



## Cruising on the Grand Union Canal

It was a good flight over to Bristol. Weather was beautiful, much warmer than Dublin. First job to tackle was two trees down across the beck into the paddock. It will be used by the scouts for the jamboree so the debris had to be cleared; the chainsaw made light work of it, took us just over the hour so we finished up and went to the pub for a pint and a curry. Thursday morning loading the car, generator, bike, luggage and two dogs. Travel to the marina near Banbury. We opened the boat up and were surrounded by carp, looking for a feed. One of them was a thirty pounder. The swans and ducks checked us out as well. We split some logs for the fire while waiting for the fridge freezer to be wired in. Job done we set out on the canal, it was tricky with the strong wind. It proved to be a nature ramble. The quick brown fox, rabbits and hares even a family of green wood peckers. Two fallow deer peeped out of the cornfield. We passed through two locks and moored for the night, having done about seven miles which my sister cycled first thing in the morning to retrieve the car. Bella the lurcher dog went with her along the canal footpath. After bacon butties and a mug of tea we headed out into the traffic which worked in our favour with the locks, we were parked for a few minutes at a lock and watched a red kite following a tractor and mower cutting hay. She was looking for rabbits on the opposite side of the canal. A large herd of water buffalo were grazing contently, a strange sight after all the cows, sheep and horses. Bella the lurcher enjoyed the ramble from lock to lock meeting other dogs along the way she was beautifully behaved. We paired up for the double locks and made our way onto the Grand Union Canal. We finally reached the big one a flight of eight locks. It was hard work but the team work made it happen. We had arrived at the long term mooring. The Blue Liars public house it was lovely and sunny with a warm welcome from the ducks and geese. A row of weeping willow gave a scenic view, absolute peace and tranquilly.

Paul C



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## September Events

**7<sup>th</sup>** Employment,  
Education and  
Information  
Afternoon tea

**16<sup>th</sup>** Cinema Social  
Bridget Jones Baby

**30<sup>th</sup>** Accreditation  
Celebration Dinner

## September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Walking Group Publication group	2 Community support Crafts group	3	4
5 Policy Meeting Walking group	6 House meeting Efficacy Group	7 Art Class Standard & Employment meeting advocacy group	8 Walking Group Publication group	9 Community support Crafts group	10	11
12 Policy Meeting Walking group	13 House meeting Efficacy Group	14 Art Class Standard & Employment meeting Advocacy group	15 Walking Group Publications Group	16 Community support Crafts Group	17	18
19 Policy Meeting Walking group	20 House meeting Efficacy Group	21 Art Class Standard & Employment meeting Advocacy group	22 Walking Group Publications Group	23 Community Support Crafts Group	24	25
26 Policy Meeting Walking group	27 House meeting Efficacy Group	28 Art Class Standard & Employment meeting Advocacy group	29 Walking Group Publications Group	30 Community Support Crafts Group		

### A Day in the Wild West

As I got off the train I surveyed the town with its saloons, hotels and sheriffs department. I was picked for a cattle drive through the canyon so I had to get ready for it. I booked a hotel room for the night and got ready for bed. The next morning I got up for breakfast and put on my chaps, leather waistcoat, boots with spurs and my broad brimmed hat. And of course my holster containing my six shooters. I went down to the cattle ranch and saw all these long horned cattle all prepared for the drive through the canyon. We were well equipped with a chuck wagon full of cooking essentials, a few rifles and ammo and six men including myself to round the cattle. We got on our way on horseback and the cattle trotted along-side us and kicked up dust as they went through the town. As we got out into the canyon the sun roasted down on us and we were beginning to feel the thirst for water. Luckily we came across water spurts under the sand and drank greedily our share of water. The cattle and horses drank there as well. We set on our way through the creek in the blazing sun and came across Indians who were starving after the buffaloes were wiped out so we gave them three cattle and they were delighted to get some relief from hunger. That evening we got our dinner which contained beef, coffee and honey biscuits. The cook was a Mexican who gave us beef tortillas. The next few days were a battle through sandstorms, drought in which a few cattle died on the trail, extreme heat and cacti tearing through your clothes. When we got to our destination we rounded the cattle into another ranch and then took showers and put on our best clothes for a night out in town. There were brawls going on in the saloon bars and fellows being thrown out of them for causing rows. The whiskey was strong and when I gulped down the gulp I nearly fell over myself drunk. The next morning I awoke in a hotel room with a hangover not remembering how I got there. But one thing can be said I'll never forget my first time in the Wild West.

**Tommy K**



### Winter Time

The long evenings and dark nights are back with us and we are reminded of winter once again. At times it seems we have winter all year round especially when we get a bad summer. It's hard for some to accept the dreary days ahead of rain, high winds and stormy weather. It can also be depressing for people as they may suffer throughout the winter months and never feel happy. Others look forward to the open fires and logs burning, or the whistle of the kettle boiling on a stove as they read a book perhaps.

As the dark nights gather in around us, and the cold winds are brewing up a storm its time to stay indoors for fear of a tree falling.

It can be a dangerous time of the year. We have to prepare ourselves for the heavy rains like monsoons that we have had over the past few years. Accidents on the roads can be more frequent especially with the heavy rains.

Winter can be a time for refreshing our minds by engaging in courses. It can be a time of creativity for others as they love to do arts and crafts, or even a time to meet other friends and do jogging or join a gym to stay healthy. The theatre is a place to go for an evening or two to watch plays, and some go for a meal beforehand. The cinemas are also busy for lots of people. Yes, there are lots of advantages and disadvantages during the winter. At times it can be a lonely time for older people living on their own, as they may not see anyone from morning to night, so it is important to keep an eye on them, and make sure they get enough to eat. Sometimes all they need is a listening ear. Winter can bring lots of colds and some people end up in hospital with a flu as they find it hard to shake off. There is only one thing for the winter blues and that is to stay warm and dry and the one consolation is it too will pass, for nothing remains the same forever.

**Frances H**



## Keeping a Secret

Keeping it a secret was the hardest thing we ever done. We knew he was good but we did not know how good he was. The first day we ran him at Naas he only won by a neck. I wondered to myself, should I have run him when he was two years old and not give him time to develop into a fine three year old. Next we ran him in the Derrinstown derby trial at Leopardstown. This time he won by a nose. His owners said to me all roads lead to Epsom. We flew to Epsom on a fine Saturday morning in June. We were full of hope not confidence; I gave his jockey a leg up and a pat on the back for luck. The race began we were in midfield around Tattenham corner we moved up to third, then his jockey gave him some rein and away we went to win the Epsom Derby by twelve lengths. Hats went up in the air. Women kissed me later as we had a drink in the champagne bar. John came over to me his cheque book open. Now a month later all I have left is the photo on a table at home of my famous horse while he is getting his oats at Coolmore Stud.

**Phillip F**



## The Thief

Anne and Ian were married and had a newsagent. Their children were all left home. Anne did housekeeping and kept the books, and Ian was working in a local factory. Caroline who lived pretty near served in the shop during the week and Ian at weekends. Anne's books were never right. She was always short of money. One night they had friends over and mentioned it in conversation. They said it might be Caroline as her family were poor. It never crossed their mind that Caroline could be at fault. The next day Anne looked in Caroline's purse in the morning and there was no money in it. That afternoon she checked it again and there was 50 euro in it. Now she knew why she was missing money. Ian was recuperating after an accident and she told Caroline that he would do the shop when he was out of work, that she could stay at home for a while until they got in touch with her, but she never was contacted. The books were now always right. Ian took early retirement and started working in the shop instead of Caroline. It does not pay to be a thief.

**Patricia D**





## The Villain

I was sent to the Wild West world to see what life was like back then. Now I was told I could be anyone I liked. I chose to be the villain. I learned how much work it would be like to be a villain. I had to plan to get-away in case things got tough. I also had to work on how to draw a pistol and shoot it, if I had to, while robbing the bank. I visited the local bar to see what was going on there. Now the bar maid was a hot momma. I would have to get on her good side if my plan to rob the bank would work. I knew there was only one sheriff in the town, I had a few of my men attack the sheriff and we killed him because he tried to stop us from robbing the bank. But that was only today, there would be another sheriff in town tomorrow.

By James P



## New Horizon

We were invited to support the twentieth anniversary of the New Horizon hub Tallaght. It was established in 1996. Set up to support people with mental health difficulties, we got a warm welcome from the folks especially for Jenny who used to work there. Michael P, Joe G, Phillip F and Paul C, escorted Jenny to the event. A barbecue of burgers, hot dogs, jacket potatoes, coleslaw and a delicious fruit punch. We released balloons with messages to the world, and enjoyed the various speeches and a wonderful celebration cake.

"I find on days when it's hard to get out of bed and when you go in, you will be feeling a lot better when you leave to go home". A quote from a member.

Congratulations new horizon on twenty years.

Paul C.



blog

Have you checked out our blog lately?  
Stay up to date with all clubhouse  
activities

<https://platinumclubhouse.wordpress.com>

## September Birthdays



Pat C, Aine B, Seamus S  
James P, Vera F, Ray C,  
Jimmy N & Paula D.

## The Irish Weather in Autumn

Autumn is the time of the year when the nights of the year close in and August is the last month of the children's summer holidays. It is the time when farmers cut the corn with combine harvesters for winter bedding and feed. The weather has changed for the worst however, with rain showers interfering with the harvest - which makes it difficult for farmers to harvest crops and this makes it difficult for their plans for winter. I remember the Autumn forty years ago when the weather was good. Farmers were harvesting their crops no bother and we went to the seaside one Sunday and down to Limerick for a few weeks on holiday. I remember bringing in the hay and bales of straw and cutting the last bales of silage during August. I also remember the leaves of the trees falling to the ground that time too. It was also the time we dreaded which was going back to school. Yes the weather has changed for the worst in the last forty years as I remember when it was fine.

Tommy K



## Kids Going To School

Another morning has arrived  
As the little kids get up from bed  
Just look at the innocent, hardy child  
Awoken from dreams with a sleepy head  
Immediately get ready for the day  
With clothes neat and a hurried meal  
Their little hearts full of play  
Face another school time ordeal

To the school they hurry along  
Not knowing the reason for it all  
In their fantasy world nothings wrong  
As they all line up at the whistle wall  
Drawing and arithmetic have to learn  
With curious eyes and a working hand  
Sometimes alone for Mum they yearn  
But school is over all is grand

Their enchanting faces learn a lot  
Which will benefit in future years  
A good education these kids have got  
May they learn with fun and little fears  
Each child to grow strong and unique  
With goodness, culture and caring ways  
For future generations they will speak  
To lead this world to better days

Patrick M



## Word Search

F	E	E	L	C	A	S	H	M	A	G	E
L	N	R	A	H	E	A	N	A	L	O	B
Y	O	I	C	L	E	A	R	Y	O	U	N
N	C	N	K	L	E	A	H	Y	E	H	W
A	Y	O	O	R	R	F	A	H	Y	D	H
L	C	U	R	R	A	N	E	V	E	U	S
E	Y	A	O	Y	H	L	Y	E	E	F	N
H	L	N	S	V	O	R	G	R	L	F	I
W	A	L	L	H	R	A	O	O	O	Y	G
N	E	D	A	A	M	A	R	C	C	A	G
A	H	R	B	O	L	A	N	D	H	W	I
V	A	C	O	L	L	I	N	S	D	E	H

Barry, Boland, Cashman, Cole, Collins, Cleary, Curran, Duffy, Fay, Fahy, Feely, Healy, Higgins, Larkin, Lynch, Magee, O' Hara, O' Hare, Roche, Wall & Whelan

This Month's Interview is With

Sheena H

**How did you hear about Platinum Clubhouse?** I was referred by my nurse.

**Why did you join Platinum Clubhouse?** To get involved in the work order day and make friends along the way.

**How has Platinum Clubhouse helped you?** It motivated me to do courses I had an interest in.

**Any other comments?** I am delighted to attend clubhouse on a daily basis and love being part of the work order day.

## About Platinum Clubhouse

Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

We offer members a supportive environment in which they can work alongside staff in planning and operating.

Members participate in mutually planned vocational, educational and social activities.



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The Clubhouse guarantees four main rights:

- **Right to a place to come**
- **Right to meaningful work**
- **Right to meaningful relationships**
- **Right to a place to return**

