



**LAKES
CAGS
TWO
MONTHLY
NEWSLETTER**

WELCOME BACK

Welcome back everyone; it's a new year 2009. Hope you all had a wonderful Christmas holiday break with loads of excitement and fun. Did you get lots of presents or even eat lots of kai (food)? The Weather has been so hot; I wonder who all went to the lake or the beach. Who all pulled out there swimming togs or shorts to go swimming to cool them down. Anyway it's time to get back into the newsletter, the first one for the year. This year it's going to be a bigger and better with new and exciting things. Some new things to expect in the newsletter will be funnies for the month which include jokes etc. Some pieces in the newsletter will remain the same like recipes, positive affirmations, whakatauki's etc. We would also like to see more people sending in pieces that they would like to put in the newsletter as the more contributions the better the newsletter.

Celebrities' Wise Words

| | | | |
|--|--|---|--|
| <p>'It is possible to achieve virtually anything you set your mind on. You can do anything with your life. Why not?'</p> <p>Fern Britton, TV Presenter</p> | <p>'Nothing matters much, and most things don't matter at all.'</p> <p>Kirsty Young, News Presenter</p> | <p>'Be able to laugh at your mistakes – then you can survive.'</p> <p>Darcey Bussel, Ballerina</p> | <p>'Always be polite and kind to people because things have a way of coming round.'</p> <p>Davina McCall, TV Presenter</p> |
| <p>'Never expect someone else to provide your happiness. You make your own happiness and then share it with others.'</p> <p>Susan Hampshire. Actress</p> | <p>'You can achieve anything you want to achieve – as long as you believe in yourself.'</p> <p>Mo Mowlam, Politician</p> | <p>'Never marry because you think you could live with someone, because you can't imagine life without them.'</p> <p>Anna Ford, News Presenter</p> | <p>'Keep Knocking on doors.'</p> <p>Carol Barnes, News Presenter</p> |

Inside this issue:

| | |
|--|---|
| The Law of the Garbage Truck | 2 |
| Depression There is a way through it | 2 |
| Depression There is a way through it continued | 3 |
| Hope | 4 |
| Recipe Fish Pie By Sharmaine Thompson | 4 |
| Positive Celebrities Quotes | 4 |
| Positive Affirmations | 5 |
| Funnies for the month: Two Guys Hiking, Jokes & Rabbit Resurrection, | 5 |



THE LAW OF THE GARBAGE TRUCK**By Noeline Kuru**

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And, I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks.

They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so...Love the people who treat you right. Pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it!

Have a blessed garbage-free day!

As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you.

DEPRESSION
There Is A Way Through It**What is Depression?**

Depression is much more than just a low mood.

We all feel sad from time to time, but for some people the feeling does not go away. People who feel low most of the time may have an illness called depression.

If you think that you or someone you know has depression, take it seriously and seek help.

Key signs of depression are:

- Feeling down, depressed or hopeless, or
- Having little interest or pleasure in doing things on most days over the past month.

Other possible signs include:

- Irritability
- Loss of energy
- Tiredness
- Sleep problems
- Changes in appetite
- Low self-esteem
- Problems with concentration
- Feelings of emptiness or loneliness.

People with depression can also experience constant worry (anxiety). This can cause physical symptoms like pain, a pounding heart or stomach cramps.

Some people may feel so bad that they wish they were not alive, but there is a way through it.

Depression can make the smallest tasks seem like climbing a mountain – however, there is a way through it.

Different things do seem to trigger depression in different people. Sometimes it happens for no clear reason.

Some things that increase the risk of depression are:

- A past experience of depression
- A family history of depression
- Loss or stress, including unemployment, loneliness, lifestyle changes or relationship problems.

DEPRESSION
There Is A Way Through It
Continued

There are more different things that also trigger depression and can put people on the low side.

You do not need to deal with this on your own.

You could:

- Tell someone you trust how you are feeling. This could be someone in your family or whanau, your partner, a friend or a spiritual leader
- Talk to your doctor or health care professional and take part as much as you can in choosing your treatment or

There are other people who you trust that you can talk to.

If you tell someone and they don't understand, tell someone else.

It can be very hard to make changes when you are depressed so ask friends and family to support you.

Don't think you have to 'harden up' or turn to alcohol, recreational or party drugs – these things don't help.

There are self-help techniques which can help you get going through the day when you are feeling depressed or low.

Tips to plan your day:

- Make a chart so you can fill in what you plan to do each day (if you need to, ask someone to help you)
- Write in the everyday things, like doing your shopping or gardening
- Plan to do some physical activity each day
- Plan to do at least one thing that you enjoy each day
- If you run late, skip to the next thing on your plan
- Plan to do things with other people if you don't feel like doing anything at all
- Reward yourself for what you have done.

Try to do different things each day as each little bit helps.

It can also be hard to see a loved one struggle with depression. You may feel hurt, isolated, depressed and stressed out.

There are strategies which have been found helpful to help those people who are depressed and are struggling.

- Learn about depression, how it is treated and what you can do to help recovery.
- See yourself as part of a support team.
- Help the person to recognise stress and find ways of coping. This may include helping to solve problems that worry them.
- Spend time with them.
- Don't be embarrassed to praise them.

Caring for a family or whanau member with depression can be very hard and it is important to keep yourself well.

“HOPE IS SO IMPORTANT HANG ON TO HOPE. GRAD HOLD OF IT. THERE IS A WAY THROUGH IT.”

From the Book **'Girl Stuff'** by **'Kaz Cooke'**

I had depression – that affected me heaps. I became paranoid and self-depressed because in my head, everyone in the world was out to get me. It affected every part of my life and I was suicidal for a bit. My mum dragged to counsellors and in the end I went on drugs to help me get through it. I'm glad I did. Now I know how hard it is for people in the same situation, and so I try my very best to be there for others and to raise awareness among peers and adults that depression is an illness, not a sign of a bad person.

Ellie, 18, Mt Waverly, Vic.

HOPE

Hope is about looking to your future desires, and realising what would be fulfilling and rewarding for you to experience.

.....

It is about believing it can happen and actively making it happen.

Recovery from mental illness means avoiding the situations that will set you back, and doing more of the things that keep you happy and healthy.

.....

These decisions are ongoing.

**HOPES AND DREAMS
FOR THE FUTURE**

RECIPES

Fish Pie
By Sharmaine Thompson

Ingredients

Large tin of smoked fish fillets
3 hard boiled eggs
1 Onion finely chopped
Butter
Flour
2 cups Milk (approx)
Cheese
Mashed potatoes

Method

Place 2-3 tablespoons of butter in pot, finely chop onion and sauté in butter, add ¼ cup flour and stir into butter, slowly add milk stirring constantly to make a white sauce, add ½ cup grated cheese, stir until melted. Open and drain fish fillets, add to white sauce and break fish up, cut hard boiled eggs up into ¼ and add to mixture, place into baking dish, top with mash potatoes and grated cheese.
Bake until golden brown, and serve.



POSITIVE CELEBRITIES QUOTES

“HOW FANTASTIC IS AN UNEXPECTED VICTORY”.

**Quoted By
Dave Weibaum**

“I’VE MISSED MORE THAN 9000 SHOTS, I’VE LOST ALMOST 300 GAMES, I’VE FAILED OVER AND OVER AGAIN IN MY LIFE AND THAT’S WHY I SUCCEED”.

**Quoted By
Michael Jordon**

“YOU CAN’T KEEP BLAMING YOURSELF. JUST BLAME YOURSELF ONCE THEN MOVE ON”.

**Quoted By
Homer Simpson**

POSITIVE AFFIRMATIONS

FEAR
By Beverly Stockley

Courage faces fear
and thereby masters it.
We learn by fear which
gives us the strength
to succeed in our life's
journey
towards your achievements
that was said,
that
could not be done

COURAGE
By Beverly Stockley

Have courage for the
Greatest sorrows of life
and patience
for the little ones.
You
have alot to
prove to yourself.
One is that
YOU
can live your life
Fearlessly
with loads of
Successfulness

FREEDOM
By Beverly Stockley

Within the System denies
us our basic human rights
that fear which tends
to be the order of
the day.
But yet under the
most crushing pressure
COURAGE
rises up again and
again
for fear is not
the natural state
of civilized
people

FUNNIES FOR THE MONTH

Two Guys Hiking

Two guys are out in the woods
hiking.
All of a sudden, a bear starts
chasing them. They climb a
tree, but the bear starts climbing
up the tree after them. The first
guy gets his shoes out of his
backpack and starts putting
them on.
The second guy says, "What are
you doing? He says, "I figure
when the bear gets too close
we'll have to jump down and
make a run for it." The second
guys, "Are you crazy? You
can't outrun a bear!"
The first guy says, "I don't have
to outrun the bear. I only have
to out run you..."

JOKES

Birthday Gift

Harry can't think of what to get his girl
friend for her birthday "oh" she says "just
take me some place expensive" so he
drops her off at the petrol station.

To Much Work

Megan refuses to get out of bed "I
cant go to school" she wails " the
kids laugh at me, and the teachers
laugh at me, and I have to much
work!" "Megan, you have to go to
school". Her mother tells her.
"you're the Principal".

Going Through Stages

Did you here about the actor who fell
Through the floorboards?
He was just going through a stage.

RABBIT RESURRECTION

A man was driving along when he saw a rabbit hopping across the road. He swerved to avoid it, but unfortunately the rabbit jumped in from of the car and was hit and killed.
The driver stopped, upset. A woman motorist saw the man crying on the side of the road and pulled over to ask what was wrong.
"I feel terrible," he explained. "I accidently hit this rabbit and killed it." The woman told the man not to worry. She went to her car and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed it with the contents of the can. Miraculously, the rabbit came to life, jumped up, waved its paw at the two people and hopped down the road – turned and waved again, hopped some more, and turned and waved again.
The man was astonished. He couldn't figure out what the woman had sprayed onto the rabbit, so he asked her.
The woman turned the can around so that the man could read the label. It said: "Hare Spray' Restores Life to Dead Hare. Adds Permanent Wave."

**Miraculously,
the rabbit
came to life,**