
	<b>REAL SPECIAL TIMES</b>	
<p><b><u>In this issue:</u></b> <b>Page 1:</b> Real Special news <b>Page 2:</b> Featured websites <b>Page 3:</b> Edith's column and Sudoku <b>Page 4:</b> Easy recipe, Sudoku solution</p> <p style="text-align: center;"><b>Real Special News</b></p> <p>Welcome back to the first issue of our newsletter for 2008. We hope you had a good summer break – we have had glorious weather for most of the holidays here in Nelson!</p> <p><b>We have a special offer this month in support of IHC Awareness and Appeal week (February 18 – 24).</b></p> <p><b>Until 29<sup>th</sup> February 2008, all orders for Go Talk communication aids (Go Talk 4+, Go Talk 9+, Go Talk 20+) will receive a free Go Talk card (value \$18 + GST = \$20.25 NZD).</b></p> <p>Go Talks are messaging devices to help those with communication difficulties. This offer is also available with Go Talk 1 multipacks (4 pack and case or 6 pack) but NOT will single Go talk 1 purchases.</p> <p>The Go Talk card is a talking greeting card that you programme a message in yourself! It holds a picture / photograph on the front and one inside. Just open the Card and press 'play' to hear the recorded message. It is not only great for birthdays and other occasions, but also for curriculum adaptations, communication between home and school, and talking booklets with text and speech. It features 10 seconds of recording time and is made with laminated card stock.</p> <p>For more details of Go Talk products, see the Special Needs section of our website.</p>		<p><b>What is IHC?</b> The initials no longer stand for Intellectually Handicapped Children, as they once did but the organisation has kept the name as it is well-known.</p> <p>The IHC website is about living with intellectual disability in New Zealand. IHC New Zealand Inc advocate for the rights, inclusion and welfare of all people with an intellectual disability and support them to live satisfying lives in the community.</p> <p>The IHC website explains the change of name:</p> <p><i>"Language should represent the person, not present them as a disability or a syndrome. We no longer describe people as abnormal, subnormal, defective, deformed, crippled, Mongol, dumb or retarded. These, and other such labels, are considered degrading."</i></p> <p><i>In a relevant context, someone may be described as a person with an intellectual disability; it is not appropriate to say they are an intellectually handicapped person. Instead of referring to people in terms of their disability (mongoloid, autistic) it is better to say "a person with Down syndrome; a person with autism". <a href="http://www.ihc.org.nz">www.ihc.org.nz</a></i></p> <p style="text-align: center;"><b>Product change</b></p> <p>Sorry - Pocket Go Talk is no longer available. The Attainment Company are working on a new version of it but it will not be available until possibly June 2008. We will make details available as soon as we get them.</p>

### Featured websites



This month's choices give free resources on the following subjects:

- Chinese New Year
- Valentines Day
- Career advice

#### Chinese New Year

It will soon be time to celebrate the Chinese New Year! Happy New Year - **Kung hei fat choy!** Celebrations run from the 7th to the 21st of February and 2008 is the Year of the Rat (a symbol of good luck and wealth). It is the first of the 12-year cycle of animals which appear in the Chinese zodiac related to the Chinese calendar. I have found a really good UK site of resources, e.g. free stories, printables, recipes, puzzles, crafts etc. They also have jigsaws that you can download and play on the computer screen.  
[http://www.activityvillage.co.uk/chinese\\_new\\_year.htm](http://www.activityvillage.co.uk/chinese_new_year.htm)



### Careers

The start of the year can be a time to decide new career options. The government have set up a great website to help with lots of aspects related to careers e.g. there is a section for Secondary / College students on choosing subjects and planning for life after school, details on scholarships and training courses, CV and covering letter templates etc.  
<http://www.careers.govt.nz/>



#### Valentines Day

Although traditionally valentine Day is associated with couples, why not make it a day to show the whole family how much you love them. We always use it as an excuse to have a special family meal, (see the recipe at the end of the newsletter for more ideas). This website has some nice ideas on Valentines for kids such as cards, colouring pages, crafts etc.  
<http://www.dltk-holidays.com/valentines/index.htm>



**Edith the poodle**

Hi, I'm Edith, the Real Special mascot. My first new outfit for this year was a Christmas present from the USA - it's a gorgeous pink vest with a camouflage print (I wonder if it would help me sneak up on the ducks without them seeing me?)



Well, those of you who are regular readers to my column will know that I have a love / hate relationship with the two ducks, Peter and Paul that live in our back garden (I love it when I chase them and hate it when they turn back on me!). Well, I have always thought the ducks were pretty useless but when I was searching the internet the other day, I found out something surprising - ducks are the most popular symbol for love in Chinese Feng Shui! As February is the time for celebrating love on valentines Day, I am hoping somebody will find a use for our ducks - all part of my cunning plan to get the back garden all for myself again. Admittedly the Chinese tradition refers to a pair of Mandarin ducks and ours are only two boy Paradise ducks but I live in hope!

Apparently, it is a Chinese tradition to use models of a pair of mandarin ducks (made from jade, quarts etc), placed in the South West corner of a home to bring love and harmony.



**Sudoku for February**

Good luck! The solution is on page 4 of this newsletter. The Sudoku grid has three main elements. There are 9 columns, 9 rows and 9 blocks. Using the numbers 1 through 9, the 81 squares in the grid must be filled so that every column, row and block contains the numbers 1 through 9. No number can repeat within any column, row or block.

				5	8	4		
	6				2		8	1
			4					3
	1		7					
	8	6				2	9	
					3		1	
6					4			
4	7		5				6	
		5	8	2				

### Easy recipe - Cherry Clafoutis

The recipe this month comes from the National Heart Foundations website. They are promoting Valentines Heart Week (11 – 17<sup>th</sup> February), including 'Wear Red for Heart day' where organisations ask staff to wear an item of red clothing on Valentine's Day plus donate a gold coin to help the Heart Foundation with its work of promoting healthy lifestyles etc. Their website has some healthy, but romantic, Valentines recipes, - see one below. <http://www.nhf.org.nz/index.asp?PageID=2145837336>



### Ingredients

Canola cooking spray  
¼ cup plain flour  
2 tablespoons caster sugar  
1 egg  
125ml reduced fat milk  
½ teaspoon vanilla extract  
250g pitted cherries, drained  
1 tablespoons icing sugar  
1 egg white  
Reduced fat yoghurt or ice-cream to serve

### Method:

1. Preheat oven to 170°C. Lightly spray 2 individual ceramic gratin dishes (17cm top x 3cm deep) with canola spray.

2. Put flour, sugar, eggs, egg white, milk and vanilla into a food processor or blender and process for 1 minute. Divide the custard mixture amongst the 2 dishes.
3. Arrange cherries on top of the custard and bake the clafoutis for 25-30 minutes or until the tops are golden and the filling just set.
4. Dust with icing sugar and serve immediately.

### Sudoku solution (from page 3)

2	3	1	6	5	8	4	7	9
7	6	4	3	9	2	5	8	1
8	5	9	4	1	7	6	2	3
5	1	2	7	8	9	3	4	6
3	8	6	1	4	5	2	9	7
9	4	7	2	6	3	8	1	5
6	2	3	9	7	4	1	5	8
4	7	8	5	3	1	9	6	2
1	9	5	8	2	6	7	3	4

**Subscription notice.** You have received this free newsletter because you have requested to subscribe to it – thank you. We respect your privacy so none of your details will be passed to other agencies. If you have received this newsletter in error or do not wish to receive future editions, please email: [newsletter@realspecial.co.nz](mailto:newsletter@realspecial.co.nz) to unsubscribe or phone us on 03 540 2804 and we will arrange this for you. We welcome your feedback - if you have any comments or contributions for the newsletter, you can also contact us the same way.