



**Newsletter issue 17
July 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, the Lion Foundation, the Charitable trust foundation, the Bendigo Valley foundation, DCC

Managers Desk

Wow another month down and the end of another financial year. With the arrival of 30th June comes the end of our contract with the Crop Centre on the Taieri. My congratulations to all the Members who did amazing work at the Crop Centre, you should all be very proud. Our new Activity

Centre is taking shape with the Building Group working hard on making the new beds for our Horticultural activities. What a fantastic job they are making. It is very exciting to see these beds taking shape – not long now!!!

Another comment I would like to make is great feeling around the Centre. It's a credit to you all and such a pleasure to walk into such a warm and welcoming atmosphere.

Riddle of the Day

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

Answer look on the last page

Health Tip of the month

Try the Stealth Health Approach

Tempted to give "Stealth Health" a try? Katz recommends picking any three of the following 12 changes and incorporating them into your life for four days. When you feel comfortable with those changes, pick three others. Once you've incorporate all dozen changes, you should start to feel a difference within a couple of weeks, he says.

To Improve Nutrition:

1. Buy whole foods -- whether canned, frozen, or fresh from the farm -- and use them in place of processed foods whenever possible.
2. Reject foods and drinks made with corn syrup, a calorie-dense, nutritionally empty sweetener that many believe is worse for the body than sugar, says Katz.
3. Start each dinner with a mixed green salad. Not only will it help reduce your

appetite for more caloric foods, but it also will automatically add veggies to your meal.

To Improve Physical Fitness:

1. Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength.
2. Every time you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. (Don't worry, no one will see it!) This will firm leg and buttock muscles improve blood flow -- and keep you mildly amused!
3. Whenever you're standing on a line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes.

To Improve Stress Control:

1. Give your partner a hug every day before work. Studies show this simple act can help you remain calm when chaos ensues during your day, Katz says.
2. Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate depression, and help you think more clearly.
3. Twice a day, breathe deeply for three to five minutes

To Improve Sleep:

1. Sprinkle just-washed sheets and pillowcases with lavender water. The scent has been shown in studies to promote relaxation, which can lead to better sleep.
2. Buy a new pillow. Katz says that studies show that pillows with an indent in the center can enhance sleep quality and reduce neck pain. Also, try a "cool" pillow -- one containing either all-natural fibers or a

combination of sodium sulfate and ceramic fibers that help keep your head cool.
3. Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer.

*David Katz, MD, MPH, director of Yale University's Prevention Research Center and of the Yale Preventive Medicine Center. Katz is also co-author of the book *Stealth Health: How to Sneak Age-Defying, Disease-Fighting Habits into Your Life without Really Trying.**

Wendy's Corner

Thank you to Victor your efforts in the centre. Thank you to Bruce and Heather for donating salt to the centre. If everyone could donate a little cash to help with the cost of the spreads on your toast it would be great!!! I would especially like to thank Rose and Pania for being our wonderful volunteers in the Kitchen.

Muffins

1 cup self-raising flour
1 cup bran or wheat-germ
1 teaspoon spice
1/3 cup sugar
1/2 cup dried fruit, nuts or seeds
1/4 cup oil (optional)
1 egg, roughly beaten
1/2 cup – 1 cup low-fat milk
1 cup grated or finely chopped fruit or vegetables
Sift flour and mix in other dry ingredients. Carefully mix in grated fruit, oil, egg, and milk as required. Avoid over-mixing. Spoon into muffin trays
Bake at 180°C for about 20 minutes.

Variations:

Carrot: grated carrot, walnuts, nutmeg and add 1 tablespoon golden syrup

Pear: pear, dates (soak in a little boiling water), ginger

Courgette: courgette, add 2 tablespoons cocoa powder

Green coconut: courgette and long-thread coconut

Apple: finely chopped apple, 1/3 cup chocolate chips

Bananas: used mashed over-ripe bananas

Janelle's Corner

This coming Month the Education programme will have a talk on insurance matters on the 1st July , on the 29th July we will have a presentation on consumer rights. The mural in the arts and crafts centre is coming along if you would like to help please see Pania/ Janelle. The horticulture group is now based at the centre, with the raised beds coming along it is hoped that we will be planning our Garden soon. The next Epilepsy group is the 15th July at 1 pm The Writing group will be meeting at 10.30 am on Thursdays all are welcome to attend. Members are reminded that this is your centre and please remember that it is really important that we all treat each other with respect and courtesy.

Report from Member Representative June 2008

From Tuesday 17 June due to the attention of the Social Club,
I will be returning back to the Social Club.
My hours for Wednesday and Thursday will be from 10.00 am to 12.30 pm.

I will be still be doing computer training as usual but at different times of the day.

Tuesday and Friday will be from 11.30 am to 1.30 pm

So far the Social Club has been meeting every Wednesday mornings when I was at Computer Training.

Our very own DJ Warwick has very busy with the Music Appreciation with a very good turn out of the membership on Friday afternoons.

I am pleased with the good turn out of members at the fortnightly members meeting and it is going really well.

The first sausage sizzle event for 2008 was held at Harvey Normans on Saturday 14 June from 10 am to 2 pm, [We have a good turn out of customers buying sausages for a gold coin donation. We raised \$200 for the social club.

On the behalf of the Social Club I would like to thank these members who have volunteered to help out on the day.

Geoffrey White ASCO Members Representative

Member Contributions

Star gazing with Pat

Aries Some of you will find romance and in the next three months will bring a lot of joy and the lord loves you.

Taurus your day is coming, maybe even to an island heaven.

Gemini love and romance are in the wind

Cancer try to talk maker and see what happens, you might be pleasantly surprised.

Leo your strength will take you far go forth

Virgo the weather may be lousy, but there is sun behind your sign

Libra the sun will shine on you soon provided you are nice to people

Scorpio some of you are trying to hard to achieve what you consider should be yours by rights alone

Sagittarius romance could be here, if it is take the chance

Capricorn sometimes not joy, but mostly pretty good

Aquarius now is the season for you to forget dreary and go girl/ boy

Pisces your time is coming, even if you don't think so

DJ Warwick

Warwick would appreciate if you would approach him during the week with your request for a song, so he can compile his playlist prior to Friday.

Writing Group

Andrew Morrison

Welcome to our creative corner and while we meet every Thursday at 10.30 there is always room for anyone interested in a go at collective efforts at story writing. The New Year brings us to the regular monthly newsletter where we will be publishing at least a page of the latest in our stories and much preparation by discussion goes into the subject and topic for the website. The centre with many thanks kindly donated a dictionary for the use in the meeting and we affectionately call it "William" as it a rule to have a word of the day every week. Well group on this week calls, come join us and maybe you will find the writer you never knew you were.

Ed's Diary

The Smoking cessation group has 5 participants, all have received patches, we are now emailing quit line with orders. 2 people are now in employment, two people in accommodation. Congratulations to Ross for passing forklift license. Anxiety and depression group has grown to 10 with indication that their will be 15 at the next meeting. New literature has been ordered for the group. Social club raffles going well, \$200 was raised at Harvey Normans sausage sizzle. The Camp has been booked. If you wish to attend camp please put your name on list which on the notice board. **Remember the more money raised through fund raising the less you have to pay.**

Shannon's Notes

The raised bed project is coming along nicely; I would like to thank Les and Lindsey for their efforts in volunteering for this. We are producing two loads of firewood a week now for ASCO thanks to the efforts of Shane and Ross, and recently Kerin, thanks guys keep up the good work. The photography group had a great day out at Berwick and the Sinclair wetlands. We took a lot of pictures trying to capture that special shot to show the uniqueness and beauty of the area. A meeting will be held to view the photos and decide on the venue for the next outing. The Ramblers group has a lot of interest and the fitness of the participants is getting better. I would like to remind Members that I clear the board on Friday after the walk and you can put your name up for next week then. We only have usually room for 6 Members so it is very much a first come first served basis.

Saving money Idea

Sometimes the corner shop is cheaper I do a major grocery shop each fortnight to save

money. However, if I went to the supermarket for bread and milk in between times, I would sometimes spend \$30, because I would see 'bargains on special' and return home with more than I planned. Now when I need bread and milk, I go to the local dairy. It may cost a little more there for those items, but I end up saving a lot more, because I only buy what I came for, instead of browsing supermarket shelves for things I don't need.

HOW OFTEN WE WISH FOR ANOTHER CHANCE

How often we wish for another chance
To make a fresh beginning.
A chance to blot out our mistakes
And change failure into winning.
And it does not take a special time
To make a brand-new start,
It only takes the deep desire
To try with all our heart,
To live a little better
And to always be forgiving,
To add a little sunshine
To the world in which we're living.

So never give up in despair,
And think that you are through,
For there's always a tomorrow
And a chance to start anew.

~Author Unknown~

Harvey Norman sausage sizzle

Wow what a successful sausage sizzle we raised over \$200 thanks to the hard work of Mike Scott, Geoffrey, Lindsey, Fiona, Shane, David, Ross, Steven Jenkins and Peter. Also thanks from the Members social club to the staff who gave freely of their time Ed, Janelle and Louise.

Answer to the riddle

An ear of corn