



**Newsletter issue 15  
May 2008**

**Mission Statement:**

The Advisory & 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.

**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

**Manager's Desk**

Last month ASCO held its A.G.M Jim Crowe has retired from his position as

Chairman of the board, which he held for the past year, we also say goodbye to Tony Russell, Kirsty Robertson and Jon Bardick. On behalf of the Members and staff at ASCO I would like to extend our thanks for their efforts in the governance of ASCO, and we are thankful for all the hard work they have contributed over the past year. We welcome Graeme Thompson as our new Chairperson and Graham Hambleton as Vice Chairperson. On the board we are joined by Bernie Crayston and Grant Walker.

ASCO continues to move forward, with the much anticipated Art and Craft Centre opening soon, this will allow a wider range of activities and Member education sessions to be conducted.

**Health Tip of the month**

**Drink plenty of water every day**

You need 6 - 8 cups of water or other drinks each day. Water is the best drink. Tea and coffee can be included but go easy on cordial, energy and soft drinks and fruit juice.

**Robin's Desk**

What a great weekend trip we had to the Hollyford Valley (28-30 March)! Our walk to Lake Marian was hard work – but boy, was it worth it. The lake is surrounded on all sides by massive mountains. The track goes through dense bush and a river finds its way through granite in a series of stunning rapids. Gunn's Camp was comfortable enough and Ed the Cook fed us well. On our return on Sunday we drove up to the Homer Tunnel. What an incredible feat of engineering! What guts and endurance it took to build! The weather was perfect and we were blown away by the spectacular scenery (as were the hordes of tourists piling out of the busses). We

stopped off at the Mirror Lakes (on the Te Anau/Milford Highway) and the reflections were razor sharp (please, go look at the photos on the computer downstairs).

My congratulations to Lindsay, Mike, Robert, Len and Kyle on completing the "easy" walk! And thanks to Ed too.

### **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) .

### **Ed's Report**

Last month was full of good news stories for ASCO and Members. We have assisted 2 Members on to training courses to assist them with their future employment opportunities. 1 Member in the smoking cessation group has stopped smoking "Well done" that person, and another has saved approx \$20 cutting down. A Member was linked to the night shelter for emergency accommodation and then assisted in getting the appropriate benefits from WINZ. He was then assisted to find more permanent accommodation and employment.

If you need assistance in your search for employment come and talk with me.

### **Riddle of the Day**

Arnold Schwarzenegger has a big one.

Michael J. Fox has a small one.

Madonna doesn't have one.

The Pope has one but doesn't use it.

Clinton uses his all the time.

Bush is one.

Mickey Mouse has an unusual one.

Liberace never used his on women.  
Jerry Seinfeld is very, very proud of his.

Cher claims that she took on 3.

We never saw Lucy use Desi's.

What is it?

### **Answer on the last page**

### **Wendy's Corner**

This month I would like to thank Pania and Rose for their Voluntary work in the Kitchen. Without volunteer help ASCO would not be able to function to its full capacity as it does at the moment. I would also like to thank the Members for their help with keeping the centre clean. Our thanks go out to Shane, David Thea, Lindsey, Grace and Linda R. I would also like to thank Bruce and Heather for their donation of cups for the centre.

### **Fantastic Apples**

Apples are plentiful and often very cheap. They can be added into all sorts of dishes:

- Mustard and apple coleslaw
- Apple Salad
- Muffins
- Instead of carrot in cake
- Pork and Granny Smith casserole
- Kumara, apple and chicken casserole
- Sausage and baked bean hash
- Apple crumble
- Stewed apples for breakfast

### **Braised Lamb Chops with Apples**

8 lamb shoulder chops, well trimmed

2 onions, peeled and quartered

1 leek - trimmed, washed and sliced thickly

2 apples, cored and sliced thickly

2 carrots, sliced

1 teaspoon dried oregano (or 2 tablespoons fresh oregano)

2 cups vegetable stock (or water)  
2 tablespoons cornflour  
1 tablespoon golden syrup

Heat a dash of oil in a frying pan and brown the lamb chops well.  
Transfer to an oven-proof dish. Add a dash more oil to the pan and brown the onions, leek and apple slices.  
Scatter the carrots and oregano over the lamb chops.  
Pour the stock or water over. Cover and cook at 160°C for 1¼ - 1½ hours or until the lamb chops and vegetables are tender.  
Carefully pour the cooking juices into a saucepan, leaving the chops and vegetables in the dish. Mix the corn flour with enough water to make a smooth paste. Stir into the cooking juices. Cook, stirring over a moderate heat until thickened.  
Add the golden syrup and pour back over the chops and vegetables in the dish.  
Mix well. Serve with plenty of mashed potatoes.  
Variation:  
•Use neck, leg chops or shanks.

Recipe taken from Work & Income great little cookbook

### **Janelle's Corner**

This month's education courses are:

Listening Skills Thursday 1st May 10.:0-12 pm

Managing conflict Tuesday 6th May 11am- 12pm

Time Management Thursday 15<sup>th</sup> May 10.:0- 12pm

Running a meeting Thursday 29<sup>th</sup> May 10:30-12pm

## **Member Contributions**

### **Moon**

**By Pat King**

Desiree is traveling down through a tunnel of light, beautiful pink when suddenly there's a real boost and she goes into super drive and out a tube into space...the sky is blue black and full of stars with the moon towards which she travels, but what's so weird is that there's a sliver of light which goes down like a beam and picks her up and takes her inside...so people if they looked up would see the man and woman of the moons...

because it would be a while before she could get home the man of the moon showed her around his house which was beautiful and comfortable... it's just the lit part which is very bright mostly where we see him, as he lights the shine after doing his job he made a cup of coffee for Desiree...after awhile the man of moons knew there would be another super blast to put Desiree into the tube again and send her home, but first he must erase her memory of the visit and sprinkling his dust on her eyelids he finished saying goodbye and the lightening bolt zapped her home where she knew something happened but could not put a finger on it...that night she looked up and saw her face on the moon...

### **A report from Member Representative**

#### **Election of Officers for the ASCO board**

**President** – Graeme Thompson

**Vice-President** – Graham Hambleton

**Secretary** – David Horne

**Treasurer** – Leanne Barnes

## **Board Members**

Joan Wallace  
Gabrielle Dunn  
Grant Walker  
Teresa Stevenson  
Bernie Crayston  
Graham Lyall

## **Member Representative**

Geoffrey White

## **Note**

The above list was the recording of the Election of officers on Thursday 27 March 2008 at the AGM in the ASCO Activity Centre.

Jim Crowe retired from the chair and also Tony Russell and Kirsty Robertson, John Bardick, We are wishing these people all the very best on their retirement and wishing them all the very best in their future.

I want to remind the membership that I am still the Member Representative for the board.

I have to report that the Social Club is still at second level and going really well. As the members will know that everybody have got determinations and goals they want to do in the future just like Dreams do come through and this does happen every day.

Members please don't give up!

**Geoffrey White**

**ASCO Members Representative**

## **Shannon's Notes**

As winter draws nearer we are once again about to start pine coning. If anybody is interested in joining this activity please see me.

This month I would like to thank Ross for his continued helpfulness out on the activity groups. Also I would like to thank Martin for volunteering to rake the

gravel, you did a great job. I had a great time out on the walking group a couple of weeks ago, and I look forward to being part of this group again.

## **Answer to the riddle**

Their last name