

Dealing with the feeling

Say it loud, I'm young and proud

By Ashton Glasgow

My favourite feeling is proud because I like to smile and show my pearly whites.

It feels good to have someone tell you good things about yourself and how good you are feeling.

When people tell me that I am good person I go home happy with my head up high.

What friendship means to me

By Nathan Perry

What is friendship? Is it when you and your best friend are pals for a long time or when a friend understands you and always listens?

To me a true friend won't leave you behind or leave your life. Friendship is when you are friend with someone from the beginning of your life to the end of time.

That's what true friendship is to me, but everyone has a different idea about friendship.

Calming the anger inside

By Shakisha Downey

When I get angry, I want to scream and swear. I go for brisk walks or listen to loud-base music. Sometimes I find it helpful for me to sleep off anger.

Second thoughts about first instinct

By Ashley Baxter

I got really angry once at a ex-resident, who used to run for one or two weeks and come back on the weekend. We would then be shut down which means we were not allowed to go anywhere and she would do this all the time.

One weekend she came back and we were then shut down. I was mad because I wanted to go out. I was in my room packing to move to a different home when she came to my room and started yelling at me saying I was in the wrong for being mad at her just because we were shut down.

She got in my face because I was trying to ignore her when she got too close. I then said, "Listen here you little kid, get out of my face and get out of my room."

I was given a warning that next time I could be charged with threat. The next day I moved out and I never saw her again or said sorry.

If I could change the incident, I would give her a warning that if she didn't listen I would go to my staff and get her in trouble instead of me.



Rebecca Moore was a torch bearer for the 2010 Olympic Winter Games.



Patricia with Newsletter Project volunteer Catherine Young.