

# AmeCare Community Paper

"WORKING WITH YOU ON THE CANVAS OF YOUR LIFE"

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## CONTENTS

- Pg 2** Peace of Daniel / Crystal Reading  
**Pg 3** Photos of the Month / The Potato Patch  
**Pg 4** Music Reviews  
**Pg 5** Sports Report  
**Pg 6** Editor's Note / Deb's Gab / Acknowledgements

## A-C-PEER OF THE MONTH



YANIE DRYSDALE

*Written by Debra Scott*

Yanie is has been at AmeCare for a year and is currently working as the general manager. She is currently completing Law School, and told me a big secret that when she graduates she is going to buy herself a reward - a pair of Manolo Blahnik boots with gold buckles! She has a great sense of humour, and is very kind, warm and generous. Yanie can speak 3 languages – English, Greek, and French! She has travelled to Greece twice, and has also been to Italy, France and Monaco (she absolutely loved how clean and beautiful it was there). In her spare time, Yanie likes cooking (she used to be a chef), playing tennis, and playing video games (like Mass Effect and Halo, but Spyro is her favourite). She has a soft spot for sushi and seafood, but hates licorice and celery! Yanie is just a lovely lady and I love her to bits. She is a very hard worker and is very good at multi-tasking – what would we all do without her!

## SOME 'FUN FACTS' ABOUT YANIE...

**Birthday:** February 9

**Star Sign:** Aquarius

**Birth stone:** Amethyst

**Barracks for:** Richmond FC

**Something people wouldn't know about you?**

Yanie is a good singer and especially likes singing in the shower and when driving in her car!

## QUICK, YANIE, TELL US YOUR FAVOURITE...

**Colour:** Teal

**Musician:** Eminem and Adele

**Place:** Greek Islands

**Restaurant:** Rockpool

**Movie:** The Blindside

**TV Show:** Charmed

**AmeCare memory:** Getting to know all of the participants!

## A-C-PHOTO OF THE MONTH

### CONNECTIONS TO NATURE

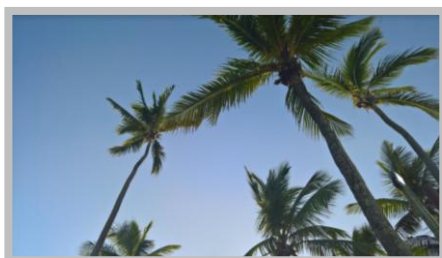
*By Daniel Warren*

I recently went overseas to Fiji. The contrast between these 2 leaves was striking. The palm trees were uplifting, especially as it was my first overseas experiences; on the other hand, I found the gum tree grounding. It's amazing how 2 different trees can makes us feel 2 different ways!

*Twisting branches of an ancient gum, leaves on branches reaching toward the sun.*



*Looking toward the Heavens from my spirit loft, leaves on a Fiji coconut palm dainty and soft*



## LIQUID CRYSTAL CARD READING

WITH US THIS MONTH IS "CITRINE"



Citrine is yellow/orange but clear in colour, and represents abundance (manifesting as luck). This is often misinterpreted as bringing an 'abundance' of money, but usually refers instead to an 'abundance' of light and love in one's life. With Citrine this month, unconditional love and light is here.

The card was drawn as 'inverse' (upside down) which suggests that we may need to take extra care and time with the stone's message this month (a clearing from negativity, an opportunity to let go of all attachments, standing in confidence and self-love to receive).



Citrine visits us this month allowing for something you have desired for a long time to become a reality; however, something new in your life can only exist if you have space for it to occur. With Citrine's presence in your life, so is self-growth and development.

Citrine provides the endless gift to receive our dream – but be prepared to see how they are in the bigger picture.

Affirmation...

*I love, I receive, I give*

*Self-love is my measure of abundance*

As always – peace, love & light to all! Dan.

*Page articles written by Daniel Warren*

## PEACE OF DANIEL

"WHAT IS NORMAL TO ME?"

*The first time I was asked this question, I read it in a sibling cancer guidebook (my sister was receiving treatment at the time). That was 15+ years ago, and although my thoughts have changed, I've often found myself coming back to that question: what is normal? So I penned this poem...*

Normal is adventure  
Often taking slight risk  
Basking in sunshine  
& the seasonal twist.  
It's loving & accepting difference  
Whatever that may be.  
To know within my heart  
You may be normal with me.  
Sharing the difference within the term  
For all & each to see.

## A-C-PUZZLE

The 'key words' for this month's liquid crystal card reading are hidden in the word-search below – find them to find out more about *citrine*!



WORD LIST

ABUNDANCE | CLEANSING | CLEAR | CONFIDENCE  
CREATIVITY | GEMSTONE | KNOWING | OBSERVE  
ORANGE | RESPONSIBILITY | SELFLOVE | YELLOW

## A-C-PHOTOS OF THE MONTH

THIS JULY...



The weather may be chilly, but that hardly stops us enjoying winter – especially the winter sun!  
 Clockwise from top left: An outing to the 'Pots, Plants & Pups' festival in Ascot Vale; Hitting the green for a round of golf; 3 pictures from AmeCare's annual snow trip to Mt Donna Buang; Trying out some Ice Skating; and seeing "The Wizard of Oz" stage-show.

## A-C-PEER COMMUNITY

LESSONS &amp; WORKSHOPS

# MUSIC WITH JAZZ

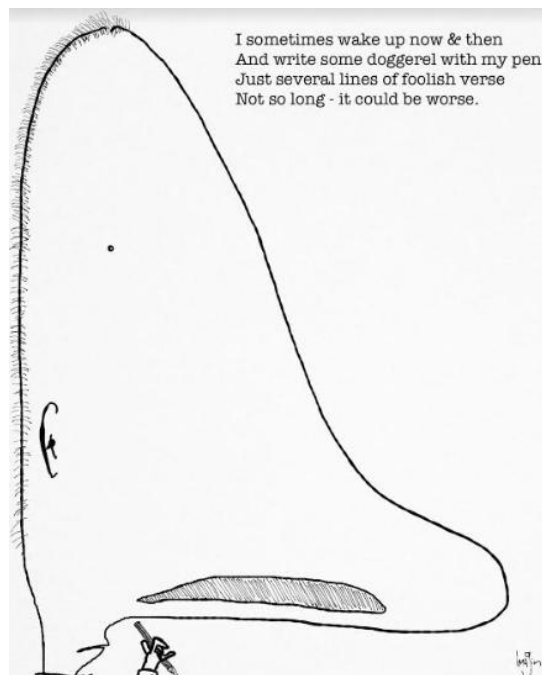
LEARNING THROUGH MUSIC, THE BEST WAY POSSIBLE!

Available sessions for: specific age groups; children with disabilities; term/school groups; private music & vocal lessons

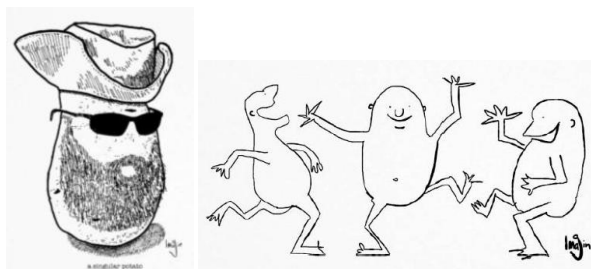
For more information please contact Jaz on 0401 297 199,  
 or email [musicwithjaz@gmail.com](mailto:musicwithjaz@gmail.com)

## THE POTATO PATCH

SOMETHING NEW...

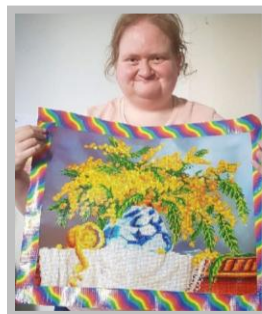


SOMETHING OLD...



Illustrated &amp; Written By Simon

## FLORINA\_COLOUR\_LIFE



Florina has been hard at work since our last issue of Arnica Times, and has established her own online business **Florina Colour Life**! She has always had an interest in colouring, and sells things from bookmarks, to cards, to posters! Her new project is 'crystal painting' (see picture) which involves placing little gems onto an A3 template, one by one! Florina is amazingly dedicated to her work and is always a pleasure to do business with! You can search for her online stores on **eBay** and **Facebook**, or send her an email: [florina\\_colour\\_life@yahoo.com](mailto:florina_colour_life@yahoo.com)

## DEB'S MUSIC OBSESSION

### ZAYN



I wasn't into One Direction at all but I had my eye on Zayn from the start, way back in 2010 when he auditioned on Britain's X-Factor. He wasn't successful as a soloist but Simon Cowell called back 4 young guys...and that's how One Direction was made (Simon Cowell formed them). His full name is Zain Javadd Malik, but he is known professionally as "Zayn". He is a Capricorn, born on January 12.

Zayn was the first member to split from One Direction to go solo with his career in March 2015. Zayn has said he left because he couldn't express himself musically the way he wanted to. His debut solo album was "Mind of Mine" with 20 tracks (I have the deluxe edition with 2 extra songs). I think the album is very good – the style is more alternative. Zayn says he couldn't express himself in 1-D but he certainly makes up for it with this album! It's a "mixed bag", an eclectic range of songs, and it's great.

With his single "Pillowtalk" Zayn became the first British male artist to debut at Number 1 with both an album and single.

It was the first song released on the album; it has a very 'artsy' feel to the music video. The video for the second song released, "Like I Would", is futuristic with a "Tron" feel to it. Zayn,



to my surprise and a lot of people in the music industry, also did a duet with Sia in 2017 called "Dusk to Dawn". Zayn has been open about his struggles with anxiety so has that in common with Sia – they both don't like touring or crowds. It's a brilliant song, and like all of his videos is amazing – very theatrical and epic. He also teamed up with Taylor Swift in 2017 for "I don't Wanna Live Forever" (for the 50 Shades Darker soundtrack). One of his latest songs, "Let Me" was released this year. It's a song he wrote to his supermodel girlfriend Gigi Hadid when they broke up. She loved it that much that they are back together!

Zayn is open about being a "modern Muslim" and says he recognizes the religion but doesn't practice it. His father is British-Pakistani, his mother is English-Irish and converted to Islam when she was married, and he has 3 sisters. Zayn can speak Urdu and Arabic. Something people wouldn't know about Zayn is that he still wants to pursue an English/Literature degree – he says if he didn't have a music career he would be an English teacher.

I'll tell you a secret he has 42+ tattoos and I have seen him shirtless (that's all I will say!) Zayn caught my eye early and I have seen him grow into a very good solo performer, his music has matured as well, plus he is very easy on the eye!



### ED SHEERAN



Well, what can you say about Ed? He is amazing! He is the male-equivalent of Sia – he has written songs for a lot of people (1-D, Justin Bieber, and heaps more) and has collaborated with nearly everyone in the music industry.

Edward Christopher Sheeran

"MBE" (a title he was awarded earlier this year) was born on 17 February (an Aquarius). He is an English singer-songwriter, guitarist, record producer, actor, and rapper! A real 'jack of all trades'. He named his record company 'Gingerbread' after his trademark red/ginger locks (he's a "ginger ninja" as Smallzy often calls him). He has released 3 albums and I have them all. My favourite songs of his are "Photograph" and "Dive". His video clips are epic – like Zayn – and they tell a story. His debut album "+" (Plus) was released in September 2011 and it went 7 times platinum in the UK alone. His second album "x" (multiply) came out in June 2014 and in 2015 was named the year's second best-selling album worldwide. It also won Album of the Year in the UK.



"Thinking Out Loud" is a beautiful song and so is the film clip (Ed's dancing in it earned him 2 Grammy Awards). Ed's third and latest album "÷" (Divide – are you sensing a theme yet?) was released in March 2017 and debuted at Number 1 in the UK, US, Australia and more! In January 2017 he released "Shape of You" and "Castle on the Hill" from that album and broke records worldwide – he became the first artist to have 2 songs debut in the Top 10 in the US in the same week. By the album's release in March, Ed had 10 singles debut in the Top 10 from one album (which broke another record!) Ed is very clever by releasing the 2 songs in January way before his album release in March. The fourth released single, "Perfect" went to Number 1 in the UK and AUS. He collaborated with Beyonce on an acoustic duet of "Perfect" which reached Number 1 in the US. He is close friends with Taylor Swift and has also collaborated on her albums 'Red' and 'Reputation' (something else he has in common with Zayn). In April this year, Divide was named the Best Selling Album worldwide of 2017. Ed has sold more than 26 million albums and 100 million singles worldwide making him one of the world's Best Selling music artists (Eminem has sold over 220 million records, just to put things in perspective!) One of Ed's musical influences is Eric Clapton. Ed says Eric is his reason for playing the guitar, and Eric even made a cameo in the "Dive" music

video doing a guitar solo! Ed is currently on the last leg of his Divide world tour in UK/Europe. When he was on tour in Australia in April, 1 in 3 people saw him live! In personal news now, Ed got engaged this past January to his childhood sweetheart Cherry Seaborn. Do yourself a favour and check out his music if you haven't already!





## SPORTS REPORT (PART 1)

BY JOSEPH 21/7/2018

*It has been a little while since I have updated all of you on all of the sports news. From now on I hopefully will be giving you a monthly update on the sports news.*

In AFL news..

Melbourne is in the grip of AFL footy fever. It's almost September and the finals will soon be upon us.

- The Richmond FC is sitting at the top of the AFL ladder and are the team to beat this year, I think they'll be back-to-back champions. Richmond has reached one thousand members. There are a few people around Arnica Lodge (Paul, Dawn, and Yanie) that will be very pleased to see Richmond sitting at the top of the AFL ladder. Dustin Martin is playing sensational football - Richmond will be pleased that Dusty committed to the club and turned his back on that huge offer from the North Melbourne Football Club.
- Geelong and Melbourne played in a thrilling match at GMHBA Stadium in Geelong. Geelong player Zac Tuohy would have been very pleased with himself to kick the winning goal after the siren. All the Geelong players were jumping on his back congratulating him after it. The Geelong players were coming from everywhere - it was unbelievable to watch on television. But what about the supporters during the match? There was a drunken brawl between Geelong and Melbourne supporters. Is there something wrong down at GMHBA Stadium? This is the second time that this has happened there!
- Bernie Vince and Patrick Dangerfield shared a laugh with each other after the Geelong and Melbourne match at GMHBA Stadium. This was spoken a lot about in the AFL media. I do not see any problem with players doing this. The match had already been played and won. Bernie Vince and Patrick Dangerfield happen to be great mates with each other.
- The Collingwood and Richmond match is sold out and the match will not be televised on free to air television.
- Sam Newman is out of contract with Channel Nine at the end of this season. Do you think that Channel Nine will offer Sam Newman a new contract? I think that he is getting too old. I think that he should retire from the television industry. It isn't as though he is struggling for money - he has plenty! Time to hang your boots up, Sam.
- The AFL decided to introduce new rule changes to the competition. I do not think that this is such a bad idea. AFL Clubs have come out in great protest over the new rules bombshell. Some of the strongest criticism of the AFL rule changes has come from former Essendon forward Matthew Lloyd. It is time to experiment a little bit. It gets very frustrating to see no games of free-flowing football. Most of the AFL matches these days are too congested. It is like watching the same video over and over and over again.
- AFL great Leigh Matthews says that rule changes to the AFL would be demeaning to the competition. Gold Coast chairman Tony Cochrane says that free agency in the AFL is a disaster and that it has slaughtered equalisation and that it has created a two-tier AFL; he also said that the AFL needed to fix compensation for clubs losing players as the gap between strong and weak clubs has widened, turning the AFL in to a version of the English Premier League.
- The AFL is likely to recommend the introduction of the proposed 'six six' format at centre bounces for the 2019 season and in a more speculative possibility; has even looked at two goal squares inside an eighteen metre area at each end.
- The AFL tells the football fans that they are totally against scalping, then guess what the AFL does? The AFL goes and increases the ticket prices for the Collingwood and Richmond match! The AFL is being hypocritical.
- Bulldogs ruckman Tom Boyd has opened up about dealing with his mental health issues. Boyd enjoys surfing and taking his dog Nala for a walk.
- Carlton FC is playing deplorable football. They have never ever recovered from the salary cap cheating scandal. Carlton FC thought that Mick Malthouse would be able to fix the club's problems. This turned out not to be the case and things have got worse from here. Patrick Cripps has re-signed with the Carlton Football Club until the end of 2021.
- Brisbane Lions player Luke Hodge will be returning from a calf injury for his first game in Geelong since 2006. Geelong and the Brisbane Lions will be playing each other at GMHBA stadium.
- Melbourne player Jordan Lewis will be playing his 300<sup>th</sup> AFL match against Adelaide on Saturday. Lewis had a successful career at Hawthorn before moving to Melbourne. Melbourne coach Simon Goodwin is confident that key duo Clayton Oliver and Jesse Hogan will be fit to take on Adelaide in Saturday night's blockbuster despite their absences from training. Goodwin believes both should be available to play on the weekend in what looms as a crucial match for both sides hunting for September action. James Harnes also looms as a likely starter for the game with the Crows. Harnes had surgery to repair a broken finger on Monday.
- Gary Ablett JR and his partner Jordan are expecting a little baby. Congratulations to Gary and Jordan on the baby news. I am sure that Gary will make a good father.
- The West Coast Eagles are in second spot on the AFL ladder and Jeremy McGovern is dreaming of flag success in the warm month of September. McGovern hopes that the club can go one step further this year. McGovern played in West Coast's 2015 losing AFL Grand Final.
- The Sydney Swans had a shocking loss to the Gold Coast Suns, putting a massive dent in Sydney's hopes of claiming a top four finish and making their Top 8 spot very vulnerable. Two of Sydney's better wins this year came against the odds, beating Geelong and North Melbourne. The Swans have a tough run home and may drop out of the top eight if they lose for the first time to the Bombers since 2011, and if other results go against them.
- Gold Coast Suns co-captain has met with the Richmond Football Club and the Hawthorn Football Club.
- Richmond's Rising Star nominee Jack Higgins has drawn admirers for his media performances.
- Essendon will welcome back star forward, Jake Stringer, from injury for Friday night's clash with Sydney at Etihad Stadium. The Bombers are in eleventh place on the AFL ladder and must win all of their remaining games to stand a chance of making the AFL finals.
- A frustrated Jarryd Roughead, Hawks captain, has emphatically denied he contemplated retiring at the end of this season, insisting he absolutely intended to see out the final year of his contract in 2019 at a minimum. Jarryd Roughead is the captain of the Hawthorn Football Club. Luke Hodge was the captain of the Hawthorn Football Club before Rough head took over the position as captain from Hodge.

AFL ladder	
Team	
1	 Richmond
2	 West Coast Eagles
3	 Collingwood
4	 Port Adelaide
5	 GWS Giants
6	 Melbourne
7	 Hawthorn
8	 Geelong Cats
9	 Sydney Swans
10	 North Melbourne
11	 Essendon
12	 Adelaide Crows
13	 Fremantle
14	 Western Bulldogs
15	 St Kilda
16	 Brisbane Lions
17	 Gold Coast Suns
18	 Carlton

## EDITOR'S NOTE

### "IT'S A START; FROM HERE, WE GO ONTO BIGGER AND BETTER THINGS"

To those who knew us as "Arnica Times" – we're back! Thank you for waiting ever so patiently during our 1 year hiatus. As you may know, 'Arnica' has spent the year going through a bit of a restructure – setting up 1:1 and outreach support, expanding our accommodation options, and trialing some groups and programs.

To those who know of us through AmeCare – welcome! This newsletter started as Arnica Times as a means for people residing at Arnica Lodge to 'have a voice'; and to break down the barriers and stigmas attached to having a mental health/disability diagnosis. Even though we have now 'rebranded' as ACP, this message still stands – but bigger and better! We want this newsletter to be open to all AmeCare participants, all members of the community, to share and let their voices be heard!

Welcome aboard another Newsletter ride – buckle up, laugh, and enjoy! *Please don't forget to tell us if you would like to subscribe to get our monthly editions sent straight to your email ☺*

## ACKNOWLEDGEMENTS

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You can find more information about our headquarters at [www.arnicacc.com.au](http://www.arnicacc.com.au)

Archived editions of 'Arnica Times' can be found at [www.arnicalodge.com.au](http://www.arnicalodge.com.au)

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- ❖ You can email [programs@arnicacc.com.au](mailto:programs@arnicacc.com.au)
- ❖ Or call (03) 8418 3307 and speak to Grace



## SPORTS REPORT (PART 2)

### In general sport news...

- The Tour De France has been on television. I really enjoy being able to sit down after a long day and watch the Tour De France. I like watching the countryside of France on television while the stages of the tour are being completed each day. The Tour De France is something that I look forward to every single year.
- Wimbledon has also been on and there has been some great tennis being played.
- Australian superstar Sam Kerr the female Australian soccer player has been shortlisted to win the FIFA award for the best women's player for a second consecutive year. Sam Kerr is the sister of Daniel Kerr who used to play for the West Coast Eagles.
- Banned former Test Captain Steve Smith is on the verge of signing a contract to play in the Caribbean Premier League.
- Melbourne Storm Star Billy Slater is no closer to deciding his playing future but he knows that the time is now for his club to fine-tune for the NRL Finals. Slater said his decision would come down to how his body felt and what his family wanted him to do. Slater still sets high standards for his performance and if he can't reach an acceptable level he will likely leave the game.

## DEB'S GAB

Well it's been too long between drinks, so to speak. A year in fact. **About me...** Back in February last year, way back when I did my first music review, I said that I was going to get some more tattoos – and I have! On the 6<sup>th</sup> of December 2017 I got: Prince's love symbol on my right wrist; a "Y" (representing the band Years & Years) on my left wrist; and a Yin Yang symbol on the middle of my right forearm. **In celeb gossip...**

- Years & Years have released their second album "Palo Santo" and it's great!
- Sam Smith released his second album "The Thrill of It All" last year. I am going to try to win tickets to see him off the radio – I have a mobile phone now (an old dinosaur like me!) They will go on sale soon as he is touring in November and I am determined to call in and win them when I listen to Smallz.
- Dua Lipa's debut album has now gone platinum. She has collaborated with Calvin Harris (he's a DJ and I love his work). Their song is called "One Kiss" and it went to Number 1 around the world! When I reviewed Dua for one of my music articles last year I predicted that she would be big – and she is! Dua is also going to be the artist on the upcoming Bond film franchise. Adele and Sam Smith have both done this, and both both won Academy Awards for it – let's see if Dua can as well!

