



NEW BRIDGE

Killenthomas Wood



I was on my way to the kitchen when Mary invited me on a walk. It was a lovely morning so I decided to go. We used the back road out of Newbridge, to the plains of the Curragh. The dandelions lined the grass verges, and danced in the wake of the traffic. There were sheep everywhere, lambs skipping playfully. The horses were being exercised across the Curragh. The gorse in full bloom stands well. A group of caravans were hidden away in a corner. Taking the Rathangan road, we turned right over the canal, and up past the church. Daffodils were out everywhere. The paddocks with horses enjoying the sunshine and kept hedgerows a splash of spring lit the view.

Then we arrived at our destination. Killenthomas Wood. A lovely mix of Oak, Ash, Beech and Hazel trees. And there before us lay a carpet of bluebells. A million and more. Mixed with wild garlic, bathed in the sunshine. Fallen trees, statuesque. Overgrown with moss and lichen, it was a photographers paradise. The birds were singing to each other, anemones and celandines added to the glorious range of colours. Violets peeped out from the ferns. Pine cones in various states of decay littered the woodland floor.

We saw no squirrels, but I am sure they were watching us, meandering through their beautiful home. And so I was diverted from one world into a place of utter tranquillity. Only the week before it was full of musicians. Must have been magical.

Paul C

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June Events

June Fest Outing

6th Bank Holiday
clubhouse closed

15th Summer Day
Trip River Run
Athlone

24th Employment
Dinner

June 2016

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|------------------------------------|--|---|--|----------|--------|
| | | 1 Art Class Standard & Employment meeting Ladies group | 2 Walking Group Publication Group | 3 Relaxation Community support Crafts group | 4 | 5 |
| 6 Bank Holiday Clubhouse Closed | 7 House meeting Men's Group | 8 Art Class Standard & Employment meeting Ladies group | 9 Walking Group Publication group | 10 Relaxation Community support Crafts group | 11 | 12 |
| 13 Policy Meeting Walking group | 14 House meeting Men's Group | 15 DAY TRIP CLUBHOUSE CLOSED | 16 Walking Group Publications Group | 17 Relaxation Community support Crafts Group | 18 | 19 |
| 20 Policy Meeting Walking group | 21 House meeting Men's Group | 22 Art Class Standard & Employment meeting Ladies group | 23 Walking Group Publications Group | 24 Relaxation Community Support Crafts Group Employment Dinner | 25 | 26 |
| 27 Policy Meeting Walking group | 28 House meeting Men's Group | 29 Art Class Standard & Employment meeting Ladies group | 30 Walking group Publications Group | | | |

Staring at my Reflection

I get out of bed as usual, shower and wash my hair. I stare at my reflection in the mirror, only it does not look like me, but yet it is me!! I do not recognise the dark circles under my eyes, or the small lines of ageing. Although I slept well. I'll have to start going to bed earlier I tell myself.

I take a closer look in the mirror and feel aghast as I did not notice those extra few pounds I put on. I've been trying to diet over the years, but nothing seems to work for me, and I do not have much willpower when it comes to Ann's cooking. Have to try harder or I'll soon be looking for a new wardrobe of clothes!!

My feet could do with a good pampering; I also need to go to a chiropodist. As I brush my hair it looks dull and of course I'm losing some every now and again. I need a good cut and colour, but I cannot afford those prices at the hair salon, not on my wages.

I dry my hair and put on my make-up which I love. I look pale so I add some blusher. Now I feel like the blushing bride. As I try on my new trousers and top, I feel good. At least they fit even if I had to go for a bigger size. I compliment myself now as I put on my shoes, a bit old fashioned but comfortable to wear.

I look again at my reflection not bad, I may add for a forty year old having had three children, and worked hard all my life. Yes beauty comes with age and what about my curves! I might add I'm a woman who loves her curves. People love me for who I am, not because of my size or dark circles. It's taken me all this time to recognise I love myself as I am. I do things for myself as- like my image, I'm happy in my body. The years may have taken their toll, but I'm a grown up, individual person, and I would not change myself for anybody.

Frances H



Knock

Once upon a time my mother and I went on a day trip with the Carmelite Fathers to Knock. Knock is where Our Lady appeared many years ago, it is in Mayo. We stopped off for breakfast in Moate Co Westmeath. We arrived in Knock and did a tour of the shops there. We said prayers at the rosary wall and visited Our Lady's chapel. It was my first time to Knock and I was very moved by the sick people, the young and old.

We went to mass at 3pm in the Basilica, after mass we went on the rosary walk around by the Stations of the Cross. On the walk I got a massive panic attack and sweat broke out all over my body, my heart raced. I saw a white light in the sky fall down on me and I fainted. I woke up in the hospital in Knock; there a doctor told me what had happened to me had happened to other people as well there before.

Before I left knock that evening I promised Our Lady that I would say the rosary every day of my life to her and be kind to people and to this day I have kept my promise to her.

I am as big a sinner as the next person nor am I an over holy person but I do believe in God and Our Lady and what happened to me in Knock that day changed my life for the better and as long as there is life in my body I will keep my promise to Our Lady, to say her rosary to her everyday.

Philip F



Gardening Tips

Hoe Down

It is that time of the year again, we have the ground turned over and weeded. I picked up three parsley plants, two curly and one French. They were planted out and well watered in. We have a fine tilth ready for seeds, and a selection for planting; chives, coriander, basil and more parsley.



The latest addition is a packet of rocket. A lovely leaf for salads. It is great to have fresh herbs coming into the kitchen. The 4 tomato plants are doing well in the warmth of the greenhouse.



The hot box in the corner has lettuce growing at a tremendous rate. The border along the wall side looks well, particularly the wallflowers in full bloom. The scents are marvellous.



The bamboo stands tall along the boundary fence. And the clematis is showing its first flowers as it entwines the palings.



The caretaker keeps everything watered and it looks really well.

Paul C

Farming in June

Some of the farming activities in June include making silage – fodder for cattle next winter. Topping the fields, which is cutting the thistles in the meadows, keeping the grass right.

Fertilizer is spread to make grass grow – June is a peak growing month.

Sheep are sheared – depending on the weather – i.e. their fleeces are shorn to keep them from over heating. If the fleece is not sheared, now she can lie on her back and die. If she is shorn she is able to turn upright again.

Maggot fly or the blue bottle cause maggots to lay eggs on the animal which eat into the sheep who then dies.

Another big danger to the flock, is the “scald crow” or its official title “grey hooved crow” – will take out the eyes of a living sheep.

Cattle graze away and are dosed for worms or parasite infections.

Barley grows – particularly in the south of the country, and is prepared for cutting.

And so life continues on the farm!

Áine B



Celebrating Green Ribbon plus afternoon tea.

Platinum Clubhouse celebrated Green Ribbon month and marked the occasion by having an in-house social event.

We had a very nice social to celebrate Green Ribbon Month; it was held on the 11th of May. This was ‘Afternoon Tea’. Staff and members joined together to prepare the afternoon.

We decorated the tables in the dining room with red table cloths a lit candle in the centre. Then the tables were set for tea.

The kitchen staff prepared a lovely selection of food for members to enjoy. We had mini wraps, filled rolls, sandwiches, cocktail sausages and tea or coffee. This was delicious and thoroughly enjoyed by all. Then to finish we were served a selection of cheesecakes and rhubarb tarts which with cream.

There was lovely music in the background and the atmosphere was great. The clubhouse was open until 6.30pm. We all had a great chat and good laugh. This was a social with a difference and enjoyed by all. Thanks to staff and members who helped make this social one to remember!

Sheena H



June Birthdays

Debbie R, Kieran S,
Niall D, Catriona H,
Annette O’N, Lydia F, Siobhan B &
Teresa A.



Dublin West

The cold clear wind from Brussels is calling soft to me
The smell of Dublin West brings bitter memories
The wild and lonely Sherlock all in the clear blue sky
Flying high o'er Dublin West where my poor Eileen lies.

Do you remember Charlie how we walked the moonlight road
You'd hold me in your arms my love and never let me go
Our hands they were entwined my love all in the pale moonlight
By the side of Dublin West where my poor Eileen lies.

Then came the call to polls my love and the hills, they were enflamed
Down from the silent mountains Tomás McGoille came
I took you in my arms my love my young heart wild with fear
By the side of Dublin West in the spring time of the year.

You fought on unarmed Eileen all through long summer days.
I heard you slagging Farrell from the telly far away
I took you in my arms love your blood rang clear and bright
And you died in Dublin West on a lonely Summer night.

But that was years ago my love and the hills are at peace again.
Tomás McGoilla's gone.
There are roses on your grave my love; Jim Kenny is in the sky
And he flies o'er Dublin West where my poor Eileen lies.

Joe G



Where I go to hide away

There is a spot down by the river where I can hide from everybody. With beautiful woodland on both sides it is paradise. There is an ornamental landing stage surrounded by pot plants and shrubs. The deep swims have salmon and trout, taking fly from the surface. The odd kingfisher darts from branch to branch on the lookout for small fry.



There are a few pike as well. 'Tis a dangerous place for small fish. The far side has been planted with daffodils, tulips and small trees. My side is natural. Bluebells, wild garlic and majestic beech trees.

A squirrel scampers about his business. And the beautiful jay scolds the passing magpie. Rabbits are everywhere. To sit quietly and let the world go round. It is a very special place to be.

Paul C



Word Search

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | C | S | A | S | E | E | S | E | A | S |
| A | U | I | A | S | U | R | S | O | R | N | I |
| K | C | N | N | S | E | E | D | A | A | D | G |
| O | T | H | P | I | K | A | O | S | S | K | H |
| L | S | E | G | A | S | S | S | G | U | U | T |
| D | K | I | S | A | L | A | E | S | I | N | R |
| I | N | N | C | N | S | N | I | N | H | S | G |
| S | U | K | U | U | O | D | H | L | T | U | H |
| H | E | H | E | S | L | S | P | K | A | D | K |
| G | C | R | H | I | D | I | U | I | E | S | C |
| I | O | I | U | G | K | K | N | I | S | E | I |
| S | I | G | N | S | A | I | K | H | T | D | S |

Sack, Sad, Sage, Sail, Sake, Sand, Seal, Seat, Seed, Seek, Sent, Set, Sick, Sigh, Sight, Signs, Sink, Sip, Soak, Soar, Sod, Sold, Son, Sore, Suds, Suit, Sun, Sung, Sunk, Sure,

This Month's Interview is With

Jenny H

Favourite Menu: Chicken tikka masala with pilau rice & garlic naan bread

Favourite Actor/Actress: Leonardo Di Caprio

What Inspires you: Peoples inner strength.

Favourite Holiday Destination: Florida



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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