



Easter and Remembrance Day



On Holy Thursday we had a day of celebrations in the Clubhouse. Our manager Carmel read out the names of the deceased members of the Clubhouse, members gave us fond memories and we lit a candle for each of our deceased members.

Later we viewed all the lovely craft work done by some Clubhouse members. To be in the middle of such creative genius was a very humbling experience. Well done to one and all. The catering unit filled our bellies with some lovely food, just as well the weighing scales are broken. We all went home with an Easter egg under our arms.

Philip F



Inside this Issue:

Page 1 Easter and Remembrance Day

Page 2 Calendar of events

Page 3 My HomeTown/Book, Film, Music Review social

Page 4 On the farm / A new garden

Page 5 Spring / The Loss of Rare Animals.

Page 6 The Month of May/A Birthday in England

Page 7 Recipe / interview Interview

May Events

1st Clubhouse Closed Bank holiday

3rd Games evening in Platinum Clubhouse

10th Walk and cup of tea, afternoon

17th Tea and 60's and 70's music

24th Quiz evening in Platinum clubhouse

31st Employment dinner in Central Grill

May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|----------------------------------|-----------|-----------|
| 1 Bank Holiday Clubhouse Closed | 2 House meeting Efficacy Group | 3 Art Class Standard & Emp / Edu meeting Advocacy group | 4 Walking Group Publication group | 5 Discussion Group | 6 | 7 |
| 8 Policy Meeting Walking group | 9 House meeting Efficacy Group | 10 Art Class Standard & Emp / Edu meeting Advocacy group | 11 Walking Group Publications Group | 12 Discussion Group | 13 | 14 |
| 15 Policy Meeting Walking group | 16 House meeting Efficacy Group | 17 Art Class Standard & Emp/ edu meeting Advocacy group | 18 Walking Group Publications Group | 19 Discussion Group | 20 | 21 |
| 22 Policy Meeting Walking group | 23 House meeting Efficacy Group | 24 Art Class Standard & Emp/ edu meeting Advocacy group | 25 Walking Group Publications Group | 26 Discussion Group | 27 | 28 |
| 29 Policy Meeting Walking group | 30 House meeting Efficacy Group | 31 Art Class Standard & Emp/ edu meeting Advocacy group | | | | |

My Home Town

My childhood days living in a busy town
With cherished memories I will never forget
Through every corner and field I rambled around
In comfortable surroundings my whole self was set
I remember playing on meadows with such glee
Where nature and myself was truly a friend
A busy country town that meant much to me
Deep in childhood fantasy I felt would never end
At early morning the church bells would chime
Awakening many a worker to start their day
My empty pockets with not even a dime
But what is money without happiness I say
I rambled through glens with my dog for company
Swam the river waters when the summer was here
There were many wonderful sights for to see
In adventurous childhood without any fear
Life was simple to me in many different ways
I was seldom bored with lots to do
For want to love my whole self forever craves
In the town will always be close to my heart
Where the local community is so loveable and kind
A town busy routine it is for sure
And when people carry on and never look back
But the souls of these people so wholesome and pure
In natural friendship that they never lack
That life in a working class are so unique
And as the passing years quickly fall
Where each local has their own story to speak
What would I do without my cherished home place
With little loneliness and so much in human race
With little loneliness and so much company there
To me it is the best home in human race
With a beauty of its own beyond compare
O town of my youth stay with me forever more
To re-live the adventures I had as a lad
It is of my home town has opened the door
To a happy way of life that seldom was sad.

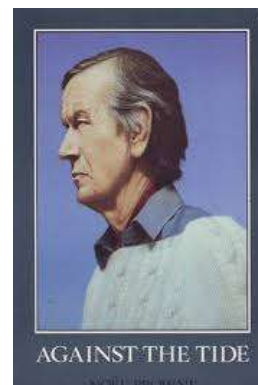
Paddy M



Movie, Book, Film Review Social

I attended a social yesterday evening to discuss movies, books and novels. One of the members gave a good account of Doctor Noel Brown's life of how he lost his parents to TB and how he and his family had to go to England to survive the poverty of Ireland. He attended a Catholic seminar in London and graduated with high honours. His embitterment of losing both of his parents and some members of his family to TB encouraged him to open his mind about the Catholic Church in Ireland and when he came back to Ireland after the Second World War he decided to enter politics. He joined a small Republican Party led by Sean McBride after being turned down by the Labour Party. As soon as they got into power in the 1948 General Election in a coalition government led by Fine Gael he set about changing the hospital system and wiping out TB right across the country. However, he ran into trouble with the Conservative Parties, doctors and Catholic Church with the pressure applied by Sean Costello and the Prime Minister. When this happened the Government fell in 1951 and Devalera was back in power again. When it came to my turn I gave an account of William Wallace. He was a Scottish Warrior in the late 13th and 14th century who fought for his country against the English. He won the Battle of Sterling and was recognised as a hero but was defeated in another battle through betrayal by his own nobility to the English King Edward Longshanks. He survived this defeat and took revenge against his betrayers by killing them off. Some people said he formed other armies to fight the English. He was sentenced to death in London and was tortured and beheaded without giving up on his principles. His last word was freedom. In Scotland Robert Bruce said "You bled with Wallace now bleed with me" and the Scottish drove the English out of Scotland in 1314.

Tommy K



On The Farm

Things have slowed down a bit on the farm after the flurry of spring sheep lambing. We are getting ready for silage making and spreading fertilizer on grazing ground. Then we have “topping” in the paddocks (small field where horses are kept) to keep them in good condition. This means clearing dandelions and other weeds, by “topping” with a mowing machine. Animals have to be dosed – against parasite attacks.

A few sheep will still have to lamb – the last of flock - while a few remaining cows have to calve.

The next really time consuming task is to do general farm maintenance – fixing gates, roofs, sorting out drainage in the farmyards, machinery, and work on the kitchen garden.

Áine B



A new Garden

With the start of spring I decided to do something I had never done before. I would start to grow my own vegetables, fruit and herbs. The whole thing was new to me so I was not sure where to start. First things first I thought so I went to Choice home store and bought some plant pots. They were on sale, three for eight euro, so I happily picked up the three. Next I went to B and Q, the next stop over. It was here I bought my seeds. I got some onions, baby carrots and a raspberry cutting as well as a big bag of peat. With all this in hand, once I got home I got to work. We already had a lot of spare soil from other garden work so I filled my pots with a mix of peat and soil. Then I planted all my seeds, following the instructions on the packs. Finally, I had a thought. If I leave my new pots out the dogs will dig them all up! So I decided to fix the pots up on the walls.

All of this happened three weeks ago. After this three weeks of watering and weeding the plants seem to be doing well. The onions are well sprouted and the carrots are growing too. The raspberry bush is still waiting for signs of life but we are hopeful. Lastly, in the last week I have added a tray of tomatoes and Basil. I am hoping my first garden will have a great crop!



James K

Spring

Spring awakens and the earth rejoices, it bursts forth. Its my favourite time of year, when brightness emerges, and the darkness is left behind us.

The lovely snowdrops and daffodils are a beauty to behold. Birds are singing in the early morning, which gladdens our hearts. The little robin is seen flying back and forth feeding its young.

The trees begin to take on a life of their own. There's growth all around us as the lovely stems begin to grow and shoot out.

Spring gets rid of our heavy hearts. There's a renewal of mind, body and spirit. We want to dust ourselves off and start living afresh. We feel grateful for all God has made and given us.

There seems to be harmony all around, a smile, a nod of the head as we go about our daily tasks. We feel happier in ourselves. There's a magic about spring as we do a spring clean of our house, and the gardens get tended too.

We look forward to the year ahead. It brings sunshine all around, and we feel we can face our life again as peace and harmony cover our troubled and anxious hearts.

Frances H



The Loss of rare Animals

Over the years a number of different birds are getting rarer and we must look at the reason why. The loss of certain habitat and the use of pesticides in agriculture must play a part.

The Curlew, the cuckoo are rarely heard in Ireland anymore. The loss of hedgerows in the countryside make nesting for some of our smaller birds more difficult. And some experts claim global warming plays a part in some birds coming from warmer climates not coming anymore.

Formally the cuckoo along with the swallows use to come in Spring now the cuckoo is seldom heard in Ireland.

The curlew's liking for marshland and the drainage of some of our wetlands seems to have brought about his demise. If we are not careful a lot of the birds of yester year will no longer be heard in Ireland.

Joe G



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

<https://platinumclubhouse.wordpress.com>

May Birthdays



Stephen L, Stephen C, Tyca R,
John McG, Helen C, Martina D, Paddy M,
Wesley C, Carmel D, Seamus D, John D,
Darren L, Mark N, Michael P.

The Month of May

May is the first month of summer officially when the days are getting longer and when the cows are finished calving. It is also the time when sheep are finished lambing so they can graze out in the fields. The cows don't even peak in milking yet not until June anyway and the silage is growing in the fields awaiting harvest. The daffodils are growing in the gardens and the birds mind their young until autumn comes around. It's the time of year when children go on outings in school sometimes to the beach or to other places in the country. People go to mass for the Blessed Virgin. They bring flowers to the statue of Mary; it's the month of the Blessed Virgin. May is the month when people cut their lawns and do gardening. Children make their first Holy Communion in this month and go on family outings afterwards. It is also the time when older children make their confirmation during this month as well. In England people dance around the maypole and celebrate May Queen as the month of May arrives.

Tommy K



A Birthday In England

I got up at 2.30 in the morning without an alarm. Packed my case and went to meet the airport bus. The nightclub was finishing and the crowd were very drunk. It was 3.30. My flight was at 6.30 and lasted 45 minutes. My sister met me at the airport and we travelled to her house. My nieces car was fitted with a top box to take all the luggage. We piled in the dog and the grandson and made our way up to Lincolnshire. We avoided the motorways; it was a beautiful scenic trip. The tulips were In full bloom. The trees looked well and the beautiful fields of oil seed rape lit the skyline. We arrived in the late afternoon, a quick change and we met up at a restaurant in Skegness for a session of all you can eat. As it was my birthday I got in free of charge. We finished with a photo session on the beach. The next day we visited a wildlife park. It was a wonderful collection of animals. The tiger was recovered from a circus and enjoyed feed time in front of a large crowd. A pack of wolves also shared their feeding time with an audience. It was a great show. The most spectacular were the pair of lynx. They performed a hunting show while being fed. We handled snakes gink, and a tarantula spider. The tapier was very attractive in its open pen. The meerkats were playing hide and seek and were very entertaining. We paused for a picnic in the barn and enjoyed the whole day. The next day we travelled back to Bristol. On the Friday we went to the circus. There was a wonderful clown entertaining the crowds, and camel and horse rides. Performing ponies, acrobats and jugglers. The show lasted a couple of hours. It was a lovely finish to a lovely birthday week.

Paul C



Wholemeal Carrot Loaf

- 225g/8oz Odlums Coarse Wholemeal Flour
- 1 tsp Odlums Bread Soda
- 2 Eggs
- 170g/6oz Honey
- 200ml/7fl oz Sunflower Oil
- 200g/7oz Carrots, coarsely grated
- 2 tsp Goodall's Ground Cinnamon
- 1 tsp Goodall's Ground Nutmeg

Icing

- 125g/4oz Low Fat Cream Cheese (room temperature)
- 75g/3oz Butter (room temperature)
- 75g/3oz Icing Sugar



1. Preheat oven to 180°C/350°F/Gas 4. Grease and base line a 900g/2lb loaf tin.
2. Beat the eggs, oil and honey in a mixing bowl until well blended. Add the carrots and mix well.
3. Sieve in the bread soda and spices, then stir in the flour until just combined.
4. Transfer the batter to the prepared tin and spread evenly. Bake in the centre of the oven for 45-55 minutes until nicely risen and firm to the touch.
5. Remove from the oven and allow to cool in the tin, and then transfer to a wire rack.
6. Beat the cream cheese, butter and icing sugar in a bowl until very smooth.
7. When cake has cooled completely, spread over the icing in a smooth layer. Leave to set before slicing.

This Months Interview is with

Noel Coyle

Favourite Meal: Roast duck Chinese style.

Favourite Movie: The Quiet Man, as a child, The Sound of Music.

Favourite Sport: Flat racing, National Hunt racing

Favourite Hobby: Eating and travel



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 the Clubhouse.

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

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**



Platinum Clubhouse
Unit B1, Century Park
Newbridge Industrial Estate
Newbridge
Co Kildare
Ireland

Tel: +353(0)45433229

Fax: +353(0)45433206

Email: platinumclubhouse@eve.ie

Blog: <https://platinumclubhouse.wordpress.com>

Web: www.kildare.ie/platinum

