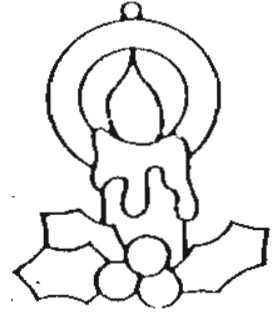


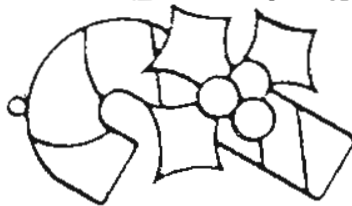
VISTA



MERRY CHRISTMAS



DECEMBER



1991

EDITORIAL

It is a strange but undeniable fact that the second anyone speaks of the true meaning of Christmas, many folk either scoff or at least uncomfortably remark that all that sort of stuff is O.K. for the 'Bible Bashers', but any real man knows that X'mas is a time for parties -- lots of parties; and the more Grog the better!!!

One can't help but wonder why it is that these folk really believe that Christianity and a good time are at opposite ends of the scheme of things.

Because some of us feel that we must centre our Christmas celebrations around the spirit of Christmas rather than merely a series of bigger and better parties; this does not mean that our Christmases are any the less gay or any the less fulfilling - on the contrary it can be safely said that a family in which all members aim at making this time of the year just a little bit happier for someone else, is at the self same time building up for itself a tremendous store of happiness and pleasure.

The fact that the family has first attended a Christmas Eve Service instead of a noisy party, simply means amongst other things that when the children start up at the unearthly hour, they have a reasonable chance of being greeted with smiles instead of growls; and isn't it worth all the sacrifices to see the children's faces as they open those parcels?

The shops that we see crowded with Christmas Specials are a source of delight but nobody imagines that it is the Spirit of Christmas which produces these displays - even Santa has to be paid and then all too often isn't at all interested in the trusting innocents that crowd around him. Like so many others, he is there for the money - not that that isn't important; but how much better if while he is making that money he also takes the opportunity to make someone happy at the same time.

It isn't too late even now to make a resolve that this Christmas we will share the true Spirit of a Happy Christmas, in some degree at least, with all those that we come into contact with. That is all that is needed to put Christ back into Christmas..

Merry Christmas and a Happy and Safe New Year Everyone..

Ian Loader
Recreation Officer

BITS 'n' PIECES

** CHRISTMAS GREETINGS **

COMMUNITY VISITORS

To Residents and Nursing Staff
Seasons Greetings and Best Wishes
for the New Year.

LADIES AUXILIARY

Would like to Wish a Joyous Christmas
and Peace for the New Year.
To the Rec Room Staff, Residents and
Nursing Staff.



▲▲▲
*Christmas is the season when a
smart child writes a letter to
Santa Claus, but a smarter one
writes to Grandma.* — Exchange

☞☞☞
With love

There's no finer gift at Christmas,
Somehow or other
Than the "presence" of a happy family,
All wrapped up in each other.

— Lida Smith

The Clients and Staff of Aurora Unit
wish to thank, for their help and
friendship over many years of service
to Lakeside Hospital, two ladies who
are well known to senior staff and a
majority of clients, as being
characters of the hospital.
We would like to wish them a Happy,
Healthy, Long and Prosperous Retirement.

LORRAINE HUNT
LYNETTE METZ

Aurora Staff
and Clients.



"Remember our first Christmas? You
had a real beard and a fake stomach."

Dear Sir,

Every now and then I happen
to see cars etc.- traveling a bit to
fast within hospital grounds.
Remember, this is a hospital for
people who are sick in many kinds
of ways.
There are some patients with no
understanding also.
Can't you understand that it pays
to go slow when in hospital grounds.
PLEASE. (or else)..

Mr B.L. Smith
On behalf of the
Aurora Unit
(Ward 16)

SAGITTARIUS

THE SAGITTARIUS CHILD IS INQUISITIVE
ENTERPRISING AND WITTY.



THE CHAPLAIN'S LETTER

30th November 1991

I write these notes in the last week of November as we become aware of Tele's big turnoff for the silly season.

The week begins with the last Sunday of the Church's year on the 24th November. The new year commences on Sunday, 1st December with Advent Sunday. So there are clear signs that Christmas is near. Chocolate Santas appear in Súpermarkets and Christmas sales and late night shopping are on the go.

Then there's the annual wind down of the T.V. industry. Favourite programs like Sale of the Century and Midday with Ray Martin pack up and go into hibernation.

Some of our folks are also packing up - but they're not going into hibernation. This week sees the departure of our Geelong contingent. After months of waiting these Lakeside personalities finally are on the move. We wish them well.

I took the opportunity of saying farewell to them in the Chapel on Sunday. Here, in part, is what I said:

"This is the last day of the Church Calendar Year as the Church celebrates the Feast of Christ the King. For us it is a special celebration. It marks the final occasion for some of our special people here in this Lakeside Chapel. It's the last day for Marina and Peter, for Isabel and Vernon. Yes, we will miss them as they will miss us.

Marina and Peter will go from here making their journey to the far country of Geelong. They will begin their new life, first at Dax House, and then, we hope, at the new Hostel in Highton. Let us assure them they go from here with our prayers and Blessings.

They will have many touching memories of their life here and all that they have done. Especially will they remember the celebration of their Marriage here in this chapel three months ago. For seventeen years they waited and, at last, it happened. It happened because Marina, like Ruth of the Bible, chose to say to Peter - "Where you will go, I will go." She didn't want to be parted from him. That was why they came to the Altar and made those solemn vows before us to Almighty God.

We pray that they will always feel as they felt then on that marvellous wedding day.

And this week marks a new beginning for them. The end of the year, the end of their time here at Lakeside, is also the beginning of their life in Geelong. We pray that they will travel hopefully and arrive safely.

We make this prayer also for the others in Ward 19 waiting for their day to come - for Michael and Wanda, for Sheila, for Ken and Vernon, for Stuart and Isobel, for James and Juliana, and for Ken. We remember them all at the Altar today. May God bless and keep them.

Yes, it is quite a celebration, and what a great day to make it. It's the Feast of Christ the King. We pray He may always be enthroned in their hearts as well as in ours. To this end we asked that all the world will acclaim Christ as Lord, the King of the Universe. Jesus is eternal priest and universal king.

We proclaim a kingdom of truth and life, a kingdom of holiness and grace, a kingdom of justice, love and peace. In order to achieve that kingdom, as Christians, we have to live by the Gospel and its values."

With every blessing this Christmastide and throughout the coming year.

Lawrence J. Rodger

RESIDENT CHAPLAIN

WHAT'S IN A NAME ?

"Name this child" - N or M" says a priest when a new born infant is brought for baptism. In a sense this is what is being sought in the naming of the Wards after their refurbishment and new use in our Lakeside restructuring program.

We began with the Rehabilitation Program and its re-location to Garden Drive. Ward 25's new name for its new status is the "Eureka Rehabilitation Centre. It continued with the re-naming of "Sovereign House - also part of Rehabilitation. Then Ward 16 changed its name to "Aurora" indicating its new status and purpose.

We are now considering names for two other units in our Lakeside restructuring. There is the Psychogeriatric Unit - covering Wards 20 and 21, and we need to name Ward 22 also. What's in a name for these units ? Your suggestions are welcome.

HERE ARE SOME OF MY "SUGGESTIONS" -

1. For Ward 22
 - (a) Billabong (after Banjo Patterson - Once a jolly swagman camped by a billabong)
 - (b) Coolabah (-cf- under the shade of a coolabah tree)
 - (c) Esmond House (after recent article on Lake Esmond, Ballarat in Ballarat Courier on Saturday, November 23, 1991 planned to be Australia's first botanic garden displaying only local plants.)
James William Esmond was one of Ballarat's earliest gold prospectors and Lake Esmond was formerly an old gold mining site known as "Larter Street Clayhole".
2. For Ward 21
 - (a) Jacob's Well - after Bible - a place of rest and to draw water.
 - (b) Bethany - another Biblical image - well suited to the elderly. Jesus rested at Bethany in the house of Mary and Martha (and Lazarus)

Biblical images are well suited to the spirituality of those in advancing years and the quest of the historical person - a life review.

What do you think ? Your suggestions to the Editors please.

Contributed by L. J. Hodges, Chaplain.

Dec '91

STAFF CHANGES - Lakeside Hospital Ballarat

for (months): OCTOBER/NOVEMBER, 1991

NEW APPOINTMENTS:

Sarah Davis	Occupational Therapist
Joanne Crowe	Occupational Therapist
Maria Cameron	Social Worker
Dr Lukic	Medical Officer

Ceased Duty:

Peter Jones	RPN.1
Tim O'Keefe	RPN.1
Kate Smeaton	RPN.1

Enhanced Resignation Package:

Barry Antonio	G.S. Manager
Terrance MAHER	Inquiry Office
Basil MANSBRIDGE	Driver
Glenda GREENE	FADSA
Patricia McKay	FADSA
Kenneth TIDYMAN	Fireman
David CANTY	Gardener Gr IIA
Cheryl BUTLER	MHA.1
Paul BUTLER	RPN.1
Joanne HOMMELHOFF	PSO.1
Glenda RIVETT	PSO.2
David VINCENT	RPN.1
Terry Anne VINCENT	RPN.1 (PPT)
Peter BAKER	Ward Assistant
Ian LEECH	RPN.4
Angela CAMERON	Nursing Admin.
Brenda TAYLOR	RPN.1
Lorraine HUNT	MHA.1
Kerryn STONE	MHA.1
Anne MENNEN	RPN.1 (PPT)
Colleen FRYAR	RPN.1 (PPT)
Janet SANTILLI	RPN.1 (PPT)
Patricia KING	MHA.1
Lynette METZ	MHA.1
Lorraine KEABLE	MHA.1
Sharon PARKER	MHA.1
Kerry PATTON	Accounts Office

TITLE: "CONFERENCE SUCCESS".

CONTEXT:

A one day conference on **PSYCHIATRIC DEVELOPMENTS IN THE NINETIES** " Letting the Rural Sector Know " was held at Lakeside Education Centre on November 8, 1991.

The Conference was sponsored by the Royal Australian and New Zealand College of Psychiatrists. It was designed to bring the latest news in psychiatric developments in practice to rural sector clinicians.

The four speakers presenting on the program were Professor Daniel O'Connor (Heatherton Hospital) who talked about the Latest Issues in Psychogeriatrics; Dr. Pat Mc. Gorry (Royal Park Hospital) who talked about Psychopharmacology Updates especially in relation to Affective Disorders and finally Dr. Colin Rees (Director, Bouverie Family Therapy Centre) who discussed Family Interventions in Management of Chronic Psychiatric Disorders.

All speakers were positively received by an audience that included: 13 Psychiatrists, 3 Psychologists, 3 Social Workers, 2 Occupational Therapists, 23 Registered Psychiatric Nurses and 15 Geriatricians, General Practitioners and Medical Officers.

Acknowledgements for a successful conference are extended to the following people who all assisted to make the day run smoothly.

Miss Lesley Hopkins
Mr. D. Lenehan
Ms. Cheryl Dent (Ex. Secretary, Aradale)
Ms. Maxine Trembath (BBH, Medical Administration)
Mr. Robert Geyer.

An additional thank you to Mr. Bruce Smith and Catering Staff and the Paint Shop Staff whose efforts were especially appreciated on the day.

The possibility that further conferences of this type may be organized in the future are unknown but Lakeside Hospital can be congratulated on this Staff Development effort.

Allan Cashin
Jackie Skewes.
Staff Development Facilitators.

OCCUPATIONAL THERAPY DEPARTMENT

Well December is upon us again, and I have realised that quite some time has elapsed since I've contributed to the Newsheet from the O.T. department. Till recently there has not been a great deal to report, staff have worked diligently in their respective areas amid the constant changes with patient programs and moves within the hospital.

I would like to take this opportunity to extend a fond farewell to two of our staff who have accepted the E.R.P. First to Glenda Rivett who has been with us for fourteen years, Glenda has decided to concentrate on her chosen career as a Domestic Engineer, her cheery nature and contagious laughter will be missed by patients and staff. A special farewell also goes to Jo-Anne Hommelhoff who has worked with us for nearly five years and is leaving to be married in the near future. Good luck.

Though we've lost Glenda and Jo, in their place we have gained two O.T.'s. Sarah Davis who is working in Acute Care and Joanne Crowe in Extended Care. These O.T. positions had been vacant for some time resulting in a lack of service to Extended Care in particular. We welcome them both to our department and to Lakeside hospital.

Now to other matters. I wish to express my disappointment to the poor response to our social 'Learn to Dance' night which was almost not held on 13/11/91. Five people arrived by 6pm. It was only thanks to Ralph Broemer and his crew in ward 4 that saved the night at the last minute. With a 6pm start and daylight saving in progress we were hoping attendance would improve.

It is disappointing to note that with the many requests we obtain for recreational activities from staff that these opportunities cannot be utilized more fully. It is only with help and co-operation from all staff that we can accomplish successfully the programs and activities planned for our residents possibly for the short time that this hospital may have.

I would like to bring to your attention the following dates:

DANCING 18/12/91 - 6pm - 7.30 pm ALL WELCOME

CHRISTMAS CAROLS 18/ 12/91 2 - 3pm. ALL WELCOME

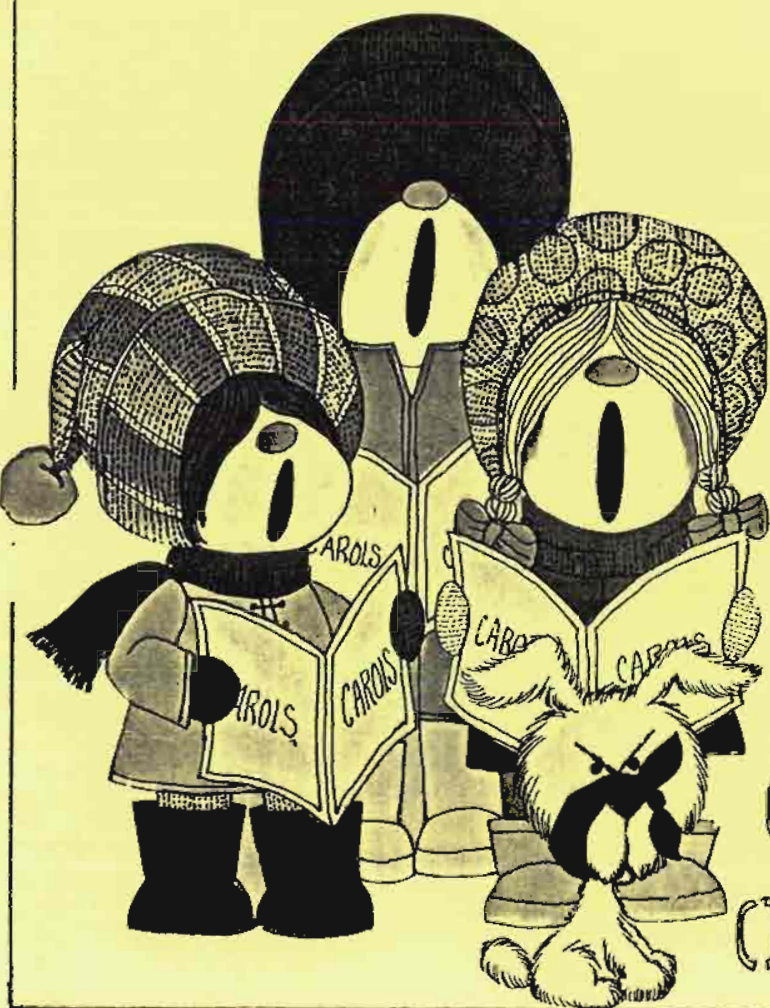
WISHING YOU ALL A VERRY MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM

JUDY STANYER	- Senior O.T.	ILA HUGHES	- PSO
ANNE WOODS	- O.T.	IAN LOADER	- PSO
BRENDA BAXTER	- O.T.	ANNEMARIE VOIGT	- PSO
ANDREA DUNLOP	- O.T.	LISA GEUE	- PSO
DAVID WOODS	- O.T.	LISA ATKINSON	- PSO
SARAH DAVIS	- O.T.	PETER WILKES	- PSO
JOANNE CROWE	- O.T.	BEV LEEHANE	- PSO
ANNA OLSZEWSKI	- PSO	BRIAN FISHER	- PSO
PETER MENNEN	- PSO	DOUG LUSCOMBE	- PSO

COME ALONG, SHARE
THE SPIRIT OF
CHRISTMAS
SINGING

CHRISTMAS CAROLS

SPECIAL
GUESTS



AT REC. ROOMS
WED. 18th DEC.

AFTERNOON TEA.
ORGANIZED BY
O.T. & REC. ROOMS.

NEWS from WARD 20

Hello everybody, I thought it was time that I wrote and let everybody know what has been happening in Ward 20 lately.

We have had a lot of changes this year - but most of them being for the better.

Our activity nurse Gordon has kept us all on our toes for most of the year. He always has something for us to do so we never get bored. He and the other staff have organised a BBQ for all of us and our families to celebrate Christmas, it should be alot of fun, we hope it is a nice day.

I would also like to say a sad goodbye to all the staff that are leaving our ward. They are: Bill, Kevin, Joanne, Gordon, Michelle, Janice, Sue, Simone and Steve. We will miss them all as they have spent alot of time with us and are now all leaving together.

Well that's all I have to tell you now so I hope everybody has a Merry Christmas and a Happy New Year,

Ward Rep.

ALBERT.

-----**-----*****-----*****-----***

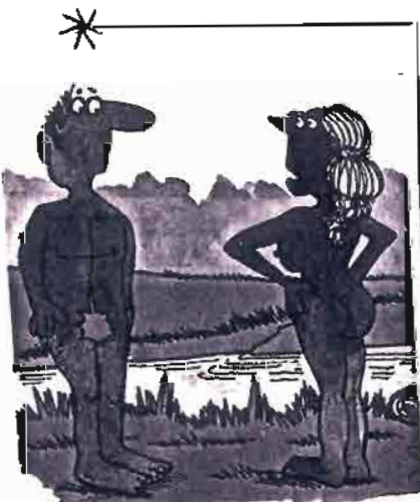
NEW ARRIVALS

Jackie McCormac and John Humm are pleased to announce the arrival of Ashman Thomas on 8th. November. 7lb 13ozs..

Dr. Joan Marren-Healy and her Husband Vincent are pleased to announce the arrival of Cain Vincent at St. John of God Hospital on 16th. November..

Joan & Vincent would like to thank all the well wishers & cards from Lakeside..

No Winners of Parklands baby naming competition..(but Gamal was very close)



How can I go anywhere, Adam? I haven't got a fig to wear!

BIRTHS

PATTINSON — JONES: Leadne and Steve are proud to announce the arrival of Amy Louise, born on Thursday, November 21, 1991. Thanks to Dr Fleming, Dr Zehnirith, Dr Moore and the nursing staff of St John of God Hospital, especially Sue and Rosie.



In a pig's eye

A priest and a rabbi were having dinner together. "Come on, rabbi," said the priest, "when are you going to let yourself go and have a piece of ham?" "At your wedding," the rabbi replied.



"I'm afraid they don't make denim nappies, Madam!"

THOUGHTS FOR THE MONTH

1. Don't bemoan the incompetence of others; their possession of it is what makes you look good.
2. When I was a kid, parents were strict. I had to be in by 10 and out by 21.
3. A house is a place to store furniture. A home is a place to store memories.
4. More good has to be accomplished by simple people seeking their own honest ends than by all the philanthropists in history.
5. An old belief is like an old shoe. We so value it's comfort that we fail to notice the hole in it.
6. Old age is when you buy a birthday cake and the baker throws in a smoke alarm for free.
7. Our worst misfortune never happen, and most miseries lie in anticipation.
8. A mother-in-law and daughter-in-law in one house are like two cats in a bag.
9. He who is too inportant for small tasks is too small for important ones.
10. Success and failure have much in common that is good. Both mean you're trying.
11. It is not a lack of love but lack of friendship that makes unhappy marriages.
12. A man won't forget his wif's birthday if he values the life that is his. But he can get back in good graces, by forgetting which birthday it is.
13. When I say angry words, I try not to overheat them. For who knows when, or if, or why, I may have to eat them.
14. When a wife laughs at a husband's joke, it's not because they are clever, but because she is.
15. The man who can anger you, conquers you.
16. Things may come to those who wait, but only the things left by those who hustle.
17. Enthusiasm is like premium gasoline; it helps to take the knocks out of living.
18. Worry is the interest paid by those who borrow trouble.
19. If you think the world owes you a living, you will die trying to collect the debt.
20. He who never made a mistake never made a discovery.
21. The two things most open by mistake are th cheque book and the mouth.
22. If you want to have people agree with you, admit you have a fault.
23. Friendship is the only cement that will hold the world together.

FIFTY-SIX

ACROSS

1. Senseless
 4. Filthy area
 7. Pitfalls
 12. Put on guard
 14. Juliet's love
 15. Secure lawyer's service
 16. Ringed planet
 17. Transmit by radio
 18. Aries
 19. Moral offense
 20. Leg part
 22. — burglar
 23. Depend on
24. Quill
 25. Homburg
 26. Pronoun
 27. Retort
 29. Buy back
 33. Believe it — not
 34. Ungentlemanly one
 35. Prominent Virginia clan
 36. Animal shelter
 39. Crone
 40. Furrier's hide
 41. Form of "to be"
 42. Vast age
 43. Circle part

44. Holding dear
 46. Shredded, as cabbage
 49. Make corrections
 50. Like the hot season
 51. Gross receipts
 52. Indefinite amount
 53. 4th letter

8. Fall into ruin
 9. Divert
 10. Danger
 11. Cher's ex
 13. Drought reliever
 16. Used a chair
 18. Informer
 20. Mineral spring
 21. Rooster's mate

DOWN

1. Spoil
 2. Beer's cousin
 3. Delays
 4. Prison (sl.)
 5. Half a score
 6. Yard (abbr.)
 7. Mine wagon

22. Jalopy
 23. Magenta
 25. Pronoun
 26. Exchange vows
 28. Triumphed
 29. Cloth scrap
 30. Not appointed
 31. Long fish
 32. Came upon
 34. Tin container
 36. Large bundles
 37. Fragrance
 38. Noisy celebration
 39. Selfish one
 40. English baby carriage
 42. Ceases
 43. Branch of the military
 45. Suffix: like
 46. Firearm
 47. Before
 48. Indigo, for one
 50. South America (abbr.)

1	2	3		4	5	6		7	8	9	10	11
12			13					14				
15							16					
		17				18				19		
20	21				22				23			
24				25				26				
27			28				29			30	31	32
			33			34				35		
36	37	38			39				40			
41				42				43				
44			45				46				47	48
49						50						
51						52				53		

CIRCLE IT 18

Here's a vocabulary test. If you can define three of the words below, you're above average; if five, superior; if eight, phenomenal; you should be inventing puzzles, not just solving them.

seldom-heard words

Amic
 Attrist
 Cassoon
 Collop
 Debouch
 Dopper
 Ebriate
 Exergue
 Expugn
 Festino
 Glyptic
 Gnomon
 Gular
 Iodic
 Jape
 Kris
 Loofa
 Lyrate
 Maffick
 Monad
 Moschatous
 Naib
 Nephalism
 Nimbi
 Oscitate
 Penult
 Pipal

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

Pood	Skeg	Temulence
Pronograde	Skep	Travado
Raff	Socage	Trigram
Ratal	Subtend	Ulnad
Rugous	Sursolid	Valvar
Sabelline	Teest	Zona

Lakeside Anglers

Cairn Curran.

Peter Fox reported that Cairn Curran became so rough that it became an efficient boat wash, washing the inside of his boat while parked on the bank. No fish were taken.

Port Phillip Bay.

The Snapper are patchy at the moment, biting one day and not the next.

Purrumbete.

Report received of up to 40 small fish being taken at a sitting, all under 250 g. One Angler landing a 5 lb fish using a spinner.

Newlyn.

A 3.5 lb Trout taken on Fly.

Anderson's Lagoon.

8 fish taken between 3 Anglers ranging from 2 to 2.5 lb.

Wendouree.

The fish are moving and biting, but few are being caught. One Angler had plenty of success trolling the rowing course, catching plenty of Redfin.

NEXT OUTINGS:

5th December, Night Comp. at Lake Wendouree - 5 PM to 10 PM
Weigh in at St Pat's Point. Fish to be at weigh in by 10 PM

8th December, Kids (only) Family Day at Club Dam - 10 AM to 4 PM
BBQ and Drinks supplied.

NEXT MEETING 6th January 1992

Murray River Trip ideas - dates, locations will be discussed. Please attend and share your ideas.

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DOWNTOWN - BALLARAT



Merry Christmas
and a
Happy New Year

David Carter
Trevor Ward

RUSH JOB CALENDAR

MIR	FRI	FRI	FRI	THUR	WED	TUE
8	7	6	5	4	3	2
16	14	13	12	11	10	9
23	22	21	20	19	18	17
32	29	28	27	26	25	24
39	38	37	36	35	34	33

1. This is a special calendar which has been developed for handling rush jobs. All rush jobs are wanted yesterday. With this calendar a client can order his work on the 7th and have it delivered on the 3rd.
2. Everyone wants his job by Friday, so there are three Fridays in every week.
3. There are eight new days at the end of the month for those end-of-the month jobs.
4. There is no 1st of the month – so there can't be late delivery of end-of the month jobs on the 1st.
5. A "Blue Monday" or "Monday morning hangover" can't happen, as all Mondays have been eliminated.
6. There are no bothersome non-productive Saturdays and Sundays.
7. With no 15th, 30th or 31st, no "time-off" is necessary for cashing salary cheques or paying bills.
8. "MIRDAY" – A special day each week for performing miracles.

CASE HISTORIES

Key points

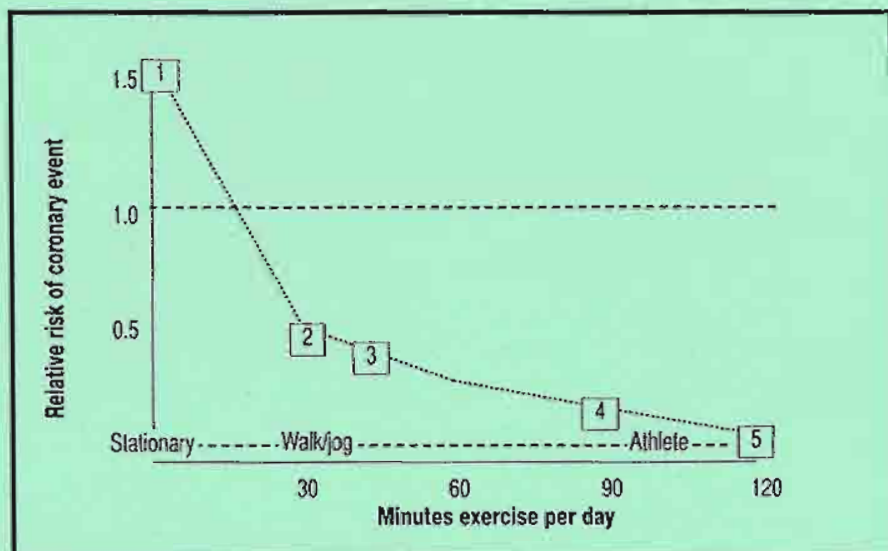
1. Regular exercise of 20 to 30 minutes a day significantly reduces cardiovascular risk.
2. The main potential risks of exercise for people with diabetes are:
 - *foot damage* — from neuropathic, cardiovascular or mechanical foot problems
 - *silent myocardial ischaemia*
 - *hypoglycaemia* when using insulin or sulphonyl ureas, but not with metformin.

Example 1

Mr F is a jogger, and also has insulin dependent diabetes. He plans to train for and then run in a 15 kilometre Fun Run. He comes to you for advice about whether or not he should change his insulin and how. The following general rules apply:

- For any exercise lasting *less than 20 minutes*, no change in either food intake or insulin therapy is needed.
- For exercise lasting between *20 and 40 minutes*, an increase in food intake before the exercise is needed.
- For exercise lasting *more than 40 minutes*, such as this type of running, both an increase in food intake and a decrease in insulin are needed.

You advise him to decrease his insulin dose before the run. For example, the quick acting insulin could be omitted and the long acting insulin could be reduced by 20 per cent. During the period of his training he should be able to judge the right amount to reduce the insulin. He may also need extra carbohydrate before, during and after the run. He should run with someone who can recognise and knows what to do for hy-



Exercise — benefits

poglycaemia (for example, give barley sugar, glucose tablet, orange juice, biscuits, sultanas).

Example 2

Matthew is 10 years old and plays football in defence. He also has insulin dependent diabetes. His parents have arranged for extra portions of food for him at half time. However, one week the opposition is weak and he does not have much of the play and his sugar levels go high. The next week against a strong team he runs himself into the ground. He has a hypo in the third quarter, and later that evening. His parents ask you for advice: "We thought we had it all worked out, but it's a mess. What should we do?"

Exercise — factors

motivation
realism
gradation
continuation

You advise them to decrease his pre-match dose of insulin only slightly, say by 10 per cent. Then if he has a quiet game, he should have only a small amount of extra food at half time. If he has a busy game, he should have a reasonable amount of extra food and decrease his next dose of insulin.

Example 3

Mrs S is a 53 year old woman who does not smoke and uses a sulphonyl urea to control her diabetes. She has had a normal resting electrocardiograph recently. She comes for a regular examination and tells you that she has taken up ballroom dancing. She loves it, but half way through the evening she becomes trembly and light-headed.

You advise her to decrease her evening dose of sulphonyl urea.

J Gunn

Registrar in General Practice
Parks Health Service, SA, and Pat Phillips,
Director of Diabetes
and Endocrine Services,
The Queen Elizabeth Hospital, SA.



President:

David Carter

Secretary:

Trevor Ward

RESULTS:

Heaviest fish at Grant Greenwell Memorial; Trevor Ward 825 g Brown Trout

Heaviest fish at Begonia Shield; Bod Pollard 600 g Redfin

Heaviest fish at Bungal dam; Percy Gardner 510 g Redfin

Heaviest fish at B.D.A.A. Kid's Comp.; no weighable fish

Secret Weight at Comp.; Percy Gardner 510 g

Heaviest fish for month; Peter Collins 1.550 kg Brown Trout from Rocklands Res.

Secret Weight for Month; Paul Reynolds 860 g Brown Trout from Wendouree

Heaviest Salt Water; John Carter 5.450 kg Snapper from Port Phillip Bay

REPORTS:

Grant Greenwell Memorial Shield, Newlyn Res.

Many anglers fished for periods during the day. Trevor caught the heaviest fish, a Brown Trout weighing 825 g, at the south end and reported numerous bites during the day.

Begonia Shield, Wendouree.

All clubs were well represented. Ballarat Anglers took the shield with 2.110kg (3 fish). The best we could manage was 1.1kg (2 fish). Most fish were caught from the bank.

Bungal Dam.

Despite ideal angling conditions and plenty of fish movement, very few fish were caught. Only 2 Redfin were weighed and several Eels.

B.D.A.A. Kids Comp.

The Kids had a ball. 7 small Trout, 2 Tench & 1 Redfin were caught. Thanks to the B.D.A.A. for organizing the day and to Mark Ward and Linda Stevens for helping Gordon Vincent with the running of the competition.

Greenhill Lake.

From a reliable source, there are plenty of anglers on the north shore but no fish are being taken.

Lakeside

Club Inc.

Anglers

Newsletter



"Tell me where the rest are . . . and I'll throw you back!"



LAKESIDE 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 \$900

AS AT THE 29th. NOV...IT'S NOW 6 from 12

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.....

Exercise for people with diabetes

Why exercise?

Exercise has many healthy effects on the body, especially for people with diabetes.

1. Exercise uses up extra energy, helping you to achieve and maintain your ideal weight and to control your blood glucose level.
2. Exercise lowers your blood pressure.
3. Exercise helps to reduce the cholesterol and fats in your blood.
4. Exercise lowers your stress levels.
5. Exercise improves your body's response to insulin, so your treatment becomes more effective and you need less insulin or fewer tablets, or even no medication.

Before starting to plan any exercise programme, discuss it with your doctor. Have a think about these practical points below.

Exercise is any physical activity

Exercise is any physical activity that you enjoy: walking, swimming, gardening, or dancing. If you need some motivation, consider buying a 'sensible' dog to take for walks.

Exercise regularly

Ideally you should exercise for at least 30 minutes three times a week. Start low and go slow — with exercise that will not strain your muscles.

Exercise with a friend

This will give you extra motivation and your friend can help if your blood glucose falls too low.



Strenuous exercise

If you exercise for more than 20 minutes, you will burn extra glucose. Your food and your medications may need adjustment. Talk to your doctor.

Look after your feet

Discuss your footwear with your doctor.

Medical check up

If you are over 40, have a medical check before you start your exercise programme.

Key points

1. Regular exercise will benefit your health.
2. Start low and go slow.
3. Look after your feet.
4. Review your diet and medication.
5. Have a medical check up if you're over 40.
6. Exercise with a friend.

Dr J Gunn and Dr P Phillips

A patient education service prepared by the RACGP and the Department of Community Medicine, Monash University. For instructions about ordering copies for your use, please turn to page 1342.

Turn to page 1356 for a diabetes case history.

Memory Quiz Continues:

9. Have you ever run out of petrol when driving to work?
FREQUENTLY SOMETIMES NEVER
10. Do you forget to ring your partner when you have to work late or are held up?
FREQUENTLY SOMETIMES NEVER
11. Do you ever forget where you parked your car in a crowded car park?
FREQUENTLY SOMETIMES NEVER
12. Have you ever discovered that you have forgotten that all vital list, file, or document just before an important meeting?
FREQUENTLY SOMETIMES NEVER
13. Have you ever "dried up" in the middle of a speech or presentation because you couldn't remember what your next point was?
FREQUENTLY SOMETIMES NEVER
14. Do you forget to send Christmas cards to those important to you?
FREQUENTLY SOMETIMES NEVER
15. Do you forget to send birthday cards to close friends and relatives?
FREQUENTLY SOMETIMES NEVER
16. Do you find that you have forgotten telephone numbers that you regularly dial?
FREQUENTLY SOMETIMES NEVER
17. Do you forget the first names of the partners of your friends and acquaintances?
FREQUENTLY SOMETIMES NEVER
18. Do people have to remind you to complete important jobs?
FREQUENTLY SOMETIMES NEVER

Memory Quiz Continues:

19. Have you ever forgotten to congratulate a colleague or friend on their achievement of some goal?

FREQUENTLY SOMETIMES NEVER

20. Do you forget to have your car serviced on the due date?

FREQUENTLY SOMETIMES NEVER

SCORE 50 - 60

You have an excellent memory which rarely lets you down. Your ability to recall personal as well as business information is most impressive and reinforces your image as a caring and efficient person..

SCORE 36 - 49

You have a good memory and it is unusual for you to forget anything important. Occasionally you come unstuck on minor things, probably because your mind is on more important matters..

SCORE 16 - 35

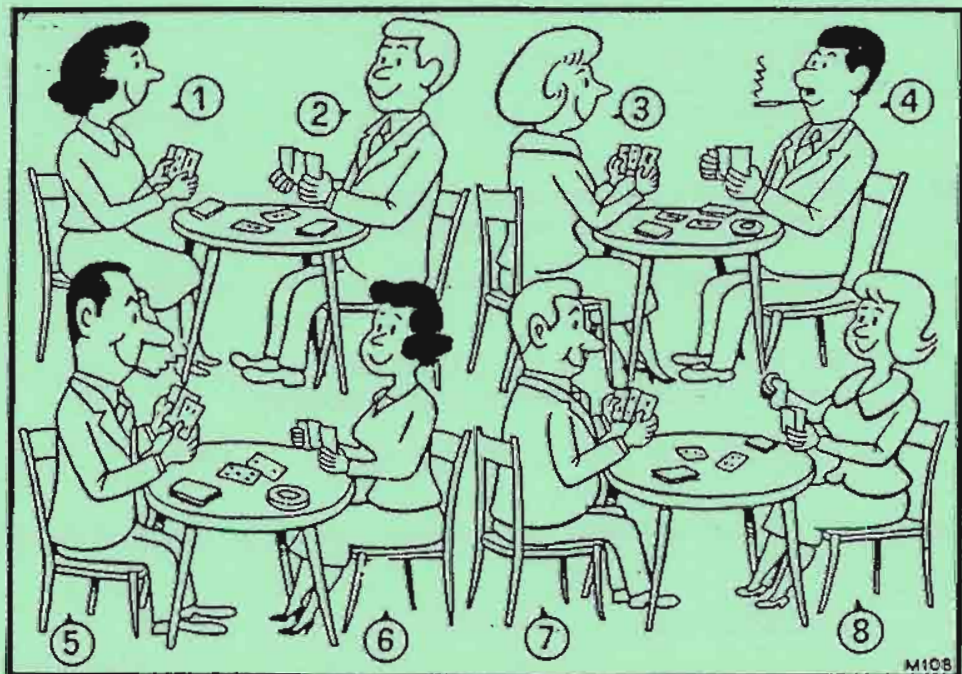
You frequently forget things, major and minor, and this sometimes gives the impression that you are not on top. It can also result in others being hurt or resentful..

Try to strengthen your memory. Use a Diary, 'Post-it' notes or calender. Develop a 'bring forward' system..

**** **** **** **** **** **** **** ****

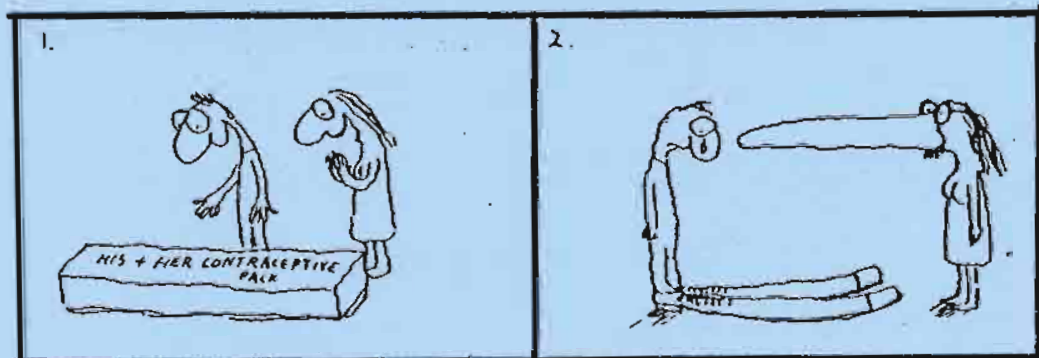
CARDS ON THE TABLE

Here's a puzzle to test your powers of logic. Given that Jean, who is playing against Mark, is sitting with her back to Tim and has Len on her right, and that the latter is playing against Connie and is sitting with his back to Lisa, Alf's opponent, and that Anne is sitting on Alf's left, can you determine the respective names of the eight players?



THE REAL MEANING!

Aquaintance	A person whom we know well enough to borrow from but not well enough to lend to.
Brain	The apparatus with which we think we think
Conscience	Conscience is the inner voice which warns us that someone may be looking.
Dancing	Dancing is a perpendicular expression of a horizontal desire.
Diagnosis	The physician's art of determining the condition of the patient's purse in order to find out how sick to make him.
Epitaph	A belated advertisement for a line of goods that has permanently discontinued.
Imitation	Imitation is the sincerest form of flattery.
Jury	A jury consists of twelve persons chosen to decide who has the better lawyer.
Love	A temporary insanity curable by marriage.
Man	A creature made at the end of a week's work when God was tired.
Monogamy	An obsolete word meaning a fidelity complex.
Originality	Is the fine art of remembering what you hear but forgetting where you heard it.
Sex	Sex is an emotion in motion.
Success	The one unpardonable sin against one's fellows.
Punctuality	Punctuality is something, that if you have it, there's often no one around to share it with you.
Radical	A Radical is a man with both feet planted firmly in the air.
Confidence	Confidence is simply that quiet assured feeling you have before you fall flat on your face.



TEST YOUR MEMORY

** VISTA QUIZ **

Do you have a good Memory?

A simple test for everybody to undertake.

Now, what was her name?

Most data is stored in our memory. The computer won't help you in this test. Is your memory as good as you think it is?

Remember, SCORE 3 for every NEVER answer and 1 for every SOMETIMES.

1. Do you forget to make note of appointments, either in your diary or on the calendar?
FREQUENTLY SOMETIMES NEVER
2. Are you surprised by the arrival of visitors whose appointment you've forgotten?
FREQUENTLY SOMETIMES NEVER
3. Do you receive reminders from partners, colleagues or loved ones that you are late for some event or meeting which you have forgotten?
FREQUENTLY SOMETIMES NEVER
4. Do you go to an appointment and discover that you have left important papers or facts behind?
FREQUENTLY SOMETIMES NEVER
5. When engaged in conversation do you ever start a sentence and then forget your point?
FREQUENTLY SOMETIMES NEVER
6. When people from other departments at your place of work meet you, do you have difficulty in putting names to faces?
FREQUENTLY SOMETIMES NEVER
7. When you are introduced to someone at a function, do you forget their name within a few minutes?
FREQUENTLY SOMETIMES NEVER
8. Have you ever forgotten to meet someone at an airport, railway station or bus stop?
FREQUENTLY SOMETIMES NEVER

SALE

SALE

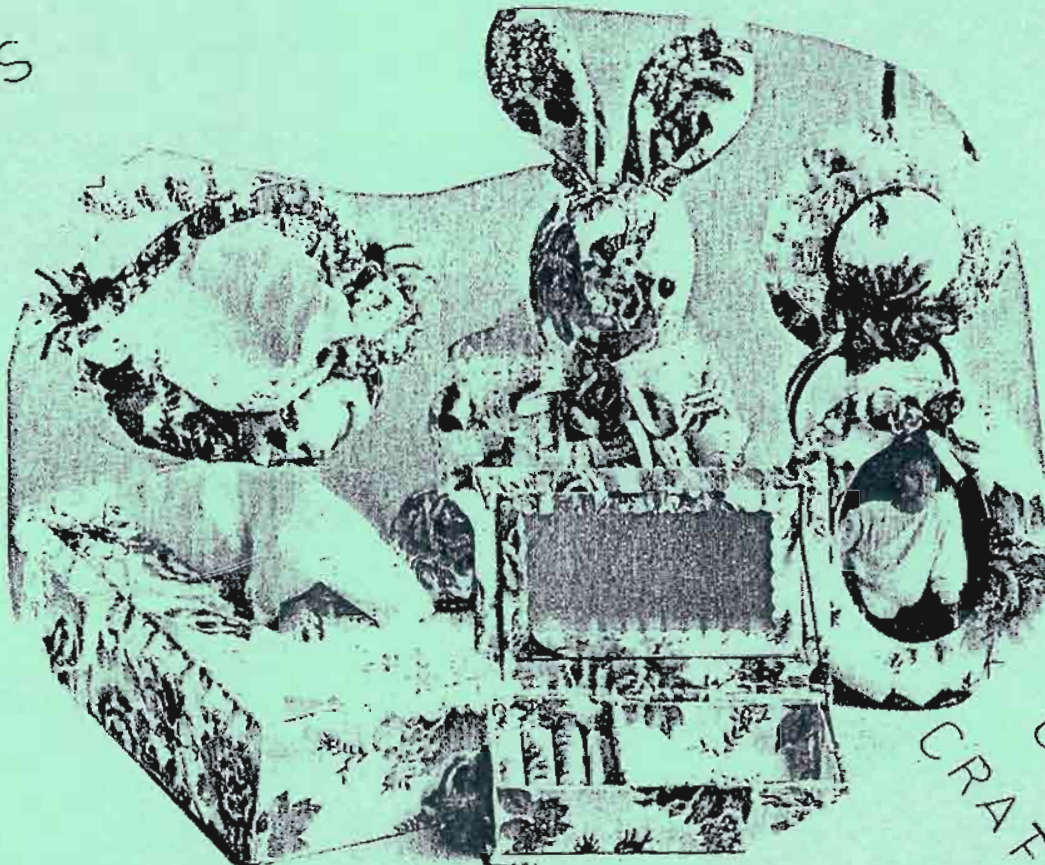
SALE

SALE

OCCUPATIONAL THERAPY

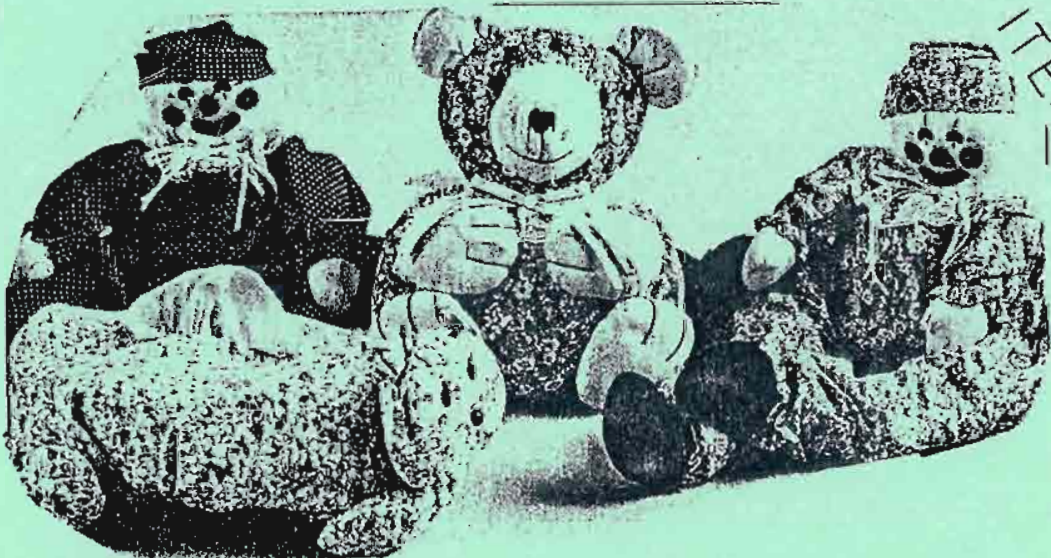
A SALE IS TO BE HELD AT THE RECREATION ROOMS OF ALL OUR SHOP SOILED AND UNWANTED CRAFT ITEMS. ALL ITEMS WILL BE ON DISPLAY OVER SATURDAY 14th and SUNDAY 15th DECEMBER.

SOFT
TOYS



POTTERY

CRAFT
BASKETS



UNFINISHED
CRAFT
ITEMS

JOINERY UNIT

OUT-DOOR GARDEN SETTINGS



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



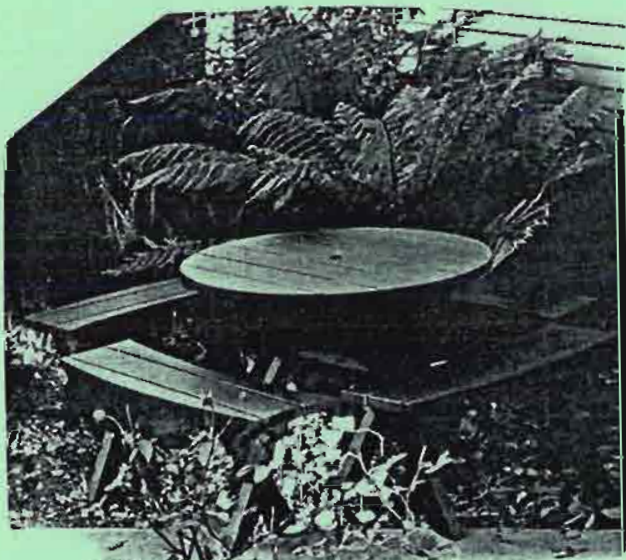
SLATTED
PLANTER
TUBS \$28.00



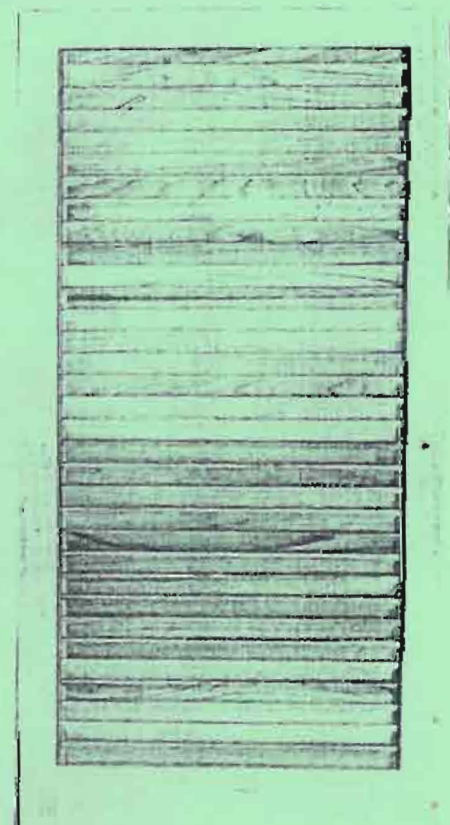
SQUARE PLANTER
TUBS \$35.00



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

Waitress: "Are you the boiled salmon, sir?"
 Diner: "No, I'm the hungry sole with the empty plate and hoping for something to fillet."

A young girl told her best friend about her date the previous night with one of the smartest boys in class.

"You know, I had to slap his face five times," she said.

"I can't believe he was that fresh with you," her friend replied.

"Oh, it's not that; I thought he was asleep!"

The husband of the super-nagging wife listened in silence while she gave him one of her best, long-winded tongue lashings. Eventually she paused and said: "Well? What are you going to say?"

"Ssh . . ." said the man. "I'm wishing."
 "Wishing? What's your wish?"

"I wish tomorrow was my wedding day all over again."

"Oh yeah?" she sneered. "And what would you do?"

"I wouldn't turn up."



"I don't want your honest opinion . . . I want your professional advice!"

Junior was taken into the department store and made sit on Santa's lap to tell him what he wanted for Christmas. Twice he enjoined Santa, "Now don't you forget what I told you, Santa."

Two hours later the same junior was taken into another store sat himself on Santa's lap.

"What do you want for Christmas sonny" asked the old fellow.

With that Junior indignantly jumped off Santa's knee, kicked him in the shins and said: "You deserve that: you've forgotten already!"

A psychiatrist was evaluating the efforts, if any, of alcohol. First he drank whisky and water, which made him drunk. Then he drank brandy and water, with the same result. A day or so later he tried rum and water, again with the same result. The psychiatrist concluded that water was intoxicating.

A student was being interviewed as part of the medical school admissions process. "Tell me," the interviewer asked, "where do you expect to be ten years from today?" "Let's see," the student replied. "It's Wednesday afternoon. I suppose I'd be out on the golf course by now."

First golfer: "Did the Tournament Committee approve your score-card?"
 Second golfer: "No. Just asked for the fiction rights."

A customer in a crowded department store was writing a cheque. The cashier said that cheques for such large amounts required a manager's O.K. "I need approval!" she called to a nearby fellow worker. Instantly he responded, "I love your jumper!"

Waitress: "I have calves brains, spare ribs, braised liver . . ."
 Truckie: "Listen honey, I don't have time to hear about your troubles - just give me a hamburger and coffee."

JOKES



"Frankly I'm not enthusiastic about the mating season!"

The matron in a large hospital received a phone call in her office.

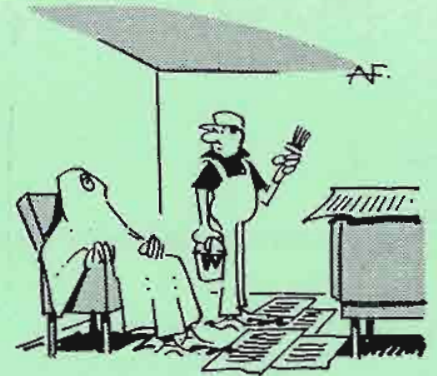
"Could you tell me how Bert Higgins is getting on in Ward Three?" asked the caller.

"Bert Higgins," repeated the matron, consulting a list on her desk.

"Oh, yes. He had his operation yesterday. It was a complete success and he'll probably be able to go home in two days. Who is that calling?"

"Bert Higgins in Ward Three. They tell you nothing in here."

A country visitor saw a sign "Chickens for sale". He followed the signpost and found himself at a little country cottage. He knocked on the door and an old lady answered. "How much are your chickens?" he asked. "They're \$3 each," was the reply. "Did you raise them yourself?" asked the visitor. "Oh yes," she said. "Yesterday they were only \$2 each."



"Don't mind me . . . I simply must see my T.V. serial!"

It was Christmastime and the judge was in a benevolent mood as he questioned the prisoner.

"And what are you charged with?" he asked. "Doing my Christmas shopping early," replied the prisoner.

"But that is no offense," replied the judge. "But how early were you doing this shopping?" "Before the store opened," countered the prisoner.

About jobs . . .
 "You told me how good you were when I hired you two weeks ago," said the foreman to one of his men.
 "Now tell me all over again. I'm getting discouraged."



"Hello there, remember me, we met on the Gold Coast in 1963 and you said if I was passing to look you up!"

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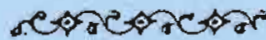
Joy the year round

Somehow, not only for Christmas,
But all the long year through,
The joy that you give to others
Is the joy that comes back to you.

— John Greenleaf Whittier



FIFTY-SIX

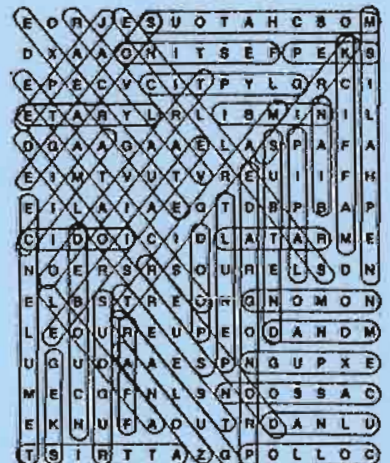


Feeling high

A motorist whose car was weaving was ordered to pull off the road into a parking lot, and the policeman told the obviously drunk motorist to walk down a straight line painted on the pavement.

"I'm sorry, sir, but I will not walk it unless you put a net under it," said the motorist.

CIRCLE IT 18



CAR FAULTY?

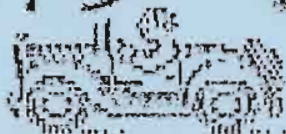
NEEDS REPAIR

POLISHING
GREASE

OIL CHANGE

TUNE UP ETC.

PH. 379 CHRIS



ANATOMY OF A WORKING WOMAN

Prematurely gray hair (any number of causes).

Highly acute hearing able to discern the screams of either a child or a boss.

Blouse with soup stain cleverly hidden by suit.

Smartly tailored suit... missing button in pocket to be sewn on sometime before suit goes out of style.

Tired, aching hands from "lending a hand" to everyone.

Fashionable, medium-heel, plain pump.

Not-so-fashionable gouge in pump.

Eye bags (self-explanatory)

Optimistic, happy-go-lucky, self-confident, pretend smile.

Drooping shoulders from carrying the weight of...
1) the world at home
2) the world at work.

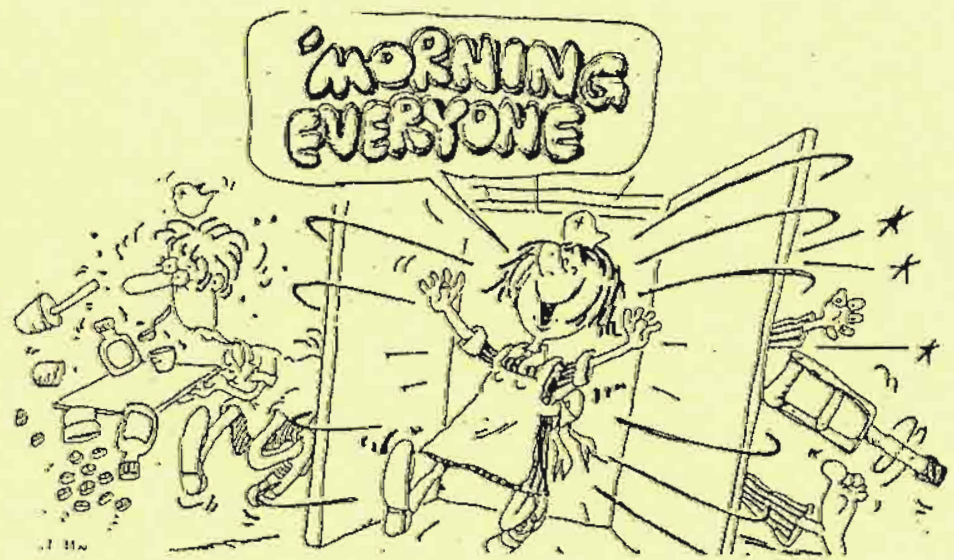
Over-developed arm muscles from doing too much of everything all the time.

Calf-skin natural dye briefcase with broken snap from over-stuffing

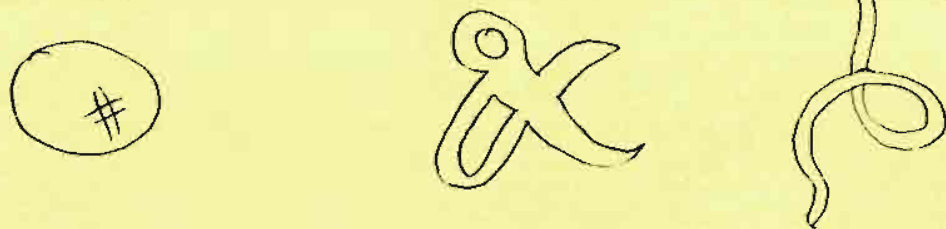
Baggy panty hose with runs from running everywhere

The thrill of victory!

The agony of de-feat



MERRY
CHRISTMAS



A SAFE AND
PROSPEROUS

NEW YEAR
FROM



'VISTA'

