



**Newsletter issue 18
August 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 tangā 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

Can't believe how fast the year is whizzing by. Good to see Members continuing to participate in Activities even though the weather has been so miserable. We have a new exciting acknowledgement activity for Members now – "Star of the Week". Anybody can be nominated by

anyone who wishes. The idea is that Members that are active around the Centre are nominated and the reason given. Each Friday the winner will spin the wheel and receive a prize. There are some VERY worthwhile prizes so come on guys get active and get your name in the draw.

Riddle of the Day

A man died and went to Heaven. There were thousands of other people there. They were all naked and all looked as they died at the age of 21. He looked around to see if there was anyone he recognized. He saw a couple and he knew immediately that they were Adam and Eve. How did he know?

Answer look on the last page

Changes to Special Needs Grants from WINZ

Special Needs Grants are available to people who need one-off assistance to meet essential and immediate needs which they are unable to meet themselves. They are available in a number of categories including food, health, medical, and other emergency situations.

This assistance is available to people regardless of whether they are also receiving a benefit or New Zealand Superannuation or not.

A person can make an application for more than one Special Needs Grant over the course of a year for any amount they require up to the maximum limits.

Most people are not granted the full maximum amount limit in one application instead they get an amount which meets their emergency or essential need at the time.

Approximately 280,000 special needs grants for food were made in the year to May 2008.

- ***Increase of limit for Other Emergencies grants***

- ***Increase to maximum limits for food grants***

Approximately 280,000 special needs grants for food were made in the year to May 2008. From 4 August 2008 the annual amount of financial assistance available through Special Needs Grants for food will double. The government will be reducing the time period in which the maximum limits apply from 52 weeks to 26 weeks. This will mean that over a year people will be able to apply for up to twice the amount of the current limits.

The limits for food grants remain the same but because they will be available over a 26 week period people will have access to twice the current amount over a 52 week period.

Approximately 15,500 Special Need Grants were made in the 'Other Emergency' category, in the year to May 2008. These grants are available where special circumstances exist in order to prevent people falling into serious hardship.

From 4 August 2008, we are increasing the limit to \$500 from \$200 for Special Need Grants for the 'Other Emergency' category.

There is still discretion to exceed this limit if a person has exceptional circumstances.

Taken from WINZ WEBSITE

Wendy's Corner

Thank you to David for the Donation of the teaspoons to the centre also thanks for the wonderful pumpkins.

Raisin, Cinnamon, Walnut Bread - Makes 12 servings.

- 3/4 cup whole-wheat flour
- 3/4 cup pastry flour
- 1/4 cup sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 1/2 cup unprocessed wheat bran
- 1/4 cup canola oil
- 1 1/2 cup seedless raisins
- 1 1/2 cup hot water
- 2 egg whites
- 1 tsp. vanilla extract
- 1/4 cup chopped walnuts
- Cooking spray

Preheat oven to 375 degrees. Stir together whole-wheat flour, pastry flour, sugar, baking soda and baking powder, cinnamon and salt.

Using a separate bowl, combine wheat bran, canola oil, raisins and hot water. Add egg whites and vanilla, Beat well.

Add nuts and dry ingredients. Stir until all ingredients are moist. Spray bread pan (9 X 5 X 3) with cooking spray and spread batter in pan.

Bake 45-55 minutes. Let cool before slicing.
Per serving: 200 calories, 7 g total fat (<1 g saturated fat), 36 g carbohydrates, 5 g protein, 5 g dietary fiber, 360 mg sodium.

Janelle's Corner

Well another month has flown by; with the year half over let's look forward to some dryer weather. It has been noticed how everyone's attitudes are really positive at the moment, let's keep it up!!! The star of the week is starting this week let's all get behind it and nominate Members who have done something beyond the call of duty. The mural in the activities centre is looking great

thanks to Pania, can we please have some Members over there to assist Pania. Camp is fast approaching with only 2 months to go, if you are interested please put your name down; it will be a great weekend away. Have a great month and lets all get involved in the activity groups!!!

Stupid Quotes

Smoking kills. If you're killed, you've lost a very important part of your life."

- **Brooke Shields, during an interview to become spokesperson for a federal anti-smoking campaign.**

Member Representative Report

July 2008

The Arts" Crafts is picking up really well. Everybody in the group are enjoying themselves.

The Epilepsy Support Group is going really good, the members in the group are learning a lot about Epilepsy.

The Social Club is going really well and spreading out rapidly.

Geoffrey White

Member Contributions

Centaur

By

Pat King and Andrew Morrison

A man named Dwayne had all the riches in a world that he could wish for, a castle and rich tapestries, hanging drapes, pictures and baubles to furnish his home, still he was not happy. His friends said to him" go see what the old woman of the forest could do for you" for she will sense his sadness and told him of a potion she would ready that would make

a change of him. So he was wary for the old witch may not be there if the dose could change him back again. He told the woman he was willing to risk taking the elixir and was suddenly having a great time, woman galore, a motorbike which he named himself. He went wild for awhile, a long period. Sewed his wild oats and there arrived a new woman in town, he likes her insight, she however did not change her living, this made him really sad, so back to the woods he sets. The ancient old crony said " I told you to be certain before taking the stopper as anything could happen" to see what happens the witch gave him the rest of the brew. He fell into a deep sleep; before he woke the old woman went to see if anything had happened to him. Was he in for a shock as his torso was still beautifully human, but his hips and legs had become a centaur beast. This man was at last free and running to the castles hill. The new woman Miss Gardiener, called to see Dwayne and he did not release she had appeared. Dwayne is really running about and Gardinia said to him "come sit with me don't be afraid....." They both talked into the night and she told him she would stay at his side and help with work that he found it difficult to do in his present form....

Star of the Week

Do you know someone who deserves Star of the week?

Prizes are:

- A double pass to the movies
- A go card with \$ 10 credit
- A \$20 countdown voucher
- A bottle of fizzy
- A bag of chocolate fish
- A carrot

Vote today for the person you think should win and the reason why.

Drawn each Friday at 1.15pm

Trans-Vampire
By Andrew Morrison

The necked slice of fanged tooth to draw a nightline of high moon and the death by daggers a hopeless return to the monastery to the basement and slide into the coffin tomb during sunlight....
The swish of cape a Saturday evening and the next victim waits as tied to a stake the bat like form sweeps into the rock cavern and jumps to the throat without waiting. Blate grabs the wooden spike and plunges it deeply bedded the heart of drox the manpire vamp too fulfill the end of blood eating evermore.
Evermore.....

Star gazing with Pat

Aries: Do you feel that it is like having the Midas touch. Be very aware and on guard you could lose it all.

Taurus: You are being true to your sign, but this will pass as the year goes on

Leo: If you have hunted it is now time to rest and recuperated

Virgo: The sun still shines for you use it well while you can.

Gemini: hope for those that found Love and romance that you enjoy it while you can sometimes it is all to fleeting.

Cancer: Calm down take some deep breathes or try some exercise.

Libra: you are still waiting, but it is going to be worth the wait.

Scorpio: Some of you have done people wrong, you know who you are and its going to come back and bite you on the bum.

Sagittarius: You are going along steadily, which is good seeing what happening in the rest of the stars.

Capricorn: A joyful time is coming. So be happy.

Aquarius: Sometimes you need sometime for yourself and just rest.

Pieces: Try some swimming or just sitting in a nice spa. Do it for your self.

D. J 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.

Bonehead award

"Too Dumb To Be A Criminal"

A Florida man, who robbed two men at gunpoint in their homes, dropped his wallet as he left and then called police to ask if they found the wallet. They said they did. They asked him to come down and claim it. He did.

Ed's Diary

Congratulations to Ross in his new employment and passing his fork lift license.

There will be a Sausage Sizzle at countdown Central 23 August 2008.

Congratulations to Janet in her volunteering work at Radius Fulton Home.

Don't forget to look at the whiteboard for the weeks activities.

We wish the best of luck to Vanessa who is setting up her own small business.

Shannon's Notes

Last months photography group trip was to Aramoana and Long beech which was a very enjoyable trip. The next photography group meeting is on the 12 th August 2008.

A big thanks to Chris, Ross & Kyle for their continued involvement with the firewood. Building 101: The raised beds are now in place **and I am calling for volunteers to help shovel the soil into the beds.**

We still go pine coning on Monday afternoons at 12.30 and back by 2.30 pm at the latest.

A huge thanks to David who has been donating his share of the pine cone profits back to the centre.

Saving money Idea

Throw away your mail order catalogs. Don't even look at them. Looking leads to wanting and wanting to buy. Most catalogue purchases go on your credit cards and that is the last place where you want to rack up debt for what is usually more junk.

Answer to the riddle

He recognized Adam and Eve as the only people without navels. Because they were not born of women, they had never had umbilical cords, and therefore they never had navels.