



NEW SBRIDGE

A Different Perspective

I have been a member of Platinum Clubhouse for approximately 12 years now and in that time I have been pre-dominantly based in the Administration Department.

I was on a week's holidays from my part-time job with Manguard Plus and our resident chef Kate asked me if I would like to help in the kitchen for a few days because a couple of her normal crew were absent for legitimate reasons.

I took her up on her offer as I am not very domesticated so I needed badly to brush up on my kitchen skills. On my first day Kate asked me to assist in making an apple crumble. We had over thirty five down for lunch so I had to chop up ten cooking apples which were put into a saucepan and boiled for ten minutes adding brown sugar in the process. She then showed me how to make the crumble with the ingredients such as flour, sugar, butter and cinnamon which we needed to make the crumble. We then poured the cooked apple into a dish and added the crumble and put into the oven for 20-25 minutes. Most of the members complimented me on the finished product.

The next day there was a mixed grill on the menu and we had to make the home made chunky chips. Philip peeled all the potatoes and he showed how we cut them up and this took us the best part of an hour because there were 35 in for dinner that day. Kate had ordered Rhubarb to make a rhubarb tart and I was given the task of chopping up the rhubarb.

She made the pastry for the tart whilst we were doing the chips and then I was shown how to make custard. We used over four litres of milk and added vanilla essence in this process.

I must admit due to Kate and the kitchen crew's easy going nature I really enjoyed the experience and look forward to the next part of my apprenticeship.

Clive C



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May Events

Green ribbon celebrations for May



2nd Bank Holiday
Clubhouse Closed

4th Bluebell walk
weather permitting.

18th Film in Riverbank

27th Employment
Dinner.

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 BANK HOLIDAY Clubhouse closed	3 House meeting Men's Group	4 Art Class Standard & Employment meeting Ladies group	5 Walking Group Publication Group	6 Relaxation Community support Crafts group	7	8
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30 Policy Meeting Walking group	31 House meeting Men's Group					

The Lucky charm

As I walk along the busy pathway I see something glistening in front of me. I pick it up and to my amazement I see it's a lucky charm. Yes, this is going to be my lucky day and I can read the minds of my politician friends especially now that we are meeting for lunch.

As I walk into the restaurant to meet everyone I relax and put the magic charm into my pocket. I smile to myself and order a soda water as I already see some of them making fools of themselves thinking their party are better than anyone else.

I sit down next to my friend T.D. Tomás Walsh. We fine Gael are doing a good job trying to get jobs for the young and unemployed. I see Tomás thinks he's above me, but I know I can out do him in the General Elections up and coming. For I already know the job situation better than he does in the Kildare Constituency. Yes I can get the country up and running again as I read Michael O' Hara's mind. A fair man, mind you he feels he has the housing situation under control, but I know I can do better than him, for I can bring down property rates and help the poorer people get housing. Yes the ball is in my court now.

As we are halfway through our meal the conversation gets a bit heated and the discussion of the HSE starts and everyone wants their way. I see Sharon Dunne across from me trying to worm her way out of everything. She needs bringing down a peg or two. I can read her mind like a book. She should be retired at her age and let a young lad like me be a leader. I can do wonders for our country with my young mind. Councillor Fiona O' Shaughnessy thinks she has her foot in the door, but she's only fooling herself. Sure what does she know about politics. She's all for the benefits of the country, but she will not stand a chance. She's trying to get a new fitness regime into the country and look after family health, but the damage is already done to our youngsters. Yes I am going to have a great time with my lucky charm.

Frances H



Secret Wives

When local business man Ross Magee is given a large donation for cancer research by an unknown donor everyone says that money could not have been given to safer hands. Ross is one of the most honest men to walk the streets of our town. Mrs Clifford told me as I done my weekly shopping in the local Centra supermarket. It was true Ross owned a big farm just outside the town; he was on the local chamber of commerce, read at the masses on a Sunday. His wife was the daughter of Lord Nelson a distance relation of the queen. They had one child Jonathan aged 8 a bear of a boy and they lived in a big house. Every year they are one of the first people in our town to get a new car and go on foreign holidays.

The town is in shock; Ross Magee has done a runner with the money given to him for cancer research. People gather in groups around the town and talk about Ross and the missing money. It turns out our Ross was more a sinner than a saint.

He had a problem with gambling and lost a lot of money with on-line betting he had borrowed a lot of money over the years from the bank and credit unions to feed his habit. Glamorous Cheryl lost him a few bob too with her designer outfits, foreign holidays and new cars. But one thing that sent the woman for the holy water bottles was it turns out Ross was a bigamist he had two other wives one in Cork and the other in Belfast. Our Ross was a farmer all right he planted a few fields in his time. It is safe to say that there will be no statues to Ross Magee in our village, as the old saying goes. Never judge a book by its cover.

Philip F



Tips on Cooking For One

Get into the habit of spending a few minutes planning your meals and making a shopping list. When you are cooking a main meal (casserole, stew, curry or pasta dishes) make a few extra portions which can be frozen for another day.

Bread, Cereals and Potatoes:

- Buy smaller loaves of bread to prevent waste and freeze whats over for another day . Crackers and crispbread will stay fresh for a few weeks in an airtight container.
- Part-baked rolls can be frozen and baked when needed.
- Rice and pasta can be stored for a long time.
- Buy baby potatoes rather than a large bag.



Fruit and Vegetables:

- Frozen vegetables are nutritious with no waste as you can use only what you need.
- Buy vegetables and fruit that are in season as they are cheaper.



Milk Cheese and Yogurt:

- Grated cheese freezes very well and you can use just what you need straight from the freezer.
- Buy smaller cartons of milk may help avoid waste.
- Check the use by date on yoghurts. Generally they can be stored in the fridge for at least two weeks giving you plenty of time to use them up.

Meat, Fish, Eggs, Peas and Beans:

- When cooking meat or chicken, cook a little extra for a sandwich the next day.
- Tins of fish and small tins of peas and beans make very nutritious and economical meals.



Boot camp

Before starting boot camp last September I did very little exercise if any. When I first started I attended one night a week and as I began to enjoy the class I went three times a week, a Monday and Wednesday evening and a Saturday morning the classes are an hour long.

When I first started the class I was really unfit and I couldn't manage some of the exercises which were 30 seconds long. As time has gone by I have done the exercises which are both cardio and circuit. I found the sprinting difficult and still do at times but our trainer is very patient and trains us at our own pace. Some of the exercises I do are kettle bell swing, throwing a medicine ball in the air and running to catch it, jumping jacks, planks and lounges that's only a few that we do.

I have made friends in the class, and two of the girls and myself have taken part in three 5k walks the last one being in Celbridge and it was called 'jog for a dog' to help train dogs for children with autism, this is a huge achievement for me as I used to sit on the sofa watching TV and I wouldn't have dreamed of doing any walks.

Now with the good weather coming in class on a Saturday morning is an outdoor class now, where I flip over tractor tyres, hitting the tyres with sledge hammers, have hurdles to run and the dreaded rope swing.

I enjoy this class and I am starting to feel good about myself, a new me.

Debbie R



Cinema Social

Film Review: My Big Fat Greek Wedding 2

This film was entertaining and funny in parts. It gave the viewers an insight into the Greek way of life. It had a great story line and I thought the wardrobe was very stylish throughout especially for the wedding scene. I liked the wedding dress worn by the bride.

I'd rate the movie a good 6 out of 10 for the entertainment factor.

Sheena H



May Birthdays

Stephen L, Stephen C,
John Mc G, Martina D, Paday M,
Frances D, Pat H, Stephen M, Wesley
C, Carmel D, Seamus D, John D,
Mark N, Michael P & Martin P.



Computer Course

I'm doing a computer course in the VTOS centre in Newbridge. It is called IT skills level 4, I am enjoying it. My tutor is Fiona Conlon, she is a very nice lady with a great sense of humour. I have learned quite a lot: internet & email, data entry, file management, software & hardware and backing up files on a memory stick. I have did an assignment on Monday – IT theory. There were 25 questions to answer; I also had to type up a piece of text within 10 minutes. I did another assignment on Wednesday: I had to use bold, italics & underline the title, change font size, use line spacing, change the margin and put in a picture using clip art. The course I did before was Word Processing Level 3. That was on Tuesday & Thursday afternoons. Fiona was teaching the class and it was a great course. I learned all the different tools & features of Word Processing. I learned about the different icons on the quick access toolbar, header, footer, control C: which is to copy a piece of text, and control V which is to put that piece of text where you want to put it, its also important to save your work to your folder which should have your name on it, the work you have done on the computer should be saved into that folder. The blue disc on the home tab is a shortcut to saving the work you have done on the computer. I have really enjoyed the course, I love computers and I hope to do the next level up after I finish this course.

Edward M



Mary

Tom and Anne had a daughter outside wedlock. They called her Mary. When Mary was five months old Anne was killed. Tom couldn't rear Mary alone and keep his job, so he decided to give her up for adoption. He knew he would miss her a lot. She would always be on his mind. When giving her up for adoption he said make sure they call her Mary. Also make sure and ask whoever adopts her, to do likewise as that's what she always been called.

A short while later Tom married Jenny. They had triplets. The children hadn't started school, when they had new neighbours. They were very good friends and often went to each other's houses. As soon as Tom saw Mary he knew she was his daughter, but Mary didn't know him. He said nothing to anyone, as he didn't know if Mary knew, she was adopted.

After they left school, they all left home except Mary, who got a job nearby. Her parents sat her down one evening and told her she was adopted. She decided to find her birth parents.

She told this to Tom and Jenny. When Tom got Mary alone, he told her she needn't bother searching, as he was her father and her mother was dead and not to say anything, to anyone as not even Jenny knew.

Shortly afterwards Jenny died. He then changed the will and left the house to Mary, as she was only renting, and none of the others were and he thought he would never meet her again, but he got a lovely surprise.

Patricia D



Word Search

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

Cable, Cared, Carry, Catch, Chair, Champ, Charm, Chase, Cheap, Cheep, Choir, Chore, Clamp, Clash, Clown, Coast, Court, Craft, Cramp, Crane, Crate, Crave, Creed, Creep, Crime, Crust,

This Month's Interview is With

Sheena H

Favourite Menu: Lasagne and garlic bread

Favourite Actor/Actress: Jennifer Aniston

What Inspires you: Fashion

Favourite Holiday Destination: Canary Islands



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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