

Issue March 1st 2008 Number 12



Mission Statement

The Advisory and Support Centre Otago (ASCO) affirms the right of Members to access a range of quality services to meet their physical, emotional, spiritual and social needs which encourages participation in their community. In particular, ASCO will support Members with a mental illness in their recovery.

What's on at the ASCO centre this month?

The big event for us is Hollyford Valley walking trip, Friday 28th March to Sunday 30 March. We will be taking six Members and two staff. Our main walk will be to Lake Marian on the Saturday. The track is 6 km return and will take us most of the day to complete. We will cross the Hollyford River via a swing bridge; walk through ancient silver beech forest and see a series of waterfalls before getting to the lake which is set in a hanging valley 700 metres high. We will be taking plenty of photographs and Robert will be writing up a daily record of our experiences. We will be staying at historic Gunn's Camp for the two nights.

From Robin's desk.

ASCO Acknowledges the following for their continued support Pub Charities, Lion Foundation, The Charitable trust foundation, The Bendigo Valley foundation.



Hello Everyone

I am very excited about the changes happening at ASCO. The new Arts & Craft Centre is now beginning to take shape with the group preparing to paint murals on the wall.

Welcome to Shannon, our new Activity Facilitator. Shannon is experienced in Handyman Activities and Health & Wellbeing. With Shannon joining our team the Building Activities will be underway and we look forward to seeing your projects when completed.

As you will all be aware the Horticulture Activity Group will cease traveling to the Crop Centre as at 30 June 2008. The Horticulture Activities will continue next door at the Arts & Crafts Centre. This change is another step forward for ASCO and I encourage you all to sign up for an Activity and be part of the buzz of excitement.

A BIG thank you to those Members who continue to volunteer their services around the Centre. I would like to remind you all that this is YOUR Centre. In order to keep the Centre looking clean and tidy, participation is required from all Members.

The AGM is coming up and we are looking for a new Member Representative. This role is a very important one with responsibilities including writing reports and participating in Board meetings, chairing fortnightly Membership meetings and taking minutes, active participation in Social Club activities and attendance at training opportunities. This is an exciting role and one that would be great for your C.V!!! If you are interested please see Robin.

Avalyn
Manager

Member's Contribution

Hope

By Colleen Boyd

I feel in my head that hope is undermined and not given the consideration it deserves.

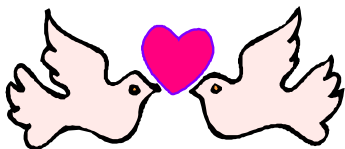
There are times when I get angry when I here peoples hopes are dashed by a person who thinks they have the right to tell these people that hope is not real or needed or is not to be believed in. Hope is a special thing that can come from the heart that can be combined with something higher. It can give some body that little bit extra until such a time then hope is realized or gives them a better quality of life.

When you take away persons hope you have the capability to break a person's spirit.

No one has the right to that to anybody no matter how well intended their motives are. When you break a person's spirit you cause pain as much as any physical pain caused by a break. Hope is something that can get people to face their days, when otherwise they would not ever want to carry on or feel like no one believed in them to give them the edge in their lives when you give them something to work for their smile that they may give you in return will light up your life for many years to come.

Put your self in their shoes be it a child or even an animal they need something to look forward to. May people reconsider what they are going to say some times and think how they would feel in the same position.

Your blessings will be in the reality that you have put sunshine into a dark void in someone's life.



- --ooOoo-- -

Healthy Takeaway options

- Some takeaways offer food with less fat.
- Chinese meals with rice.
- Kebabs, falafels and other Turkish/Middle Eastern takeaways.
- Baked potatoes – go easy on the sour cream.
- Meat pies – potato-topped pies are lower in fat.
- Chips – thick-cut chips have less fat than shoe-string.
- Burgers – choose vegetables as extras. Additional meat and cheese add fat.
- Buy less fried chicken and add potato and gravy and coleslaw instead of fried chips.
- Choose pizza without extra cheese.
- Buy part takeaways and part food prepared at home. For example, buy hot chips and crumb your own fish at home. Or buy the battered fish and make wedges in the oven.
- Make the takeaways go further by adding some bread or coleslaw at home.

Wendy's Kitchen corner



Weetbix Slice

- 2 crushed Weetbix
- ½ cup raw sugar (or brown)
- 1 cup rolled oats
- 1 cup wholemeal flour
- 1 teaspoon baking powder
- 1 cup low-fat milk
- 1 cup dried fruit, e.g. raisins, roughly chopped apricots
- 1 cup seeds or chopped nuts, e.g. pumpkin, sunflower, walnuts

Mix all the ingredients together. Press into a lightly greased 18x28cm sponge roll tin. Bake at 180°C for 25-30 minutes or until firm to touch. Cut when cold. Makes 24 pieces.

Variation:

For a treat, replace 1/3 cup of nuts with chocolate chips.

From Ed's Desk

Hi I'm Ed your Employment Facilitator, ASCO has had many Success stories of getting Members in to both paid and unpaid work . I would be pleased to assist you to find employment that you would like to actively pursue. Come and talk to me anytime. Ed

Education Talks for March

Heart Foundation 4 March 11am
Stress Management 13 March 11am
Men's Health talk 20 March

Are you interested in Literacy for Adults, if so see Janelle

Love's 11 lessons

1. There are at least two people in this world that you would die for.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.
7. You are special and unique.
8. Someone that you don't even know exists loves you.
9. When you make the biggest mistake ever, something good comes from it.
10. When you think the world has turned its back on you take another look.
11. Always remember the compliments you received. Forget about the rude remarks.

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 Ariki.

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.

Do you have something to contribute like to buy, sell or swap? Bring it to your Members' Rep by the 20th of the month



Attitude

Attitude to me is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think, say or do. It is more important than appearance, gift, or skill. It will make or break a company...a church...a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.



Charles Swindoll