

### 1: THE KILLING FIELDS OF AUSTRALIA - A MATTER OF ROUTINE

*Comments on a matter of routine. What made you want to look up a matter of routine? Please tell us where you read or heard it (including the quote, if possible).*

October 28, So used is he to checking his schedule of the day that a completely blank calendar is sure to throw him off. The calendar on the phone has a monthly setting that marks how busy one feels. Each date in the day window is tagged to show that there is at least one activity or reminder for that day check out karaoke bar. A day is divided into hourly slats where meetings, conference calls, presentations, seminars, trips, plant visits, trysts, acupuncture, root canal, and meals are distributed. Travel time is not recorded, even if takes up chunks of time. Does a blank page constitute a life without purpose? Does routine drive life, or is it the other way around? Turn off alarm; Check pillow for saliva stains. Routine is comforting to linear corporate types, used as they are to calendaring appointments and being told what to do and achieving time-bound targets. This is not so for entrepreneurs and plumbers who are on the receiving end of disruptions. What can be more distressing to the creature of habit than not having an agenda except to wait for what the day will bring? Should she get a small dog? The need of once very busy executives for routine makes them easy recruits for holding companies and start-ups, at bargain rates, or even NGOs for free. While the comfortable flurry of entries to feed the calendar satisfies the need for routine, it does not address the other regular item that is lost, the revenue stream. He is quick to add before the still employed colleague starts to get nervous is he going to hit me for a loan? How does the routine day so openly despised when coming with such predictable frequency magically turn into a nostalgic desire? True, waking up, dressing, driving to work and the camaraderie of office mates who can discuss the same cast of characters without having to ask what the initials stand for provide predictability and small talk. So, is he getting more forgetful now? Losing routine days should not lead to being unmoored, as if the pegs of our lives have been pulled out to cast us adrift, our sheltering tent blown away by the wind. Rather than hastily replacing office routine with another sort of busy-ness, why not experiment with a non-routine day? Golf every Wednesday does not count. A long two-hour lunch left blank can be a good start. Maybe it can be spent with a visit to the museum or a body scrub or just lunch alone in a previously untried place. Such derailers often refer to crisis events that are life threatening.

### 2: as a matter of routine synonym | English synonyms dictionary | Reverso

*90% of the time, speakers of English use just 7, words in speech and writing. These words appear in red, and are graded with stars. One-star words are frequent, two-star words are more frequent, and three-star words are the most frequent.*

On November 7, , Daniel Yock, an year-old Aboriginal dancer died there. Or at least he was picked up there, by police. Daniel probably died in the back of a police wagon, like some cattle do on their way to a slaughterhouse. In any event, he was certainly dead by the time he reached the police watchhouse, just a few kilometres from the scene of his arrest. Throughout the afternoon, police circled the block in a wagon. The boys - feeling harassed and intimidated - contacted the manager of the local Aboriginal hostel they were staying at. He came down to meet the group, and they decided to head home before dark. They were tailed by two police officers - Constables Suzette Domrow and Scott Harris - the whole way. You would have loved it. A few minutes later, Harris called for back-up, and police from around the area swarmed. He was crash tackled to the ground by police. One of his friends, Glen Gray, could see foam coming from the mouth of a clearly unconscious Daniel Yock. He tried to get police to help. They pushed him back, ignored his pleas. Yock was dragged unconscious to the paddy wagon, and dumped in the back. His hands were still cuffed behind his back. The police then drove around looking for another youth. He was also ignored. When the wagon finally made it back to the watch house half an hour later, Daniel Yock was likely already dead. An independent forensic pathologist noted that, with three fresh abrasions to his head, Daniel may have been the victim of a relatively minor assault in the course of his arrest. It had not, however, caused his death. Needless to say, no police were ever charged over the death of Daniel Yock. A Crime and Corruption Commission inquiry instead recommended "further training" for officers. Move along, nothing to see here. That was almost a quarter of a century ago. Today, Daniel Yock would be Indeed, most Australians would never have even heard of him. Aboriginal people remember Daniel Yock, and countless others either killed directly by the justice system, or killed by civilians and then let down by the justice system. This week, Aboriginal Australia has another name to add to a lengthy catalogue of deaths spanning decades - and longer. Deaths which clearly have had little to no impact on a justice system that has always been stacked against them. In a welcome break from tradition, on this occasion the deceased was not killed at the hands of police. Elijah Doughty was killed by a citizen, a year old Kalgoorlie-Boulder man. As is now well known, on August 29, , Elijah was riding a stolen motorbike on the outskirts of town. There is no evidence that Elijah stole it, nor that he even knew it was stolen. The owner had been told the previous day by police that stolen bikes often get dumped in a reserve just out of town. And so the next day, he parked near the reserve, turned his engine off, wound his window down to listen out for bikes, and he waited. Eventually, Elijah rode past. The man took off in pursuit, driving a large Nissan Navara 4WD ute. Less than a minute later - around 30 or so seconds - Elijah Doughty was dead. In addition to massive head and internal injuries, his spinal cord was severed at the base of his brain, killing him instantly. Responding police vehicles and an ambulance drove over the tracks left by the Navara, which made piecing together what happened much more difficult. That verdict and sentence, unsurprisingly, has sparked widespread grief and anger from Aboriginal people around the country. On Saturday morning, Chris Jenkins, a West Australian man who attended a snap vigil in Perth on Friday night, used his Facebook page to describe his interaction with media covering the response to the verdict. One thing that really hit home about the treatment of Aboriginal people was when I noticed a cameraman for the ABC. I approached and asked that if the family were willing, would the ABC be interested in doing interviews with them there and then. We were also aware that in the midst of that grief and pain, people may have also felt angry at the outcome of the case. But back to the court process. There seems little point in debating the outcome. The sentence will likely not be appealed. Justice has been done, say authorities. But there is value in understanding why the people of Kalgoorlie rose up last year; why they may again; and why Aboriginal people around the country are once against devastated at the price our society puts on the lives of their children, and their loved ones. This list is just intended to provide you a brief snapshot of how our nation kills Aboriginal people, and then responds to

their deaths. Like the majority of his countryman, Eddie was banned from the Imperial. Indeed, most Aboriginal people were not welcome in the few bars in Wee Waa, a feature of most country towns in Australia. That had apparently been missed in the autopsy, and thus not canvassed by the Royal Commission. The mystery was never solved. Nothing came of those considerations. Leila died in , Arthur died in Nothing ever came of that either. Today, Eddie Murray would be John Pat, aged 16 In September , John Pat, a young Aboriginal boy, was beaten to death by four off-duty police officers outside the Roebourne Hotel. After the assault, he was arrested and taken back to the local watch house. The officers involved in the fight returned to their drinks at the bar, and later dined at a local restaurant. Police involved in the arrests from the nearby town of Wickham also attended. Meanwhile, John Pat lay dying in the local watch house from massive head injuries. His jailers did not check on him - instead they falsified an entry in the occurrence book, which was supposed to record regular checks on the welfare of prisoners. Six witnesses subsequently testified that the off-duty police acted as aggressors in the brawl. Five police were ultimately charged with manslaughter. Each was acquitted unanimously by an all-white jury. The response from the West Australian Police Union was to demand compensation from the government for their legal expenses which was paid , before publicly calling for the weakening of the Aboriginal Legal Service, and successfully lobbying against legislative moves to strengthen the power of independent authorities to investigate police. Today, John Pat would be 50 years old. Boney was arrested and dumped in a police cell, heavily intoxicated. One of the arresting officers, Constable Fernandez, left the station unattended for almost two hours. Lloyd Boney was found hanging in his cell from a football sock. His body was rushed to Bourke for examination, before his family was even notified he was dead. Police testimony later delivered in court was quaintly described by the Royal Commission as "untrue evidence". Like the earlier coronial inquest, the Royal Commission recommended the NSW Police Service consider action be taken against officers over the death. The fact that the officer was treated "very lightly" was put down to the trauma he suffered as a result of the death, and his "lengthy cross examination" at the coronial inquest. In the end, no police ever faced charges over the death, but lots of Aboriginal people did. Police at the uprising were given bravery medals. The video, which was filmed in , also mocked the death of David Gundy, who was shot and killed a few months earlier. Gundy had been sleeping in his bed when police stormed his inner-Sydney home during a bungled and illegal raid in search of another man. At the time, the president of the NSW Police Association described the video as just a bit of harmless fun. Lloyd Boney would be 58 today. When Muriel arrived, police realised it was the wrong Colleen Walker they found an elderly nun, not a young Aboriginal woman. Muriel never heard from the Bowraville police again. When Evelyn Greenup - a baby - disappeared a few months later, police responded by sending in child abuse investigators to probe the Aboriginal community. Those investigations continued until a few months later, when the body of Clinton Duroux was discovered in nearby bushland, two weeks after he went missing. Police finally realised they had a serial killer on their hands. In the course of police investigations, it transpired that a set of weights - believed to be one of the murder weapons - was returned to the chief suspect, and that independent witness testimony was never followed up. A local white man, Jay Hart was eventually charged, but acquitted in two separate trials Greenup and Duroux. Police have since admitted and apologised for comprehensively bungling the investigation, and wrongly blaming the community for the deaths. But still, no-one was behind bars. In November , after yet another failed attempt to force the government to act, the NSW Deputy Premier, Andrew Stoner gave the families a commitment he would contact them with details of their fresh appeal. They never heard from him. Hart was been recharged with the murders, and the trial is awaiting the outcome of an appeal. No police were ever sanctioned over the failed investigation. Colleen Walker and Clinton Duroux would be aged 43 today. Evelyn Greenup would be

### 3: As a matter of routine -- Crossword clue | Crossword Nexus

*This article hits the nail on the head. Although just sticking to a routine isn't always enough to overcome mood disorders on its own, it can definitely help.*

Anderson had moved to Pittsburgh with her colleagues, David Kupfer and Thomas Detre, to develop new scientific models of family therapy, departing from the techniques of traditional psychoanalytic talk therapy. Shortly after Anderson appeared as a guest on her show, Frank was recruited by Kupfer and Detre as their new research assistant. That research assistant job propelled Frank into a distinguished career studying how to bring relief to the millions of people suffering from mood disorders, including bipolar disorder and depression. Recognized for groundbreaking contributions to the scientific understanding and treatment of these conditions, Frank has spent years researching better, more effective, and longer-lasting treatments for individuals affected by mood disorders. The recurrent nature of unipolar depression was largely ignored. As a result, many patients continued to suffer from repeated episodes of severe depression throughout their lives. Frank was determined to find a better way to help these patients maintain longer remissions. As part of her early research on mood disorders, she ran a clinical trial to determine how successful different combinations of pharmacotherapy and psychotherapy were at preventing depression over the long-term. She came upon a promising finding that later would revolutionize the treatment of mood disorders: Interpersonal psychotherapy IPT is a talk therapy treatment based on the principle that mood and mental health are closely tied to the way people interact and communicate with those around them. By gaining control of social stressors, patients can take steps to improve their moods. While traditional forms of psychotherapy popular at the time required patients to meet with a therapist five times a week for years, IPT was a time-limited treatment that typically lasted between 12 and 16 weeks. Frank found that even monthly sessions of IPT could be enormously successful in helping patients maintain impressively long-lasting remissions. Frank hypothesized that IPT alone could play a role in the treatment of severe, recurrent depression for patients who were unable to consistently take medication. In a study on women of child-bearing age " who might want to avoid medication that could be harmful during pregnancy " Frank found that a clear majority of the women with highly recurrent depression who could achieve remission with IPT alone could maintain that remission with monthly sessions of IPT. Those who required the combination of IPT and medication to get to remission, however, generally needed to continue the medication to remain well. However, Frank still was troubled by the dismal rates of long-term remission in bipolar patients: Nearly half of patients were ill again within 2 years, even with adequate treatments. Major changes to social routines " like getting married or going through a break-up " could lead to disruptive shifts in biological rhythms and, in turn, in mood, much like jet lag. The key elements of this new Interpersonal and Social Rhythm Therapy IPSRT focused on the link between mood and the regularity of social routines using a self-monitoring metric. Patients with bipolar I disorder who received 12"18 weeks of the new therapy as part of their acute treatment generally remained well over the course of the 2-year follow-up. Continuing her effort to relieve the burden of mood disorders, Frank ran an innovative two-site study with a team in Pisa, Italy. By starting treatment with IPT or medication alone and only moving to the combination when patients did not achieve remission with monotherapy, the researchers found clear benefits for this staged approach. The same was true whether they started with IPT alone or medication alone, Frank reported. Frank also is working on new projects that will make it easier for clinicians to get the training to deliver the most effective therapies. As part of an experiment in e-learning for community health providers, Frank showed that clinicians can learn just as effectively in an online classroom as during a traditional 2-day face-to-face conference training. In addition, the proliferation of smartphones may allow patients to directly monitor and participate in their own treatments. Frank is in the process of developing a smartphone app for self-management of mood disorders, capitalizing on what the phone can sense e. Through a specialized app, patients can easily track their own daily social routines, levels of activity, socialization, and mood. They also can monitor whether they have positive or negative outcomes to these patterns over time.

### 4: As a matter of routine | Crossword Puzzle Clue | [www.enganchecubano.com](http://www.enganchecubano.com)

*Below is the solution for As a matter of routine crossword clue. This clue was last seen on Apr 1 in the Premier Sunday crossword puzzle. While searching our database we found 1 possible solution matching the query "As a matter of routine".*

### 5: A Matter Of Routine | Definition of A Matter Of Routine by Merriam-Webster

*As a matter of routine. Let's find possible answers to "As a matter of routine" crossword clue. First of all, we will look for a few extra hints for this entry: As a matter of routine.*

### 6: as a matter of routine definition | English definition dictionary | Reverso

*As a matter of routine. Clue: As a matter of routine. We have 1 possible answer for the clue As a matter of routine which appears 1 time in our database.*

### 7: as a matter of routine - definition - English

*As a matter of routine Thank you for visiting our website! Below you will be able to find the answer to As a matter of routine crossword clue which was last seen on Premier Sunday Crossword, April 1*

### 8: as a matter of routine | English | Law (general)

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### 9: Controlling Mood Disorders: A Matter of Routine – Association for Psychological Science

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