



## September 1<sup>st</sup> 2007 Issue Number 5

### Mission Statement

The Advisory and Support Centre Otago affirms the rights of Members to have access to a range of quality services to meet their physical, emotional and social needs, which in the provision of an integrated delivery will enhance their well-being, break barriers to opportunities and ensure a secure future.

### MIHI

E nga mana, e nga reo, e nga matawaka tenei te mihi nui kia koutou katoa.

Ka mihi ki to tatau kai hanga mo ana manaaki tanga ia tatau.

Kia whakapai hi toona nei ingoa.

Ka mihi ano ki o tatau tini aitua puta noa I Aotearoa.

Haere, haere moe mai I roto I Te Arika.

**Ka apiti hono tatai hono te hunga mate kia ratau.**

Ka apiti hono tatai hono tat au te hunga ora kia tatau.

Tena koutou, tena koutou, tena koutou katoa.

### Up-to-Date with Geoffrey White



The trial of the jumble sale on 27<sup>th</sup> July 2007 upstairs at ASCO went really well. On the first

day there were 8 Members, (4 buyers and 4 prospectors). A maximum of 4 Members are able to view the jumble sale at any one time due to the lack of space. One Member commented that all went well. The jumble sale will operate on Monday, Tuesday, Wednesday and Thursday at the end of each month.

The sausage sizzle on Sunday 5<sup>th</sup> August at Countdown Central was cancelled due to the weather. The next sausage sizzle will be held after we get back from Tautuku.

Have a jolly good September!!!

### Geoffrey White

Member Representative, Resource Support Assistant



Photograph by David Jones: Tunnel Beach

### What's on - September 2007

**Every day except Friday:** Horticulture Activity Group: Every Morning (*except Friday*) at 10 am - 12 pm and 2 pm - 4 pm. *If the weather is unsuitable then the back up programme will be implemented.*

**Every day:** Project Activity Group 10 am - 12 pm and 1 - 3 pm.

***There is a Centre Activity Group - for more details please see the kitchen supervisor.***

**Mondays:** Computers for Free - meet @ ASCO at 12:45 pm

**Tuesdays:** Tapestry group, 11 am at ASCO

**Wednesdays:** Talk, at ASCO, 1:30 pm

**Thursdays:** Writing Group, at ASCO, 11 am

**Fridays:** Walking Group, 11 am

**Fridays:** Music appreciation, ASCO 1:30 pm

**Fridays:** Growing flowers in a pot, at ASCO, 12:30 pm

**Once a month the photography group go on an outing.  
An Anxiety/depression group meets monthly, please see a staff Member if you would like to be involved.**



**Photos from Horticulture Activity Group winter programme**

## Whakatauki

Here is a collection of Whakatauki, or proverbs. Whakatauki have a translation and a meaning. The meaning is usually based on Tikanga or history.

**Toitu he whenua, whatungarongaro he Tangata.** *The land is permanent, man disappears.*

**E iti noa ana, na te aroha.** *Though my present be small, my love goes with it.*

**Waiho i te toipoto, kau i te toiroa.** *Let us keep close together, not wide apart.*

**Kia mau ki to Maoritanga.** *Hold fast to your culture.*

**Borrowed from: [www.moari.org.nz](http://www.moari.org.nz)**

## The welders...

Over the globe streaking at thousands of mph are the ancient ley's welded into a ten plated craft flying on magnetic pulses of the earth's core. Seen by a legion of onlookers from time immortal the crafts are just the means of alien intervention by intercepted thought that foes are be made at the height they travel a distant sun will deal to the unsated act these laders follow and ingrain the motives of wrong but dealt by right...tis a tale of a leh assassin that in time has worn the regions of hell but moved the evil stories all hear in the passing...some weld and water is the bright shining the people of

earth will break and score the right into goodly obedience of selves...

**Written by: Andrew Morrison.**



Design based on a 1900 Art Nouveau design by Rene Beaulai

## ZEUS

When I was at school between the ages of 5 and 9, I was white haired and the sun did not do a lot for my eyes. The kids thought that I was an Albino, making a lot of the kids afraid of me and they shunned me daily.

Luckily for me another child who was also the youngest and smallest in the school didn't give a tinkers dam. When I was down he would smile and make my day, if I looked unhappy he would sit a few moments and make me feel good about myself. For an example when nobody would be my dance partner for practice for the upcoming social, he was there for me, the night was successful and hardly any toe stepping on the night.

I wore a turquoise dress with a white and pink corsage. I had White high-heeled shoes which had Gems on them arranged in a heart shape. I also wore a pink and white shawl. We had the time of our lives!

He was a good person, when I was sick he came round with a pot of home-made Chicken soup. He also lent me his files to keep me up-to-date on particular events in my life. But on the other hand he can be cheeky too, like he would scare me to go to church. Even to this day I still don't know how he swung down and took my Sunday hat because by the time I looked up to see who it was, he was gone. I got into trouble big time for that.

But apart from that he was my little Zeus, and it still makes me annoyed that I could never find his fast drainpipe home because I heard that he only did that to get me going, I would believe that too.

**Written by: Pat King**

**What happens when a frog parks illegally?  
They get toad!!!**

*Submitted by Liz McGregor*



**Photograph:** Liz McGregor "Ready to Work!"

**People I know**

There are people I know, that have a considerable influence on my life. There are people who walk in the door or room and it is like a light comes on in a dark and scary room or sunshine on a dull or stormy day.

You feel like your day has turned from a one to a ten just by being in their presence.

There are people that you are learning from, that give you new insight into what you may have had in your subconscious, but had never surfaced before.

They made you aware and then managed to use what they have shared with you into your own life.

Even people that we don't think have made an impact on us that must have sometimes left their mark on us.

Sometimes we have been left with some reason why they have been brought into our lives.

In some way we have been influenced and we realize later what impact they had on our bearing. What paths we go down are sometimes brought about by the people we meet and how we choose to relate to them or help and nurture them.

They may have been sent to us for guidance or empathy whatever reason they have been introduced into my life in some way it will have some impact on their lives or mine.

I believe we are chosen to be brought into each other's lives to end a chapter that needs to be finalized before we can move on to more challenges and also learning experiences and being given a chance to perhaps influence someone like myself or to be an inspiration to people who need me in whatever context I am needed.

Life is full of people that will come into our lives, may I be one of those people that have made an impact on somebody's life, and I hope so for the better.

Thank you to those people, who have inspired me, have made my days count, enlighten me and sent me on the right track.

***Dedicated to family and friends, from  
Colleen***



**ASCO**

22 Stafford St, P.O.Box. 1079, Dunedin.

**Phone:** (03) 4770888

**Email:** asco@asco.org.nz

**Website:** www.asco.org.nz