



NEW BRIDGE

50 Shades of Green

As I walk out past Newbridge Silverware the smell of freshly cut grass fills the air, the bed of flowers are radiant, with the statues to show off the front of the restaurant. Walking on down the hustle and bustle of the fairground activity in the Lidl car park, music playing while they work in the Easter sunshine. I make my way through the industrial estate, past the post office sorting rooms all are busy, the green house is empty and quiet but with a warm glow ready for action. Having sorted some compost out I sowed the first pot of sweet peas bought by John F on our trip to Baltinglass to visit Tommy in his new job. I can leave the pot to warm in the sun and I head down to the garden it is ready for the first weeding. Some of the herbs are growing well especially the chives. It is time to decide what is going in and what is coming out to make way for the crop of sweet peas to gives us a fragrant cutting flower for the clubhouse. It is a lovely sunny day; the caretaker has watered the beds while looking for something to do. Our bed will take seven plants along the fence side. The cherry trees are in full blossom across the way and the dandelions stand proud on the waste ground. The shrubs are 50 shades of green all shooting new growth, is it Spring or is this our Summer.

Paul C



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May Events

4th Bank Holiday
Clubhouse closed

5th – 7th Supported
Holiday to Kilkenny

9th Pieta House walk

May 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Relaxation Crafts	2	3
4 BANK HOLIDAY CLUBHOUSE CLOSED	5 SUPPORTED HOLIDAY	6 SUPPORTED HOLIDAY	7 SUPPORTED HOLIDAY	8 CLUBHOUSE CLOSED	9 Pieta House Walk Darkness to Light	10
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Young Adults Group

Over the last few weeks the Young Adults Group have been meeting up and decided to change their day to every Tuesday at 2:20 pm . Every Tuesday we discuss and plan what to do every week and see how each of the members of the Young Adults Group are getting on. Also we have been discussing and talking about as a group different socials we could go on over the next couple of weeks. Recently the blog has been updated on all the events that have been happening in the clubhouse and whats coming up too. Also the facebook fan page has also been looked at and it is going very well at the moment. The Young Adults Group have decided to help out in the community by using picker ups and wearing the luminous jackets to clean and pick up papers/litter off the ground. We all decided it was a good idea to do. Outreach has been done to members and members of the Young Adults Group to check in and see how they are. The Young Adults Group are hoping to do football training in the next couple of weeks for their upcoming matches in Carlow and they are also hoping on the last day of their matches to win medals. Recently the van has been hoovered out .

Michelle F



Message in a Bottle

James Evans and his family went to the beach for a day out. He and his wife sat down to read their books while their children Vincent age 7 tall and lanky like his dad and Sarah aged 5 went to make sandcastles. An hour later Vincent and Sarah ran up to their parents with a bottle they found in the sand, James opens the bottle inside it is a letter his family sits around him as he reads out the letter to them.

Dear Mum,

We are now a number of weeks in England, the weather is not like in L.A, it is cold, wet and dark. Most of the English People are nice to us but a few of them resent us even though we are fighting against the same enemy Hitler and the Nazis. Our training has been very hard but as our sergeant says to us we are not going on a picnic.

Well Mum, the day we have been waiting for has come, Our General George Patton told us this morning we are to assault the beach at Omaha D-Day.

Mom I write this letter to you which I will put in a bottle and throw into the sea before I go as a hero on D-Day. In case I do not make it back mum I leave all I have to my wife Sally and our unborn baby, and to you pray for me and the lads that all goes well on D-Day

your loving son Mitch Fuller.

A year later an old woman is wheeled in a wheelchair pushed by her grandkids to a grave in Normandy. She is Mrs Sally Fuller and in her hand is a bottle with a letter in it. With her is her daughter also called Sally plus her children and a Mr James Evans and his family who took the bottle to their home in the U.S. They knew when they arrived at the grave of Private Mitch Fuller who died on the 6th of June 1944 at Omaha Beach. They placed flowers plus the bottle with the letter in it plus a note on the grave.

The note says dad. Sorry I never got to meet you in person, Mum and grandma told me all about you. Today I take your grandchildren Mitch and Lucy to visit your grave.

Your loving daughter Sally.

Philip F



CATERING UNIT

Potato Cakes



Ingredients

55g flour

¼ teaspoon baking powder

3 potatoes, cooked and mashed

15g melted butter or margarine

Vegetable Oil for Cooking

Method

1. Sieve together flour and baking powder.
2. Add the mashed potatoes and melted butter.
3. Bind together, using milk if necessary.
4. Turn onto a floured board or clean table top.
5. Knead until the mixture is smooth.
6. Divide in two equal parts.
7. Flatten each piece with your hand to form a circle and cut into eight triangles.
8. Cook on a well-oiled, hot pan until brown on both sides.
9. Serve with tossed Green salads or baked beans.

MEMORIES IN A SHOE BOX

The memories we have for a loved one should be there to be cherished and looked at when they are missing that person or even going through a bad patch in their lives.

If I were leaving memories for my children I would try to leave a small journal with words of wisdom, for instance, from small beginnings come great things. I would tell them to make a gratitude diary whereby every day they could see how lucky they are to have such things in their lives like family brothers and sisters, or even the food we eat every day. Be grateful for small things in life. Write down the things you love about your life. Try to be positive and remember that if you are satisfied with your life you are rich beyond your means. Money does not bring happiness.

I would make a to-do list for them and tell them to do the same and make a list of everything they want to do in life. Success will not matter only what you give to others, your time and friendship. I would tell them, for some day it will all come to an end and its not the things we collected in our life, our character and what we have done with our lives will be of importance. And so lastly I would leave photographs of my time here on earth and the happiness I found in small things in life.

Frances H



Farming Continues...

The biggest grass growing months of the year are April, May and June. All hedges must by law be clipped back before the first of March. Grass is made into silage in May, for indoor winter feeding of cattle.

'Grass Tetany' is a problem with cows. They can't store magnesium in their bodies. She loses it through the milk she feeds her calf.

Pressure on the cow such as bad weather, feeding calves, shortage of grass – these can all cause low magnesium levels. If untreated it can cause the loss of ninety percent of a herd.

A vet might cure her with an injection of magnesium, or cows can be fed it directly in the meal they eat. They must get it everyday as they cannot store it themselves.

Aíne B



May Birthdays

Stephen L, Louise R,
Stephen C, John Mc G,
Martina D, Paddy M, Denis O' C,
Frances D, Pat H, Stephen M, Wesley C,
Carmel D, Joan M, Seamus D, Maura H,
Dawn B, John D, Mark N & Martin P.



Dublin

A fond home for me in this city
Full of genuine people living in peace
It is changing so rapidly is a pity
Although my cherished love will never cease
From O Connell Street to Parnell Square
A friendly gathering often meets
As doves fly high in the air
With singing and dancing in the street
A unique place is my homeland
With interesting people to share
Hospitality in certainly grand
An enchanting spot beyond compare
I remember my walks through each street
With cinema houses, pubs and night clubs
Yes Dublin city is certainly a treat
Over all the land you can't beat the Dubs
Children play in alley ways
Chanting special rhymes so clear
Reminds me of my schooldays
And a culture I hold so dear
Each area has its special touch
With accents so clear and profound
Dublin I love so very much
As I treasure each sod of ground
May each generation live in pride
Of their city that reared them well
Each inhabitant has a soft spot inside
Who knows what the future can tell
By Anna Liffey this place is there
On the East coast of Erin's Green Isle
Everyone has memory to share
And they are never short of a smile.

Paddy M



The Passing

*As the months fly by since Christmas.
The pain of loss seems the same, gone
forever are the threads of a family
friendship, love companionship.*

*But somewhere deep in my mind I know
I feel a deep love radiating from afar,
love that says it will pass this terrible
loneliness pain, we will meet again
'It will pass'*

John F

Commemoration Service

*On Thursday afternoon on the 2nd of
April everyone in Platinum Clubhouse
took time out to remember all our
deceased members since the
clubhouse opened in 1999.*

*We lit a candle for each member that
passed away, and members spoke
some words in remembrance of them.
Paddy M wrote a poem for the service
and read it out at the end.*



Word Search

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

**037765, 057236, 094648, 117057, 136978, 175007, 210364, 246447, 285677,
 325677, 337117, 385092, 446427, 464891, 490435, 546489, 567689, 587946,
 647636, 665928, 685759, 737473, 763686, 791727, 846490, 857598, 896542,
 907765, 936467, 984645**

This month's interview is with

Luisa G

Favourite Meal: Chicken Curry & Rice

Favourite Movie: Titanic

Favourite Sport: Running / Basketball

Favourite Hobby: Go Dancing



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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