

# NEWSBRIDGE



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**February Events**

**1<sup>st</sup>** St Brigid's Day

**14<sup>th</sup>** Valentines Day

**28<sup>th</sup>** Employment Dinner

**Happy St. Valentine's day to all.**

**History of St Valentine.**

St Valentine was a priest who performed marriages when it was illegal. He died on the 14th February.

**Customs of Valentines:**



To exchange cards and gifts.



In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

If you cut an apple in half and count how many seeds are inside, you will also know how many children you will have.



**Love is . . .**

Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with the truth.

Love never gives up; and faith, hope and patience never fail. Love is eternal. There are inspired messages, but they are temporary; there are gifts of speaking tongues, but they cease; there is knowledge, but they will pass.

For our gifts of knowledge and inspired messages and only partial but when what is perfect comes, then what is partial will disappear.

Meanwhile these three remain: faith, hope and love; and the greatest of these is love.

# February 2014

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   | Sunday |
|--|---|--|---|---|--|--------|
|  |   |  |   |   | 1<br> | 2      |
| 3<br>Policy Meeting<br>Art Class<br>Walking group  | 4<br>House meeting<br>Wellness Day<br>Kildare<br>Men's group<br>Creative Writing                    | 5<br>Art Class<br>Ladies group<br>Standard &<br>Employment<br>Meeting  | 6<br><u>Clubhouse</u><br><u>Men's Group</u><br>Walking<br>Group<br>Newsletter<br>Team   | 7<br>Crafts<br>Discussion<br>Group                                    | 8  | 9      |
| 10<br>Policy Meeting<br>Art Class<br>Walking group | 11<br>House Meeting<br>Healthy eating<br>Wellness Day<br>Kildare<br>Men's group<br>Creative Writing | 12<br>Art Class<br>Ladies group<br>Standard &<br>Employment<br>Meeting | 13<br><u>Clubhouse</u><br><u>Men's Group</u><br>Walking<br>Group<br>Newsletter<br>Team. | 14<br>Crafts<br>Discussion<br>Group<br><br><b>Valentine's<br/>Day</b> | 15   | 16     |
| 17<br>Policy Meeting<br>Art Class<br>Walking Group | 18<br>House Meeting<br>Healthy eating<br>Wellness Day<br>Kildare<br>Men's group<br>Creative Writing | 19<br>Art Class<br>Ladies group<br>Standard &<br>Employment<br>Meeting | 20<br>Walking<br>Group<br>Newsletter<br>Team<br><u>Clubhouse</u><br><u>Men's Group</u>  | 21<br>Crafts<br>Discussion<br>Group                                   | 22   | 23     |
| 24<br>Policy Meeting<br>Art Class<br>Walking Group | 25<br>House Meeting<br>Healthy eating<br>Wellness Day<br>Kildare<br>Men's group<br>Creative Writing | 26<br>Art Class<br>Ladies group<br>Standard &<br>Employment<br>Meeting | 27<br>Walking<br>Group<br>Newsletter<br>Team<br><u>Clubhouse</u><br><u>Men's Group</u>  | 28<br>Crafts<br>Discussion<br>Group                                   |  | 2      |

## February Horoscopes



### **Aries:**

You're an achiever, but you are only human so there is no need to be hard on yourself

### **Taurus:**

It is time you started living your life without looking over your shoulder or censoring every word that is said.

### **Gemini:**

Life has been tough lately, but most things can wait. A healthy relationship must be your priority for now.

### **Cancer:**

Focus on enjoyment this month as the past has been very unsettling. So look to the future and plan a trip.

### **Leo:**

Don't offer to help someone you don't know very well, and find out you have bitten off more than you can chew.

### **Virgo:**

You have been over doing it lately, you need to catch up on rest and take care of your responsibilities.

### **Libra:**

You are likely to over react to a situation. This won't go down well with friends or fellow workers if you make a mountain out of a molehill.

### **Scorpio:**

You are very busy this month and you are ready to tackle any thing but slow down and be careful.

### **Sagittarius:**

What you do and say will be thought about and talked about by those around you. So to leave people with a favourable impression.

### **Capricorn:**

Try not to be critical if a friend or family member confides in you. Just think hard how hard it must be for them to talk about it all.

**Aquarius** A family squabble will have some thing to do with a holiday in the future, but it will work out for the good

**Pisces** At work colleagues will appear helpless with out your assistance At home a relative will need your advice.

## My Garden

I reap my fortune of fertile soil  
Growing vegetables are my pride  
A garden full of my care and toil  
With Mother Nature at my side  
Soil being a foundation of life  
Growing flowers and fruit so well  
A garden full of weathered strife  
Its growth only time will tell  
Each seedling grows without fear  
Making my garden look its best  
Winter time gradually comes near  
Making growth barren and to rest  
Springtime comes sprightly free  
With my garden I cherish so  
A busy time of the year for me  
Sowing my seeds from row to row  
When my garden is at full prime  
I sit back and admire it so  
Fortune of nature been all mine  
As I helped it all to grow  
My garden is part of me  
That is life created by the sun  
My enchanting garden forever to be  
Within you my heart is won

Paddy M



## CATERING UNIT

Everything continues to go well in this unit. Many members take interest in this unit, and those who do work well together. Our dishwasher was out of order for a day but thankfully it is now repaired and all systems are up and running again.

### **HOME-MADE BEEF BURGERS**

**What you will need:**

- 1 lb/450g mince beef
- 2 small onions
- 1 egg
- 2 tbsp oil
- Salt and pepper
- Tomato ketchup
- Mixed herbs

**Preparation time:** Approx 10-15 minutes

**Cooking time:** Approx 40 minutes

**Method:** Put the oil into a frying pan and put onto a hot heat. Dice the two onions into small pieces and fry for a few minutes. Mix the onions in with the mince in a large bowl. Beat the egg and mix into the mince also. Finally mix in a sprinkle of mixed herbs, some salt and pepper and a dollop of tomato ketchup.

Pick up a handful of mince, using slightly wet hands, and shape the mince beef into burgers.

Slightly oil a tray and place the burgers onto it. Cover the tray with some tin foil and place the tray into a preheated oven at 180°C. Leave for about 30 mins and then remove the tin foil and return to the oven for a further 10 mins to brown.

Serve the burgers in baps with lettuce and onions and vegetables of your choice.



## Hope Renewed

At last we are leaving it all behind us, our wintertime with its blues and going forward with hope for an awakening of spring.

January and February can be chilly months ahead of us with plenty of wind and rain but all over the earth is breaking through the green shoots appearing everywhere, across the country.

It is a magical time to see our spring flowers coming up and the days growing bright and long. We celebrate nature as we see the greenery coming back on bushes and hedges and trees.

People come out of their hibernation and we see a spring in their step as they go about. Children are back in school for another term as mothers do a spring clean of their houses after the Christmas season. We rejoice in our hearts and minds as we journey into a New Year of hope and dreams.

We start to think of our resolutions for the year and try to follow through on them. Spring courses are done and enrolments for night classes also. Some of us start walking or take up jogging while the elderly, they too have a role to play as they give us chat and wisdom for the spring ahead. A flood of joy comes out among us as nature takes its course and colours take over everywhere. It's a rebirth we Encounted and embrace.

**Frances H**



## *First Christmas without Mammy*



It was my first Christmas without my mammy. It was very hard for both me and my brothers and sisters and of course my nieces and nephews. After all mammy had died. And we knew it would be a hard one. But Mark stayed strong; he cooked the Christmas dinner like always.

I got games both board and computer, I also got DVD'S 2 of which didn't work but ah well.

I had planned to dress up as Santa but with all the stuff that happened I could not get round to it. Oh of course Liz my aunty came up. Now my family also went to the Church like always. We did not go to the graveyard on Christmas too many things were going on but we will be going before the New Year.

I got a new phone and I have a photograph of my family as the background for it. It was a fairly hard Christmas without my mammy but I know there is people out there who will always help, and one person which I am really glad to say there is no getting rid of my aunty Liz and of course there is no getting rid of my counsellor Mary Barron. Thank God for both of them.

**James P**

## *February Birthdays*

**Bernie M, David B,  
Joe B, Colm S, Paul K,  
Dympna P.**





## Sending Sean Lemass type love to Dr John Mc Kenna

John McKenna fearless son,  
You healed a hungry for Doc Graham Nation,  
You developed Christian St Paul type's  
alternatives,  
Presenting a Robin Hood like literary situation.

With political bigwigs you never got cosy,  
Your books are of religious like Zeal,  
You prove true what the powerful Liam Lawler's  
deny,  
You really empathise with how the Sirachian  
understanding patient feels.

Debating like Barack Obama,  
Walking with a confident Mattheus Alexander  
style strut,  
To be completely honest, with even St Francis,  
To reject Dr McKenna's claims you'd be a nut!

McKenna is medical gold,  
He's Jack Gibson the third,  
McKenna's rocks McKenna rolls,  
He makes conventional claims seem absurd.

Niall D

## Snowdrops

Are beautiful and also symbolic of hope. It's said that when Adam and Eve were thrown out of Eden, and Eve was on the verge of giving up hope that the cold winters would never end,



An angel appeared and transformed some of the snowflakes into snowdrops, showing that winters do eventually give way to spring

## Eddie D

How can Eddie d live in 2014. He can get up in the mornings for the Platinum Club. Help Platinum Members do things that they do not know. He can be a good person and talk to members and staff a lot more.

He can enjoy some more activities and meet a lot of people that he hasn't met. Eddie D already has already done a lot with his key worker, getting things back on track. Eddie would like a bit more friends around him all in 2014

Eddie wishes every member and staff a good one.

**Eddie D**

## Cinema Outing 15/01/14

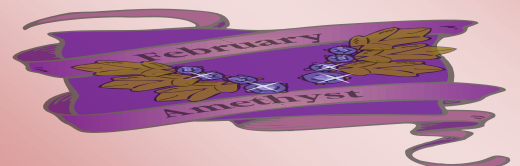
### The Delivery Man

Eleven of us went to the cinema. It was good entertainment with a difference. I found it to be light hearted comedy it was enjoyable.



## Quotes for February

Let's spark up February and make it better than January



## Number Puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 5 | 2 | 8 | 9 | 6 | 3 | 4 | 1 | 7 | 8 | 5 |
| 5 | 1 | 1 | 6 | 5 | 9 | 5 | 0 | 2 | 0 | 1 | 7 |
| 8 | 2 | 3 | 7 | 2 | 8 | 8 | 8 | 4 | 1 | 0 | 4 |
| 9 | 0 | 0 | 4 | 0 | 7 | 1 | 0 | 7 | 2 | 5 | 3 |
| 6 | 3 | 4 | 3 | 3 | 5 | 2 | 6 | 8 | 3 | 4 | 0 |
| 3 | 4 | 5 | 6 | 4 | 8 | 4 | 9 | 5 | 4 | 7 | 2 |
| 4 | 6 | 8 | 9 | 5 | 4 | 5 | 1 | 6 | 6 | 9 | 4 |
| 5 | 7 | 9 | 7 | 7 | 0 | 7 | 7 | 1 | 7 | 6 | 6 |
| 7 | 9 | 7 | 0 | 9 | 3 | 6 | 8 | 0 | 9 | 3 | 8 |
| 8 | 5 | 6 | 8 | 6 | 9 | 9 | 7 | 2 | 8 | 7 | 7 |
| 6 | 2 | 3 | 5 | 0 | 7 | 4 | 8 | 3 | 5 | 1 | 5 |
| 5 | 0 | 1 | 2 | 3 | 8 | 3 | 5 | 4 | 2 | 4 | 3 |

013438, 038905, 075834, 136798, 165950, 180758, 237605, 260744, 281549, 318075, 351736, 385708, 438570, 451827, 489379, 528744, 549978, 579114, 605640, 637153, 676443, 705411, 760564, 791145, 808496, 847079, 890598, 937953, 967542, 987584,

This month's interview is with

*Peter Kelly*

**Favourite Meal.**

**Fry up on the double**

**Favourite Movie:**

**True stories**

**Favourite Sport:**

**Card's and Dart's**

**Favourite Hobby:**

**Carpentry**

## 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.

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**



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