



**Newsletter Issue 14**  
**April 2008**

**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 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.

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

**A thought**

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut saves you thirty cents?

**Buy Sell Swap  
For Sale**

1 queen size mattress \$20  
1 T.V cabinet \$30  
1 XL fake leather jacket (hardly worn \$20 or buy the lot for \$60  
ph/ txt 0210578358/ 0276226491  
( genuine interest only) .

**Wendy's corner**

This month I would like to talk to you about leaving you cups plates etc on the tables. I would ask you to be more considerate of staff and other Members and bring your cups etc up to the counter, you are reminded that as a Member you are part of ASCO and as such it is your responsibility to keep the centre as clean and tidy as possible. I want to thank Warwick, Heather, Denise, David, Lindsay and Les especially for there efforts in keeping the centre clean and tidy.  
Here is a recipe for you all to enjoy:

**Quick Quiche**

*A great way to use leftovers*

3 eggs  
1 cup low-fat milk  
½ cup flour  
1 teaspoon baking powder  
1 cup onion  
1 cup grated cheese  
1 x 180g tin salmon/tuna

Mix eggs and milk in a bowl. Add rest of ingredients and mix.  
Place into a greased quiche dish or ovenproof dish.  
Cook for 30-40 minutes at 200°C or until the liquid stops running.

### **Variations:**

- Cooked potatoes, sliced or cubed pumpkin or kumara
- 5 grated zucchini
- Finely chopped silver-beet
- 1 can corn, drained

### **Ed's Column**

Looking for work then read the job board on the notice board or come direct to me. Do you need help to make contact with future employers come and make a time to talk with me. Last month 1 Member was placed in a job and 2 Members are still pending, a great outcome.

### **Entertainment what's on in Dunedin?**

Do you know that Each Sunday in summer, near the band rotunda at the Dunedin Botanic Garden between 2pm and 3.30pm, you can be entertained by Dunedin's premiere brass and jazz bands?

6th Apr Dunedin City Jazz Orchestra  
13 Apr Kaikorai /Metropolitan Brass  
20 Apr Salvation Army  
27 Apr Mosgiel Brass

### **Janelle's Desk**

This past month has been a very busy one with the crop centre and getting the new Art & Craft Centre to the point that we can begin. The biggest hold up is funding and getting the Mural painted. A reminder that we have a arts and Crafts group on Tuesday Mornings and all are welcome to join in. Education sessions this month are

- Handling abuse issues 9th April 1pm
- Anger Management 22 nd April 11am-12pm

- Assertiveness 29th April 11am -12pm

### **A bit of Humor**

#### **Actual label instructions on consumer goods**

- 1.** On a Sears's hairdryer: Do not use while sleeping. (And that's the only time I have to work on my hair.)
- 2.** On a bag of Fritos: You could be a winner! No purchase necessary, details inside (the shoplifter special?)
- 3.** On bar of Dial soap: " Directions: Use like regular soap."(And that would be how???....)
- 4.** On some Swanson frozen dinners: "Serving suggestion: Defrost."(But, it's "just" a suggestion.)
- 5.** On Tesco's Tiramisu dessert (printed on bottom):Don't turn upside down."(Well...duh a bit late huh!)
- 6.** on Marks &Spencer Bread Pudding: "Product will be hot after Heating"(...and you thought????...)
- 7.** On packaging for a Rowenta iron: "Do not iron clothes on body."(But wouldn't this save me more time?)
- 8.** on Boot's Children Cough Medicine: "Do not drive a car or operate machinery after taking this medication." (We could do a lot to reduce the rate of construction accidents if we could just get those 5-year-olds with head-colds off those forklifts.)
- 9.** On Nytol Sleep Aid: "Warning: May cause drowsiness." (And I'm taking this because???)
- 10.** On most brands of Christmas lights: "For indoor or outdoor use only."(As opposed to... what?)
- 11.** On a Japanese food processor: "Not to be used for the other use." (Now, somebody out there, help me on this. I'm a bit curious.)
- 12.** On Sainsbury's peanuts:"Warning: contains nuts."(Talk about a news flash)
- 13.** On an American Airlines packet of nuts" Instructions: Open packet, eat nuts." (Step 3: maybe, uh... fly Delta?)
- 14.** On a child's superman costume: "Wearing of this garment does not enable you to fly."(I don't blame the company. I blame the parents for this one.)

**15.** On a Swedish chainsaw:  
"Do not attempt to stop chain with your hands or genitals."(Oh my God...was there a lot of this happening somewhere?)

### **Shannon's news**

On April 10<sup>th</sup> at 1pm I will be holding a planning and update meeting for the building 101 group. The focus of the meeting will be "what can I contribute?" there will also be an introduction to raised beds. Thanks to the community workers our kindling supplies are now under way.

### **Thought for the Month**

"Our deepest fear is not that we are inadequate but that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves "Who am I to be brilliant, talented, and famous?" Actually who are you not to be? As we let our light shine we give others permission to do the same, as we are liberated from our own fear, our presence liberates others."  
-- *Nelson Mandela, Inaugural Address, 1994*

### **Members' snippets**

A Member has put together a very informative website dedicated to cricket, check it out at [www.whoplayscricket.com](http://www.whoplayscricket.com)

**Any Member who would like to contribute to the newsletter please have it to Louise by 20<sup>th</sup> of the month.**