



**Newsletter issue 16
June 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**

Managers Desk

The last month has seen more changes for ASCO with the resignation of Robin. Robin has moved onto CCS to take on new challenges and we wish him. Janelle is now moving into the Member Services Team Leader's role. I am confident that Janelle will do well in this role. You know what they say "a change is as good as a holiday" and any changes Janelle may implement will only be for the better.

Keep up the good work around the Centre – remember it's YOUR Centre and you will get out of it what you put in.

Riddle of the Day

There is a man that lives on the top floor of a very tall building. Everyday he gets the elevator down to the ground floor to leave the building to go to work. Upon returning from work though, he can only travel half way up in the lift and has to walk the rest of the way, unless it's raining! WHY?

Answer look on the last page

Healthy Tip of the month

Eggcellent advice

The fresher the egg, the higher its nutritional value will be. To test for freshness, place the egg in a bowl of cold water? Fresh eggs will lie flat on the bottom; stale eggs will float to the surface. Store your eggs in a cool, dark place and use by their best before date.

A Fact

According to a New Zealand study one person in every eight (12.6% of the population) will have a Major Depressive Episode in their lifetime.

Wendy's Corner

Thanks to Les for his generous donation in the spread jar, this has helped enable us to purchase a variety of spreads for the toast in the morning. If anybody else would like to contribute all donations received and used for the benefit of Members. Thank you to Grace for your excellent work keeping the toilets and floors so clean. Thank you also goes out to Linda R and Thea for your continued help with vacuuming the floors. Also a big thank-you to David for your kind donation of food for Robin's farewell party, we appreciate the extra efforts that Members are putting into the smooth running of your Centre. Thank you to the Staff who are trying not to accumulate so much in the kitchen.

Rhubarb ambrosia Betty

Ingredients

- 2 oranges, zest and flesh, diced
- 4 stalks rhubarb, cut into 2cm pieces
- 4 slices toast bread, cut into cubes
- 60g butter or olive spread, melted
- 1/2 cup sugar
- 2 teaspoons flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup shredded coconut

Instructions

Combine the oranges, rhubarb, flour, cinnamon, salt, sugar and half of the bread cubes in a large bowl and mix well. Spread this mixture in the bottom of a medium-sized casserole dish. In another bowl; mix together the coconut, melted butter, orange zest and the rest of the bread cubes. Spread this mixture over the fruit. Bake at 180°C until the rhubarb is tender and the topping is golden, about 25 minutes. Serve with cream or low-fat vanilla ice cream.

Recipe by: Healthy Food Guide reader recipe

Published in the November 2005 Healthy Food Guide magazine

Nutrition Information

	per serve
Energy	1270 kJ (306 Cals)
Protein	4.2g
Fat	13.9g
- saturated	9.4g
Carbohydrates	40.8g
- sugars	27.5g
Dietary Fibre	3.7g
Sodium	40mg
Calcium	105mg
Iron	1.0mg

Janelle's Corner

It has been another busy month at ASCO. I am pleased to accept the role of Member Services Team Leader with the resignation of Robin, I am looking forward to this new role. The writing group has taken off again

with a new format. It will be an exciting month ahead with the new activities centre getting closer and the raised beds being developed for the horticulture group to move into. We have more educational talks booked for June with Paul Reet coming on Wednesday 4th June to talk on "What is depression". We are also having a having sessions on running a good meeting, and budget advice. Thanks to all Members for their participation and we look forward to a positive month in June.

**A report from Member
Representative
May 2008**

The Social Club is climbing steadily up to third level and going really well. The Social Club is meeting once a week to discuss the social events. The first social event of the year is the Music and Dance Evening which was held on Saturday 24 May 2008.

The Next event will be the Sausage Sizzle will be held at Harvey Normans on Saturday 14 June 2008.

The camp this year will be the Tautuku Forest and Bird Lodge which is booked in for 10 – 12 October 2008 like last year.

Everything is going really well with the activities in the centre.

Plus the walking group on Fridays.

I am still doing computer training at the Community Learning centre in South Dunedin apart of having a break-away from ASCO. But I called in at ASCO to look after the social

club by taking minutes and supporting the group. But I called in the next day to drop off the flyers and the minutes.

The members meeting is picking up really well with a good turn up of members attending the meeting which is great to see.

**Geoffrey White
ASCO Members Representative**

Member Contributions

Halifax Hotel

by Andrew Morrison

As the druid answered the uptown up high floor of our apartment a gentile scientist bowed and entered to the drone of a perfunctory hello... Mr Caskera is going to check out our robot a precept blend of venom and serotonin, the first to recognise treatment Hal acted out a quick break-dance and stood by the bubbling peculator a drink to his constructor... stilling Halifax talks" worst for wear sir...fresh globe in information master and I have a young charge. Data added and right towards the core of the sun" Mr Caskera's sits at the bar and the droid pours coffee. "How do you really feel mine machine..." "Many bolts of that to do sir..." the seats and both limbs of the robot are in Mr Caskera's hands studying for any stress in the solid femur of a chordal Pascal of harmonic vibration.

The evening and the walking pace of the robot waiting for a viol of venom to the liquid it must soak... opening

the inner solidus as the droid must execute a drain and replenishment of its bloodlines, the main computer is programmed and his dial forwarded for operation... Halifax is told to lie and sit upright when drained, the suitcase of necessary tools is open and pennies favourite couch is used like a psychiatrist of sorts mental halt and add to flow all five organs as much ...

The insertion valve is broken seal and Halifax is preparing breakfast, his builder is reading a range of papers sent by delivery. "Well I and you are ready to sense and tell me those problems robot if you have any..." "Only the mistakes I discover, I seem to register error with having to complete the act correctly" "Paranoia in a machine, better to learn the response by your tutor's droid."

Ed's Diary

Three Members' were assisted to get WINZ benefit, food and accommodation.

Two Member's have put in applications for work, we wish them very well in there endeavors to find work. We had a very successful meeting with 10 attending, new literature is being obtained and successful smoking cessation with now 4 Members having cut down there daily intake. Social Club has 5 active members, I would like to remind all social club members that there is a bar-b-que at Harvey Normans and that they need to help out as this is a fund raiser for the Members social club.

Shannon's Notes

I have thoroughly enjoyed the opportunity to facilitate the photography group, with our first meeting going well on Friday the 23rd with the outcome of that meeting, we have decided on a field trip to Mount Allen on the Monday the 9th June. We have started to make some progress on the raised beds, which is the first project for Building 101. I would also like to thank those who have got involved in the pine coning and have enjoyed my time working beside you all, and if any other Members would like to become involved in any of our groups please come and see me.

For Crafters

Fizzy Lavender Bath Salts

- 2 cups Epsom salts
- 1 cup baking soda
- ½ cup citric acid
- optional: equal parts red and blue food coloring
- 10-20 drops of lavender essential oil

Combine Epsom salts with baking soda, and then stir in enough food coloring and drops of essential oil to achieve the desired color and scent. Mix very well, then add citric acid and stir again, very thoroughly. Bottle and store in a dry location.

Note: As with any homemade beauty recipe, use at your own risk and be aware of potential allergic reactions. The essential oils suggested in these recipes can be substituted with your choice of

scents or fragrances, or eliminated completely if you prefer a no-scent formula.

A Big thanks

Big thanks to Peter Roberts who continues to donate goods to the centre. In recent months Peter has donated a ball, margarine, and mats. He has also lent ASCO Photography group the use of his digital camera.

For the gardener

Growing and Using Rhubarb

Plant the roots with the crown bud 2 inches below the surface of the soil. Space the roots 36 to 48 inches apart in rows 3 to 4 feet apart. Good garden drainage is essential in growing rhubarb. Planting on raised beds ensures against rotting of the crown. Working in plenty of well-rotted manure or compost into the rhubarb bed before planting greatly increases production.

Old roots may be dug and divided to make new plantings. Cut the roots into four to eight pieces. Each piece must have at least one strong bud. To improve vigor and leaf size, many gardeners divide the old plants and establish a new planting after at least 5 years of full harvest. Plantings older than this tend to begin crowding themselves out. Dig the roots of the most vigorous, healthy plants to establish a new bed the spring before the old planting is to be discarded.

Harvesting

First year rhubarb should not be harvested. Allowing the foliage full growth during this time helps build a strong root system.

Second year rhubarb can be harvested for two weeks, with the harvest extended for 8 to 10 weeks in subsequent years.

To harvest rhubarb, pull the stalks from the plant, rather than cutting. A slight pull and a twist at the base of the stalk should release it quite easily. Trim off the leaves, which are poisonous and should never be eaten.

Remove only one-third of the stalks at any one time to keep the plant vigorous and healthy.

If seed stalks develop, cut them from the plant as soon as they appear and discard.

Yield and quality are at the highest when you harvest stalks that have just reached full size but before stringy fibers have a chance to develop. As a general rule, flavor is enhanced in stalks with deep red color.

Storage and Cooking Rhubarb

Trim and discard the rhubarb leaves. Tightly wrap the fresh, unwashed stalks in plastic and keep in the refrigerator for up to three weeks.

To freeze, wash the stalks, remove any tough outside fibers, chop into 1/2 inch to one inch chunks and spread on a cookie sheet to freeze. Once frozen seal rhubarb tightly in plastic freezer bags or freezer

containers. Frozen rhubarb will keep for up to six months and can be used in place of fresh in most rhubarb recipes. To prepare rhubarb for cooking, remove any brown or scaly spots or stringy fibers. Peeling is not required; simply trim off each end of the stalk, then wash and dry. Cook rhubarb in non-reactive cookware such as anodized aluminum, stainless steel, Teflon or enamel. Do not use pots made of aluminum, iron or copper as both the fruit and the pan will darken. Rhubarb is very sour and requires the addition of a sweetener in most recipes.

Nutritional Value

One cup of rhubarb provides 26 calories, 2 grams of fiber, 1 gram of protein, 6 grams of carbohydrates, 10 mg of vitamin C, 8.7 mcg of folic acid, 122 IU of vitamin A, 105 mg of calcium and 351 mg of potassium.

Answer to the riddle

The man was a dwarf and couldn't reach top lift buttons except with an umbrella.