EDITORIAL — DIRECTOR — G.H.J. KRUGER

To advertise or not to advertise? Will a ban on the advertisement of alcoholic beverages change our drinking habits for the better?

There are often huge outcries about the high levels of substance abuse in South Africa which is indeed the case. You merely have to wander the streets of communities to realise that substance abuse is rife in all communities. More so in the very poor areas where people do not have a vision of a better tomorrow. No work, no income and no prospects.

Now to come back to my introduction. Will a ban on the advertisement of alcohol products have a significant impact on the use, abuse and dependency on alcohol? A parliamentary committee now deliberates about the unintended consequences of a possible ban on alcohol products which is indicative of our dilemma. The loss of the income from advertisements may be more disastrous than the intended benefits we think we may derive from a ban on alcohol. We are indeed caught between a rock and a hard place. We find ourselves in the same spot with the proposed increase in the age from 18 to 21 to reduce the levels of abuse of alcohol. At the age of 18 a person has come of age – able to enter into contracts, drive a car and generally act as an adult, but not allowed to use alcohol. As with so many other pieces of legislation, the level of policing required to have the intended impact, will not take place.

We are often convinced that the introduction of a single strategy will have a significant impact on alcohol abuse. It may have an impact on the low risk alcohol user, but what if you are one of those who don’t have anything to lose? Will the absence of advertisements of alcohol products or an age limit deter them from using and abusing alcohol? Not likely!

We will have to be bold in large scale economic growth, job creation, quality education and modelling norms and values that will give people a vision of a better tomorrow! Even then we will still struggle with substance abuse, but possibly at much more “acceptable” levels. Such an intervention may also have the unintended consequence of lower crime levels and other social ills that is the consequence of substance abuse. Cosmetic surgery is not sufficient when a heart transplant is required.

As jy enige voorstelle of insette vir die nuusbrief het kontak Santie by 051 — 447 4111 of stuur dit per e-pos na: info@auroracentre.co.za

Honesty is the first chapter in the book of wisdom. Derek Jeter

Surround yourself with good people. People who are going to be honest with you and look out for your best interest. Derek Jeter

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THE TOOLS OF RECOVERY FROM ADDICTION

(New Beginnings Aftercare Programme — SANCA National)

The First Rule of Recovery is that you must change your life and avoid high-risk situations. The second rule and tool to recover from addiction is how to learn to relax and this has been addressed in the previous newsletter.

The third rule and tool to recover from addiction is: BE HONEST

An addiction requires lying. You have to lie about getting your drug, using it, hiding its consequences, and planning your next relapse. An addiction is full of lying. By the time you have developed an addiction, lying comes so easily to you. After a while you get so good at lying that you end up lying to yourself. That’s why addicts don’t know who they are or what they believe in. The other problem with lying is that you can’t like yourself when you lie. You can’t face yourself in the mirror. Lying traps you in your addiction. The more you lie, the less you like yourself, which makes you want to escape, which leads to more using and lying. Nothing changes, if nothing changes. Ask yourself this: will more lying, more isolating and more of the same make you feel better? The expression in AA is—nothing changes if nothing changes. If you don’t change your life, then why would this time be any different? You need to create a new life where it’s easier to not use.

RECOVERY REQUIRES COMPLETE HONESTY

You must be one-hundred percent completely honest with the people who are your support systems: your family, your doctor, your therapist, the people from your support group. If you can’t be completely honest with them, you won’t do well in recovery.

When you’re completely honest you don’t give your addiction room to hide. When you lie you leave the door open to relapse.

One mistake people make in the early stages of recovery is they think that honesty means being honest about other people. They think they should share what’s wrong with our people. But recovery isn’t about fixing other people. It’s about fixing yourself. Stick with your own recovery. Focusing on what you don’t like about others is easy because it deflects attention from yourself.

Honesty won’t come naturally in the beginning. You’ve spent so much time learning how to lie that telling the truth, no matter how good it is for you, won’t feel natural. You’ll have to practice telling the truth a few hundred times before it comes a little easier. In the beginning you’ll have to stop yourself as you are telling a story, and say, “now that I think about it, it was more like this.....”

SHOW COMMON SENSE

Not everybody is your best friend. And not everybody will be glad to know that you have an addiction or that you’re doing something about it. There may be some people who you don’t want to tell about your recovery. But don’t be reluctant to tell the people close to you about your recovery. You should never be ashamed that you are doing something about your addiction.

KINDLY SHARE YOUR IDEAS WITH US ON RULE NUMBER THREE: BE HONEST
Tips on Maintaining Long-term Sobriety After Rehab

From: www.alternativesintreatment.com

So, you’ve completed drug and alcohol rehab treatment. That’s an awesome accomplishment. Yet, you are wondering how you can maintain long-term sobriety in the days, weeks, months, and years after treatment.

This is a common question people ponder after successfully completing an addiction treatment program. After all, addiction and substance use treatment centres provide a structured environment and safe haven where the stresses, pressures, and relapse triggers of everyday life are removed. Venturing out of the confines of rehab can be intimidating, if not terrifying. Fortunately, there are many things that a newly sober individual can do following addiction treatment to help him or her maintain their abstinence and sobriety long after treatment.

Before getting into the tips for maintaining long-term sobriety, it is important for the recovering individual to know that lapses into drinking or taking drugs do not indicate that treatment was a failure. Instead, lapses signal that the treatment needs to be revisited or modified, or another treatment modality is needed.

In addition, keep in mind that recovery is a uniquely individualized experience. This means that every single person will go through this journey in their own way. There isn’t a one-size-fits-all path to maintaining a life of sobriety, just as there is no single treatment that works well for every individual learning how to overcome an addiction. Accordingly, use what resonates for your individual situation, and tweak the rest to fit your unique self.

- Take things slowly. Initially following rehab, you may feel overwhelmed by all the changes. That’s natural to feel that way. However, there’s no rush. Take things day by day, hour by hour, or if necessary, minute by minute.
- Keep a long-term view. There’s no doubt that rehab for drug use or alcohol addiction can be a grueling process. You may have an adjustment as you transition to everyday life. Not only is your body no longer comprised of toxic substances, but you’ve learned quite a bit about coping strategies and living a life of sobriety. You must not be so hard on yourself as you transition back into your normal routine. Transition will take time and accept that in view of a long-term, healthier life.
- Be cautious about taking on too much responsibility. You may be super excited to be free of all the toxins in your body and getting back involved in your life. That’s a great sign. But it is important to not be so overeager that you take on so much responsibility that has the potential to make you too stressed or overwhelmed with dealing with the pressures.
- Refrain from spending time with friends who are still involved with drugs or alcohol. You may be tempted to get in contact with old friends. However, if these friends still use drugs or drink, it is best not to hang out with them (even if they say they will abstain while around you). Instead, develop new social activities that do not involve alcohol or drugs.
- Continue with aftercare. As part of your drug and alcohol rehab treatment, you were most likely introduced to aftercare programs or community meetings outside of rehab. Continuing with these aftercare programs is an important component of maintaining long-term sobriety and staying focused on recovery.

Believe in your success. A critical component to success, whether in alcohol sobriety, abstinence from drugs, or getting that next promotion at work, is to believe it will happen. Having such a belief that you will succeed in a goal that you set out for yourself elicits a focus, energy, and confidence you need to realize those goals.

Are there more strategies for maintaining long-term sobriety than the ones listed above? You bet there are. The key is to utilize as many strategies, including new ones that will work best for you. Maintaining a life of sobriety involves continuous adjustments, growth and learning and it is so worth it.
LEAD BY EXAMPLE - DON'T DO DRUGS!!!!!!

Myth versus Fact

Myth: Detox is all you need. You aren't addicted after you have finish detox. They can just knock you out so you can detox while you sleep.

Fact: Detox is difficult and just the beginning. The new “ultra rapid detox” programmes can be dangerous and even deadly. Finally, detox is the first step towards recovery but addiction is a chronic illness - like diabetes, asthma or hypertension, it needs to be managed throughout the lifespan. There is no cure.

Myth: You need to be religious in order to get sober.

Fact: Sobriety doesn’t require you to believe in God or subscribe to any organized religion. It helps, however, if you believe in humanity, family, community and the good aspects of yourself - beliefs that are greater and stronger than your own daily life with drugs.

From: Peer Education Programme — SANCA National

Define detox - Drug detoxification is used to reduce or relieve withdrawal symptoms while helping the addicted individual adjust to living without drug use; drug detoxification is not meant to treat addiction but rather an early step in long-term treatment. Detoxification may be achieved drug-free or may use medications as an aspect of treatment. Often drug detoxification and treatment will occur in a community program that lasts several months and takes place in a residential rather than medical centre.

Drug detoxification varies depending on the location of treatment, but most detox centres provide treatment to avoid the symptoms of physical withdrawal to alcohol & other drugs. Most also incorporate counselling and therapy during detox to help with the consequences of withdrawal.

MELKKOS — Jeanette de Beer

Bestanddele:
- 1 liter vars melk
- 1½ teelepel botter
- ½ koppie suiker
- 1 koppie koekmeel
- 1 teelepel sout (na smaak)

Bruinsuiker:
- 2 eetlepels kaneel vir elke koppie strooisuiker

Metode:

Deel asseblief jou lekkerste resep met ons!!!! Selfs al doen jy dit anoniem!!!!!