the moment.

Ward representative
Pat Myers

BINGO BINGO BINGO BINGO

EVERY THURSDAY AT 2 p.m.

COME ALONG TO THE REC. CENTRE

ENJOY A GAME "CASH PRIZES"

Note Change of Day.

BINGO BINGO BINGO BINGO



SING-A-LONGS

BEGINS TUESDAY 26TH MARCH AT 2 PM WITH

A SPECIAL EASTER CONCERT. FEATURING:

A SPECIAL GUEST ARTIST. COME ALONG &
JOIN IN THE SINGING AT THE REC. CENTRE.

THEN EVERY 4TH TUESDAY OF THE MONTH.

FANCY DRESS



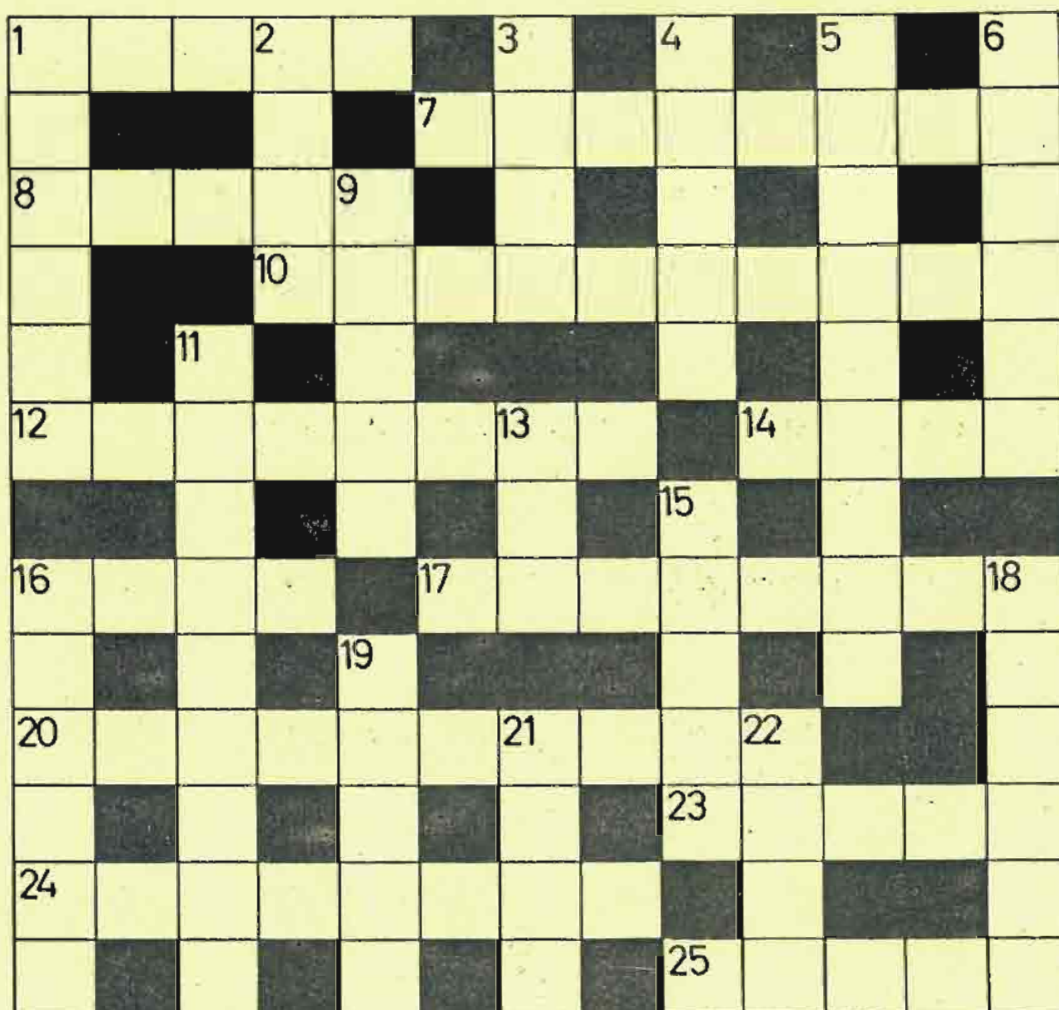
AT

BALL

REG CENTRE

APRIL 17TH

6:30



ACROSS

1. Write in capitals (5)
7. Infrequent (8)
8. Serving-spoon (5)
10. Figure of speech (10)
12. Very demanding (8)
14. Fail to hit (4)
16. Resound (4)
17. Makes more palatable (8)
20. Snack items (10)
23. Disprove (5)
24. Made bigger (8)
25. Worship (5)

DOWN

1. Grand building (6)
2. Egyptian river (4)
3. Goad (4)
4. Bumptious (5)
5. Extra ingredients (9)
6. Doughy cakes (6)
9. Ways out (5)
11. Treat roughly (9)
13. Novel (3)
15. At no time (5)
16. Followed (6)
18. Not immediately obvious (6)
19. Insect mass (5)
21. Ship's men (4)
22. Post (4)

CIRCLE IT

In a simpler day, our headline might have suggested the rock David shot at Goliath. The means of dealing death at a distance are now more sophisticated.

missiles

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

Guidance
Gyro
Lateral
Lift
Lumen
Maps
Metal
Pitch
Radar
Recorder
Relay
Risks
Rocket
Rotor
Scan
Sextant
Snell
Sonic
Speed
Sweepback
Thrust
Timers
Torque
Trajectory
Valve
Wind
Yawing axis

Air log

Altitude

Antenna

Atom

Calibrator

Circuit

Curve

Damper

Data

Defense

Drag

Eddies

Engine

FM Loran

Force

Fuel

Fuze

Gauge



QUICK SNACKS

Each month we will feature a different recipe for you ALL to try for a quick meal or snack. They are simple, easy and don't take much to prepare. Pull this one out and start a scrap book of Quick Meals.

HAWAIIAN TOAST

GRILLED

INGREDIENTS

BREAD

HAM

PINEAPPLE

CHEESE

EQUIPMENT

TOASTER

1 BUTTER KNIFE

1 SHARP KNIFE

CHOPPING BOARD

1 PLATE

METHOD

WASH HANDS

COLLECT INGREDIENTS & EQUIPMENT

COOK TOAST IN TOASTER

CHOP HAM & SLICE CHEESE

LAY HAM ON TOAST

PLACE PINEAPPLE ON TOP OF HAM

PLACE CHEESE OVER TOP

COOK UNDER THE GRILL UNTIL CHEESE HAS MELTED

A middle-aged man approached a department store sales girl and said, "I want to buy a nice present for my wife. Could you help me?"

"Of course," said the girl. She winked at him and said, "Would you like to see some nice sexy underwear?"

"Yes," said the man, "I'd enjoy that, but first I think I'd better buy that present for my wife."

THERE'S this bloke gets a job at the sewage works, and on his first day he drops his jacket right in it.

"Now worries, mate," says the foreman, "I'll come out of the number three pipe in a couple of hours, and we'll fish it out and have it dry-cleaned for you."

"Can we get hold of it before lunch-time?" the bloke asks. "Me sandwiches are in the pocket."



* "It's always the same — the moment you step into the bath."

WITH tears streaming down her pretty little face, young Sandra announced the awful truth to her stunned mother.

"I have to admit it, Mum, I'm pregnant."

"Good heavens!" her mother exclaimed. "This is terrible! Oh, whatever shall we do? Who's the father?"

But Sandra only howled all the more.

"How should I know?" she sobbed. "You never would allow me to have a steady boyfriend."

"JOHNNY!" exclaimed the outraged mother, "you must stop using those rude four-letter words!"

"But mum," said Johnny, "Chaucer and Shakespeare used them."

"Well in that case," said mother, "you're not to play with them any more."

IT was visiting day in the military hospital, and a woman was going from bed to bed, bringing words of comfort and good cheer to the wounded troops.

"And where were you shot, my man?" she asked one soldier.

"Listen, lady," he said. "If you'd been shot where I've been shot, you wouldn't have been shot at all."



* "I had a slight accident in the car, but nothing to worry about — look..."

JOKES

THE new bride was opening her wedding presents when she noticed an expensive-looking box bearing the label of a very fashionable shop.

The gift-card read: "Wear this on your wedding night for a long and happy marriage. Love from Grandma."

Eagerly, the bride opened the box.

It contained ... nothing.



* "It's me, officer — Santa Claus. I just forgot my robe and beard."

"I KNOW how babies are made," boasted an eight-year-old.

"Big deal!" his mate replied. "I know how they're not!"

A DEBT-plagued husband, poring over a pile of bills, suddenly shouted: "I'd give a thousand bucks to anyone who'd do my worrying for me!"

"You're on," said his wife.

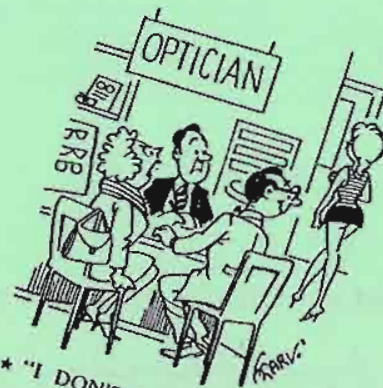
"Where's the thousand?"

"That's your first worry," he replied.

Members of the Women's Club listened attentively as a lecturer spoke about the perils of over-population. The acknowledged population explosion, said the lecturer, was rapidly reaching crisis point. . . .

"Somewhere in south-east Asia right now a woman is giving birth to a child very two seconds, night and day — all day every day. What are we going to do about it?"

Looking deeply concerned, a woman in the audience rose and said, "I think we should find that woman and stop her."



* "I DON'T like the way he looks in them."

AFTER an argument, a husband and wife were communicating only in writing.

One night, the wife found a note from her husband which read: "Wake me at 7 am."

The next morning, when the husband woke up, it was nine o'clock.

Beside the bed was a note which read: "It's 7 am. Wake up."

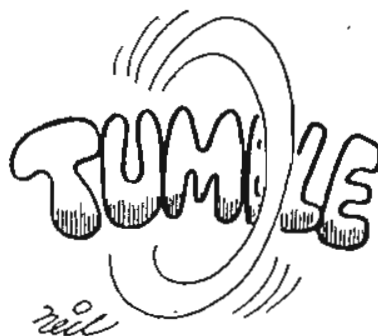
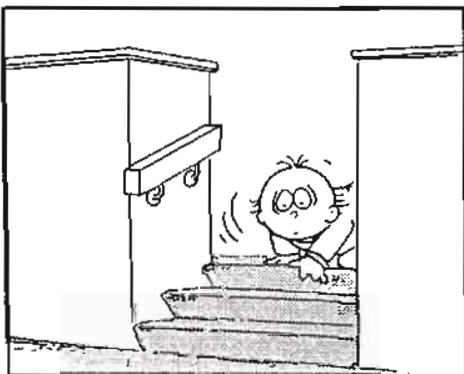
" IF I WERE BOSS "

If I were boss I would like to say!
" You did a good job here today "
I'd look for a man, or a girl or boy
Whose heart would leap with a thrill of joy
At a word of praise, and I'd pass it out
Where the crowd could hear as I walked about.

If I were boss I would like to find
The fellow whose work is the proper kind;
And whenever to me a good thing came
I'd like to be told the toiler's name,
And I'd go to him, and I'd pat his back,
And I'd say, "That was perfectly splendid, Jack!"

Now a bit of praise isn't much to give
But it's dear to the heart of all that live;
And there's never a man on this good old earth
Who isn't glad to be told when he's been of worth;
And a kindly word, when his work is fair,
Is welcome and wanted everywhere.

If I were boss I'm sure I would
Say a kindly word whenever I could
For a man who has given his best by day
Wants a little more than his weekly pay;
He likes to know with the setting sun,
That the boss is pleased with the work he's done.



BADGES

FOOTBALL



TEAM

Collingwood

Carlton

EMBLEMS

AT O.T. DEPT.



\$2.00

Geelong