



In Perspective

Volume 4, Issue 1

From the Editors Desk

Welcome to the Easter edition of In Perspective from the newsletter team! Easter tempts us with sweet treats and chocolate overindulgence, but don't forget to eat foods that nourish the brain and improve mood and mental wellbeing—eggs, fish, wheat germ, seeds, nuts, dark green vegetables and

bananas. Chocolate tricks the brain into feeling better for a time as it contains substances that boost levels of noradrenalin promoting feelings of wellbeing. This artificial influx causes the brain's receptors to close down until the excess is metabolized and creates a circle of increased intake. Don't forget to drink plenty of water to revitalize and eat serotonin producing foods to contribute positively to mood,

wellbeing and sleep—lean meat, free range poultry and beans and lastly, remember omega-3 and omega-6 (found in fish oil) as these help with better mood reduced risk of cognitive impairment and better memory.



A few of the newsletter team members

Participant Representative Report



Merv Jurd Participant Representative

Hello again from your friendly Participant Rep. A lot has happened since our last newsletter, so let's get into it. Firstly let me just say the new bigger newsletter looks great and all the new things planned are very exciting, especially the **Buy, Swap & Sell** section and

Letters to the Editor. If you want to write to the newsletter team you can email Sandra at sandra.phoenix@choice.org.au

Or you can leave your letters to the editor with Karen at reception and give them directly to any of the newsletter team.

Next I would like to congratulate everyone on the outcome of the auditors last visit, everything went exceptionally well, so thank you all. We also recently raised over \$1,200 on our **Shave for a Cure Day**, (more inside!).

Thanks to all those who participated, especially Andrea and Cyd who organized the day and Steve for getting his back waxed and Lindsay for getting his chest waxed.

We also had a strategic planning meeting on the 19th of February and I would like to thank all those who attended as it was very successful with many great ideas

coming out of the meeting. I also held a participants only meeting on 17th March, where participants could come and congratulate, complain or help with ideas and suggestions about Choice. These meetings will be held every month the day before the Management Committee meetings, so if you have anything you wish me to bring up with the Management Committee please come along and speak your mind and remember **if I don't know, I can't tell.**

The next participants meeting will be on the 14th April at 10:30am in the board room and all participants are welcome.

Finally I would like to say farewell and thank you to Dan, Andrea, Nette and Mike for everything they did while they were here at Choice. We will miss you as it made our lives so much better having you working with us.

Buy Swap & Sell Corner

Buy swap and sell ads cost \$1.00

Please provide a short description (no more than 20 words), your contact details and the price of the item.

Address the ad to Buy, Swap & Sell editor Merv Jurd.

The newsletter team will publish ads according to space available

The Easter Bunny, Easter Eggs and Hot Cross Buns - some interesting Easter history

The Easter bunny symbolizes fertility (well known for its propensity for rapid reproduction) and became associated with Easter as the egg was a symbol of the rebirth of the earth in celebrations of spring and was adopted by early Christians as a symbol of the resurrection of Jesus. The oldest tradition is to use dyed or painted chicken eggs, but a modern custom is to substitute chocolate eggs, or plastic eggs filled with confectionery such as jelly beans. These eggs are often hidden, allegedly by the



Easter Bunny, for children to find on Easter morning. Otherwise, they are generally put in a basket filled with real or artificial straw to resemble a bird's nest.

Eggs are an ancient symbol of new life and have been associated with pagan festivals celebrating spring. Eggs are considered to be the 'seed of life' as expressed in the Latin saying 'all life comes from an egg'. Eggs have been decorated and dyed for spring festivals and given as gifts since mediaeval times. Carl Faberge brought the practice to its greatest point of refinement who designed jeweled eggs for the Rus-

sian royal family.

The tradition of chocolate eggs at Easter flourished in Europe in the 1800s. Some early eggs were solid, as the technique for mass-producing moulded chocolate had not been devised. The production of the first hollow chocolate eggs must have been painstaking, as the moulds were lined with paste chocolate one at a time. The modern chocolate Easter egg owes its progression to the two greatest developments in the history of chocolate - the Dutch invention of a press for separating cocoa butter from the cocoa bean in 1828 and the introduction of a pure cocoa by Cadbury Brothers in 1866.



Goddess of the Spring

Modern day Easter is derived from two ancient traditions; one Judeo-Christian the other Pagan. Both Christians and Pagans have celebrated death and resurrection themes following the spring equinox for millennia. The equinox falls on March 20, 21 or 22 each year. Most religious historians believe that many elements of the Christian observance of Easter were derived from earlier Pagan celebrations.

Easter and the holidays that are related to it are moveable feasts, in that they do not fall on a fixed date in the Gregorian or Julian calendars (both of which follow the cycle of the sun and the seasons). Instead, the date for Easter is determined on a lunisolar calendar similar to the Hebrew calendar. In Western Christianity, using the Gregorian calendar, Easter always

falls on a **Sunday between March 22 and April 25**, inclusively. Easter was named after Eostre (a.k.a. Eastre). She was the Great Mother Goddess of the Saxon people in Northern Europe. Similarly, the Teutonic dawn goddess of fertility was known variously as Ostare—the goddess of the dawn and spring, Ostara, Ostern, Eostra, Eostre, Eostur, Eastra, Eastur, Austron and Ausos. Her name was derived from the ancient word for spring: "eastre." Similar Goddesses were known by other names in ancient cultures around the Mediterranean, and were celebrated in the springtime. Some were: Aphrodite from ancient Cyprus, Ashtoreth from ancient Israel, Astarte from ancient Greece, Hathor from ancient Egypt, Kali, from India and Ostara a Norse Goddess of fertility.

Ostara was, of course, a fertility goddess. Bringing in the end of winter, with the days brighter and growing longer after the vernal equinox, Ostara had a passion for new life. Her presence was felt in the flowering of plants and the birth of babies, both animal and human. The rabbit was her sacred animal.

The goddess Eastre was worshipped by serving tiny cakes often decorated with a cross at the annual spring festivals. Archeologists found two small loaves each with a cross on it buried in 79 BCE among the volcanic ash of ancient Herculaneum. These ceremonial cakes were circular or crescent shaped, made of flour and honey and offered to the gods.

“The Easter Story”

The Christian perspective by Pastor John
(Mary Valley Wesleyan Methodist Church)



For more than 2000 years Easter has been celebrated as a special time. Even in these days thousands flock to Jerusalem to reenact the events of that first Easter. Today many regard Easter as a holiday, a long weekend, a chance to shop for sales, and the feasting on chocolate. The first Easter was very different, and was more exciting and dramatic. It began with the death of

Christ and ended with his resurrection. On the day we call Good Friday a man called Jesus was executed when soldiers came and nailed Jesus to a cross at the place known as The Skull. After his death Jesus' body was placed in a tomb. On the third day which is what we call Easter Sunday

his friends went to the tomb and found that he was no longer there and were told by an angel that Jesus had been raised from the dead. Jesus' death paid the penalty of sins. His resurrection means that we can have a new life that begins when we put our trust in Jesus.

This Month's Favourite Recipes

Fruit and Oat Loaf

Serves ■ 6 ■ Prep 10 mins ■ Cook 45 mins

½ cup chopped dried apricots

½ cup sultanas

¾ cup raw sugar

1 cup quick cooking oats

1 cup self-raising flour

1/3 cup of vegetable oil

2/3 cup of milk

1 egg

Butter to serve

Grease a 10cm x 18cm small loaf pan. Line base and sides with baking paper, extending 2cm above edges of pan.

Place all ingredients except butter in a large bowl. Stir to combine. Pour mixture into prepared pan.

Cook in a moderate oven (180C) for about 45 minutes, or until cooked when tested. Stand loaf in pan for 5 minutes. Turn out onto a wire rack to cool.

Serve loaf warm or cold, cut into slices and spread with butter.



Fruit and Oat Loaf



Cheap Chicken Pie

(Instead of KFC chicken two pieces for \$4.80 try this chicken pie. Make it at home for \$1.15)

Cheap Chicken Pie

2 sheets puff pastry

400g can of condensed cream of chicken soup

Cooked chicken without skin, cubed

500g snap frozen mixed veges, thawed

Pre heat oven 180C. Line a pie dish with baking paper and then the first sheet of pastry.

Combine remaining ingredients in a bowl, season with sea salt and pepper and pour into pastry.

Cover with remaining sheet, seal edges by pressing with a fork.

Cut several slits in the pie lid and bake for 30 minutes, or until lid is golden brown.

For best results allow to cool before cutting.

Cooking time: 30 minutes

Serves eight people

Walnuts. If you are a sufferer of Type 2 Diabetes, eat a small packet of walnuts a day if you want to significantly reduce your risk of heart disease, according to a new study by Yale University in the US. Walnuts, unlike other nuts, are rich in Omega-3 fatty acids, the kind found in fish such as salmon and sardines. These fatty acids help to relax blood vessels, prevent blood clots in the legs, and protect against irregular heartbeat.

One caveat: don't go nuts, because walnuts are very high in kilojoules!



Diabetes Support Group Visit

By Amanda Berglin

On the 11th February we were pleased to welcome guest speakers Reg and Jeanette who are from the **Diabetes Support Group** in Gympie. Janette spoke about the Support Group and its activities which meets on the 2nd Monday of each month at 1:30pm at the Con-

tract Bridge Club hall located at 41 Tozer Park Road Gym-

pie. The meetings regularly include guest speakers and members share new information as well as getting together to support each other and make new friends. Each year the group raises money to

send kids with diabetes to kids camps which help educate and inform both kids and parents about coping with diabetes.

New members are welcome to the group contact **Reg on 54822267 or Jean on 54822578** for more information.

Diabetes Control

Good blood glucose range is 4 - 7

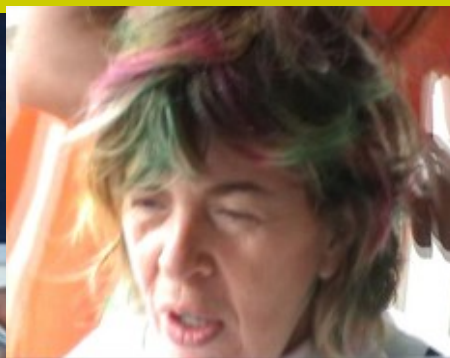
Achieve this with regular blood glucose monitoring

HbA1c% tells you your blood glucose every 60 days

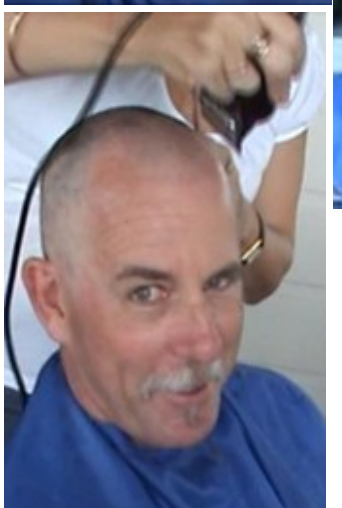
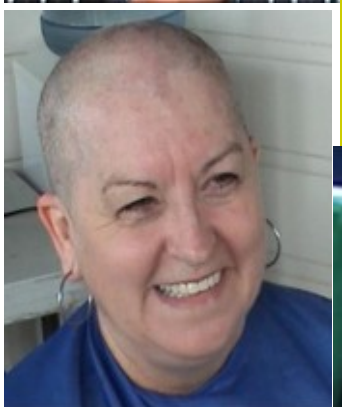
Many drugs help control diabetes including insulin

Low HbA1c% reduces heart, eye and kidney problems

Are you in control of your diabetes? What is your HbA1c%?



**CHOICE
WORLD'S GREATEST SHAVE
TEAM**



Many thanks to everyone who helped the Choice **Colour and Crop Crew** to raise over **\$1,200** for the Leukaemia Foundation.

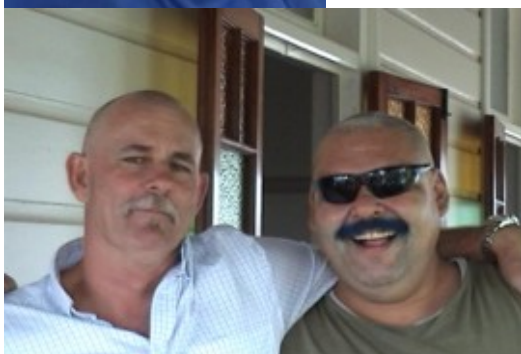
It was a great day! Merv, Ken and Cyd shaved their heads, and Lindsay and Steve had their first experience of waxing. By the end of the day their were rainbow coloured heads and moustaches and a lot less hair for some!

Big thanks to all the staff and participants who helped with preparation.

Money raised is used by the Leukaemia Foundation to fund free services to support patients and families living with leukaemias, lymphomas, myeloma and related blood disorders. It also funds blood cancer research to find better treatments and cures.

Photos clockwise from top right:

Merv—afterwards, Michelle with colour!, Steve waxing, Lindsay (this won't hurt a bit!), Merv and Ken, Ken (during), Cyd—about to lose it and Cyd—bald and Rosie



A Brief History of Choice and Me

By John Horvat

Julia Lawrence began Choice in the early 1990s and its first home was in a small basement in Cullinanes Plaza. Julia Lawrence had dedicated herself to the care of the mentally ill since 1968.

I read about Choice in the Gympie Times and when I rang Julia and her friend came straight away to support me as I was ill and down and out at the Silver Fern Caravan Park.

I became actively involved in Choice and attended meetings

with Julia representing Choice in the community services and disability networks, I was often the only male at these meetings. In 1999 Julie Lawrence left Choice and Jeanette McGuire became the part time coordinator. I moved to Sydney for 4 years to look after my grandmother who had moderate Alzheimers.

When I returned I became involved with Choice again.

In 2005 - 2007 I became an adherent member of the Sal-

vation Army Corps and volunteered 6 days a week so I didn't have much time to go to Choice, but I stayed in touch. In 2007 I had finished at the Salvation Army and returned to Choice and have stayed connected ever since.

In 2008 I moved into Choice support house which is the best move I have done in years and I don't plan on moving out!!!

I am proposing that we acknowledge Choice's founder

Julie Lawrence with a commemorative plaque to honour her original vision and recognising her achievements as Choice's founding member and then every Director and team after her.



www.choice.org.au

Choice Support Service is about to go live with our very first web site!

Charlie Rush (pictured right) designed and built the web site during his student placement at Choice.

The site is currently in the testing stage and we are planning to launch it during April.

One of the features of the site will be an archive of the newsletters, so in future there will be the option of getting your newsletter on line.

We are interested in your feedback about the website and any ideas you have to develop it.

Charlie's business **Web Reach Services** specializes in building web sites for community organisations.

Charlie can be contacted at info@webreachservices.com



Charlie Rush, web designer

Smile - It's Catching

Smiling is infectious,
You catch it like the flu
When someone smiled at me today
I started smiling too.

I passed around the corner
And someone saw my grin;

When she smiled, I realized
I'd passed it on to her.
I thought about the smile
And then I realized its worth
A single smile like mine
Could travel around the earth.

If you feel a smile begin
Don't leave it undetected;
Let's start an epidemic quick
And get the world infected!

Contributed by
Liz Matthews
Author anon.



Interview with John Millidge

By Merv Jurd

John Millidge has been coming to Choice for 10 years and is actively involved in the music jam sessions on Fridays, he also enjoys reading in his spare time.

I interviewed John in February this year for our getting to know a participant section. Here is John's story.

Q. In your ten years at Choice you have probably seen many changes, tell me about that?

A: The best change is the introduction of the quality system and auditing because it makes everything more accountable. But because Choice has grown and we have moved into the bigger building there is not as much face-to-face communication between some staff and par-

ticipants. I miss this about our old premises.

Q. When did you learn to play guitar?

A: I started to learn to play when I was 13 back in the dear old mother country (England). I had an Italian EKO guitar made sometime between 1970 and 1980. I wish I still had it. I now own 10 guitars (4 electric and 6 acoustic). My early music influences were the 50s Sun Studio stars such as Johnny Cash and Carl Perkins, Straycats and Brian Setzer. My musical hate is school recorder music because it sounds bloody awful and anyone in B flat.

Q. What is the greatest piece of

guitar music ever performed in your opinion?

A: That would definitely be Whiteroom by Eric Clapton.

Q. If you had a chance to jam with any 3 musos, dead or alive, who would they be?

A: Billy Thorpe, Freddie Mercury and John Bonhom the drummer from Lead Zepplin.

Q. If I gave you tickets to any live show in the world who would it be?

A: I would like to see B. B. King as he is one of the few remaining artists from his era left and AC.DC here at home in Australia because it may be their last time here.

Q. What advice would you give to aspiring musos out there?

A: You need to do the hard yards if you want to make it big time.

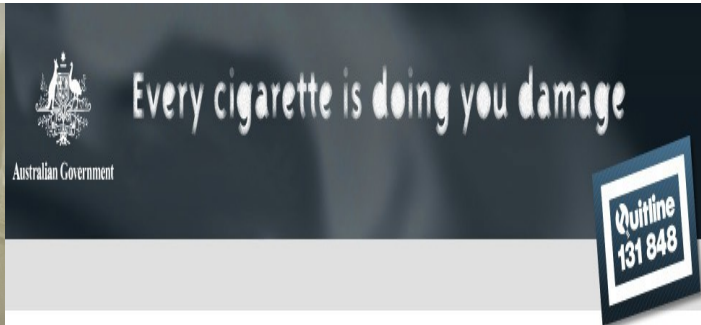
Q. What are your favourite things to read?

A: Any decent book of fiction. My favourite is "One Flew Over the Cuckoo's Nest" by Ken Kesey. I also liked Steve McQueen's autobiography. I like the Australian author Peter Carey's book Illywhacker.

Q. And again if you could have any three writers to dinner who would you choose?

A: Carl Marx, Spike Milligan and Sir Arthur Conan Doyle.

My advice - just remember those famous song words "Oh Lord don't let me be misunderstood"



Calling the Quitline 131 848 or 13 7848



Quitting smoking can be one of the most difficult, yet rewarding things a person can do. Most smokers' say they would like to quit, and may have tried at least once. Some are successful the first time, but many other peo-

ple try a number of times before they finally give up for good.

Tobacco use reduces not only your life expectancy but your quality of life. Many medical conditions

caused by smoking can result not just in death, but in living for years with disabling health problems.

Make 2010 the year you gave up Smoking.

Interview with Sonya Strathdee Coordinator Peer Support Program

by Merv Jurd

This month it is my pleasure to be interviewing Sonya about her time at Choice and her recent overseas trip to Bali, so let's begin. Sonya has been working at Choice Support Service for two years, firstly as a Support Worker and now as Coordinator of the Peer Support Program which is also known as the Drop-In Program. She loves to laugh and loves music.

Q. What have been the biggest changes during your time at Choice?

A: Moving into the new building has been the biggest thing for all of us.

Q. And what would be the worst thing you have had to do at Choice?

A: That would be having to write Policy and Procedure so many times. We had to write procedures about everything.

Q. What would you like to change at Choice?

A: The floor plan. To have better use of the floor space, with more space and different areas available for everyone to use.

Q. When did you first learn to play guitar?

A: I first learned to play guitar when I was at school, long ago in those prehistoric years called the 70s, but it really improved during my time at Baffle Creek. I only own one guitar since the fire (Sonya's house burnt down in 2008) and I am happy to say that it now has its strings fixed and works good as new.

Q. What were your early musical influences?

A: Rodriguez, Cat Stevens and

Paul Kelly. My favourite style of music is easy listening and anything with a story. I hate trash metal and modern country. The greatest guitar solo was Jimi Hendrix in Voodoo Child and I would love to see Pink Floyd's The Wall live.

Q. If you could have a jam session with anybody (dead or alive) who would it be?

A: Bob Marley, Alanis Morissett and Paul Kelly

Q. And your advice to new musicians?

A: Practice and more practice and performing gets easier the more you do it.

Q. You recently went to Bali on holiday—tell us about it?

A: The best part of Bali were the people and their general philosophies and the 'poo' coffee called 'Kopi Luwak' - the Luwak is a civet (a cat like creature) The Luwaks select the freshest coffee cherries to eat and once the bean passes through their digestive system it remains intact but is no longer bitter. Experts say this creates a sweeter-tasting coffee. Bean pickers collect the animals' faeces along with the coffee beans. The excrement is then separated from the actual coffee before being washed and brewed up.

The heat of the initial brewing process eliminates any disease, fungus or parasite.

Kopi Luwak sells for around \$1400 a kilogram, making it the most expensive coffee in the world according to *Forbes* magazine's Cup of Excellence awards.



The best food I tried were Tootsies - deep fried whole snapper - which was delicious. The worst thing was there were no decent sandwiches!

Q. Did you get up to anything we should know about?

A: I went to a bar one night and got really drunk on arak and kissed a 6 ft picture of Bob Marley!



Choice Support Service—Peer Support Program

The Peer Support Program is dedicated to providing dynamic, peer led programs which foster mental, social and physical well-being.

Peer support is an essential component of a supportive network for people with a mental illness to further recovery. Peer support is social emotional support, a system of giving founded on key principles of respect, shared responsibility and mutual agreement of what is helpful.

The Peer Support program includes self-help groups, peer driven service provision and peer partnerships offering support, companionship, empathy, sharing and assistance - to bring about desired social or personal change and learn new skills to overcome feelings of loneliness, rejection, discrimination and frustration.

The Peer Support Program draws on the lived experience of participants who have learned to live well with their illness and helps others to gain insight, make lifestyle changes, reduce risks and improve recovery outcomes.



Peer Support Program

APRIL ACTIVITIES

Mon:	11am	Healthy Living
	12noon	Newsletter Group
Tues:	10.30am	Glasswork (\$2)
Wed:	10am	Billiards at RSL (\$1)
	1pm	Movie Afternoon
Thurs:	9.30am	Meal Preparation
	11am	Singing Group
	12.30pm	Group Lunch(\$6.50)
	1.30pm	Karaoke
Fri:	11am	Music Jam

Thurs 1st April will be special Easter group lunch

Monthly Trivia will be held on Tues 20th April – 10am

Monthly PAG Meeting will be Mon 26th April – 10am

PLEASE NOTE:

Choice will be closed for Easter on Fri 2nd of April and Monday the 5th of April.