

HAPPe - News



Huntington's Asymptomatic Positive People newssheet

September 2001

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Hello to all...

Welcome to Issue 6 of the HAPPe Newsheet. Well, the International Huntington's Conference took place in Copenhagen last weekend and we are all waiting to hear the latest updates.

The big news over the last month of course has been the US stance over Stem Cell research and that of other countries including Australia. It will be interesting to see what effect these decisions will have over the next months and years.

On a more local and immediate note, my Masters Project "Living Positively with a Positive Result" is now available to be borrowed from your local AHDA. so, if you are gene-positive or just interested in lots of great web sites and publications and personal HD comments, have a look. I would love any feedback and/or suggestions you may have.

Until next time...keep smiling!

About this newsheet...

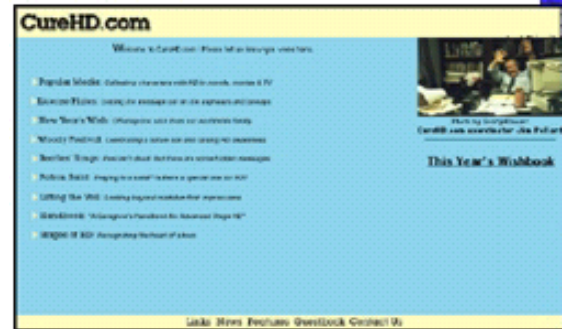
This publication is directed first and foremost at gene positive people in the Huntington's community. However, it is distributed free of charge by email or by mail on a monthly basis so, if you would like to receive your own copy, please contact Tracey at PO Box 517, Claremont WA 6010, AUSTRALIA or email tracey@insomcom.com

PLEASE NOTE NEW CONTACT DETAILS

Website to Check out...

CureHD.Com

<http://www.curehd.com>



An incredibly creative and well laid out site which has fascinating snippets about Huntington's unavailable on most other sites. From details of media which mention the disease, to a CureHD Wishbook and CureHD carplates which can be purchased, this site has something for everyone.

You can read nominations by others or submit your own book, music, video etc which refers to Huntington's. Links given cover associations and general information sites as well as personal home pages. Check it out and don't forget to sign the guestbook!

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SEND US YOUR
RECOMMENDATIONS AND
IDEAS!

A thought...

"True hope dwells on the possible, even when life seems to be a plot written by someone who wants to see how much adversity we can overcome.

True hope responds to the real world, to real life; it is an active effort"

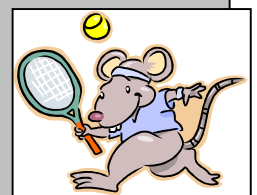
Walter Anderson

What's New in Research?

"Lab boredom" may lead to brain damage in animals

(The Guardian 28/08/01; p.5)
<http://www.guardian.co.uk>

US scientists claim that the boredom of life as a captive animal may be enough to incur brain damage and could call into question the validity of many laboratory experiments.



Good Ideas

Assistance from the "Positive Steps Newsletter"

True Success

Money and status are the twin traps of life. True success is an inside job. If you live your life in comparison to the people around you, you will never be happy because you are not in control of your happiness. Your happiness becomes a function of how the people around you are performing. You will never rejoice in the achievements of others because they make you feel inadequate, and there's always going to be someone better than you.

The single-minded pursuit of money and status will put you on the path to personal destruction. Status and money are treacherous and seductive. The more you obtain, the more afraid you will be of losing it. You will regard others either as a means to acquire more money or as a threat to the money you already have. You will be like a shark whose fellow creatures bite him when they smell blood. I am not saying that wealth and status are not significant attributes of highly successful people. All but the most advanced souls love recognition - but money and status should be consequences of our actions, not the cause of our actions.

True success is an inside job. Success is only sustainable if it comes from within. So be the best you that you can be. Focus on bringing joy to others. Don't compare yourself to the people around you. Don't dwell on past losses or hurts. Be grace-full, and the money and status will follow.

Mike Lipkin - Motivational speaker

A Simple Smile



It costs nothing but creates much. It enriches those who receive, without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever. None are so rich that they can get along without it and none are so poor but are richer for a smile. It creates happiness in the home, fosters good will in a business and is the countersign of friends.

It is rest to the weary, uplifting to the discouraged, sunshine to the sad and nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen for it is something that is no earthly good to anybody till it is given away! And if it ever happens that some people should be too tired to give you a smile, why not leave one of yours?

For nobody needs a smile so much as those who have none left to give.
Patri Walter -Moonleaves
<http://moonleaves.cjb.net>

You Are Valuable

A well known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this." He proceeded to crumple the dollar bill up. He then asked, "Who still wants it?" Still the hands were up in the air. "Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air. "My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

-Author Unknown

