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NEW SBRIDGE

Shark Bait

It was a lovely sunny morning I had breakfast and came down to order a taxi, in fact the temperature was already in the twenties. To the marina please I gave the driver my request the traffic was light and we made good time it was very quiet at the harbour must be early. So I went for a coffee in one of several cafes along the front. It was pleasant to view the thousands of pounds worth of boats and yachts at ease in the dock area the water was alive with fish mainly mullet squabbling over bits of bread in a no fishing area. I was booked in with Wish and Fish for a days shark fishing we were heading 12 miles out into deep water on the sports fishing boat the Jose Batista you have to leave a copy of your passport at the information desk just in case anything happens. There were three boat crew and four passengers there were a couple from Austria a man from England and myself we posed for photos then set sail we left the harbour with a large bow wave and white wake behind us. The captain had shaken hands with us in welcome then sent the two lads into preparing rods for each of us, the boat was steering itself it was getting very hot we put on life jackets and sipped our water there were a few hopeful seagulls following us on our voyage.

One of the jobs in hand is the rubby dubby a mixture of blood and guts fish ofal mixed to a pulp the smell is strong and not for the squeamish. We arrived at the deep water and rods were baited, a balloon was attached to the line a different colour for each of us, we settled down to wait for the action to start the ground bait was fed through a small net the rubby dubby travels on the current along the line of the bait rods one comedian started to hum the music from jaws releasing all that flavour into the water could bring anything up from the deep, shark including hammerhead marlin and tuna. The captain took down a small rod with feathers and cast out on the back of the boat the rod bent and he reeled in five mackerel, super bait fish they were going to be our fresh bait he passed the rod on and we took it in turns I pulled twenty fish on board and they were all kept for bait. A shout went up as a balloon went under, all the lines were brought in and the lady put on a rod harness to do battle with our first shark the lady not sure what to do was guided to the stern and was asked to keep reeling in. The rear door was open and the shark was brought on board with us the two crew pinned it to the deck and the hook was removed by the captain the lines were baited with fresh fish and we cast out again, more rubby dubby was sent overboard and another bite was recorded it turned out to be a drift net floating by. I put the mackerel rod back in and caught two more then it went quiet they had disappeared a sure sign another predator. The captain shouted number three my number so I slipped into the harness for playing the fish in we fought 15 minutes till a four foot blue shark appeared a the boat side, on board it was a handful for the three crew unhooked the shark was put back carefully, we caught four that the temperature was nearly forty degrees we were ready for a drink to celebrate a good days fishing.

Paul C



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September Events

17th F.A.I Soccer

28th Haccp Training

September 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 House meeting Healthy Eating Men's Group Young Adults Group	2 Art Class Standard & Employment meeting	3 Creative writing Walking Group	4 Relaxation Crafts	5	6
7 Policy Meeting Art Class Walking group	8 House meeting Healthy Eating Men's Group Young Adults Group	9 Art Class Standard & Employment meeting	10 Creative writing Walking Group	11 Relaxation Crafts	12	13
14 Policy Meeting Art Class Walking group	15 House meeting Healthy Eating Men's Group Young Adults Group	16 Art Class Standard & Employment meeting	17 Creative writing Walking Group Soccer	18 Relaxation Crafts	19	20
21 Policy Meeting Art Class Walking group	22 House meeting Healthy Eating Men's Group Young Adults Group	23 Art Class Standard & Employment meeting	24 Creative writing Walking Group	25 Relaxation Crafts	26	27
28 Policy Meeting Art Class Walking group HACCP Training	29 House meeting Healthy Eating Men's Group Young Adults Group	30 Art Class Standard & Employment meeting				

Down By the Riverside

It was a lovely sunny morning and the chef and I dived into crusty rolls instead of peeling spuds. Ham and cheese, tomato and egg were the order of the day.

Mid-day and we headed out the Newbridge flowers were bright and vibrant on every junction as we ambled down to the river. I detoured to pick up a camera. First shot was Joe at the crossing, the ducks and swans were waiting for a feast to begin. No Heron in this usual place, the river was crystal clear flowing rapidly past us.

The benches and tables were quickly filled up so we took to the rocks as well. Five crows came down to join in the party and cleared up after we left.



Joe and I took the long walk home through the park looking for trout in the river.

Everyone seemed to enjoy the event making the walk back to the clubhouse they took in the show cars of the Newbridge Silverware.

Paul C



The Changing of the Wind



The changing of the wind,
Comes when near and far,
It always happens in itself,
Whether we are in or out.

When it happens,
It comes so fast or so slow,
That you don't know what to wear,
So in it you should be forever
prepared.

When it comes fast,
You should head inside,
For if you don't,
You can or will be blown aside.

When it comes in slow,
It is so nice and cool,
That you will just think,
That it is just nice and slow.

So whether the wind is slow or fast,
The choice is always to be prepared,
So when you hear the noise of old,

Choose to be prepared.

Jonathan D

CATERING UNIT

Cooking for one

A common dilemma for many people living on their own is how to prepare and enjoy healthy meals in a way that is worth the effort, cost and time.

Whether you are a younger student or an older person living in their own, the following section provides some helpful ideas on how to plan and cook meals in smaller amounts.

Smart Shopping:

- Make a list and stick to it.
- Never shop on an empty stomach – you may buy food you wouldn't normally buy.
- Own brands are often just as nutritious as big name brands and are generally cheaper.

Bread, Cereals and Potatoes:

- Buy small loaves of bread.
- Fresh bread and bread rolls, scones and bagels can all be frozen.
- Par-baked bread rolls are ideal as they can be baked when needed.
- Choose loose potatoes rather than a large heavy bag.
- Whole wheat pasta and brown rice are great alternatives to potatoes.



Fruit and Vegetables:

- Buy fresh fruit and vegetables when in season as they are cheaper and tastier.
- Frozen vegetables are just as nutritious as fresh vegetables and require little preparation (do not cover cook). They are very economical as there is no waste.
- Fruit tinned in natural juice is a handy alternative to fresh fruit.



Milk, Cheese and Yogurts:

Supermarket own brands are often cheaper than big name brands and are available in a variety of sizes.



Meat, Fish, Peas and Beans:

- Butcher's counters are ideal places to buy meat in smaller amounts.
- Large packets of meat or fish on special offer, can be broken into smaller amounts and frozen for later use.
- Tinned fish is economical, comes in small tins ideal for one and requires no cooking.
- Frozen fish or fish fingers are good alternatives to fresh fish.



Liam's Lucky Escape from a Seagull

On a tall building way up high,
Under all the elements of the sky,
In a high car park, feeling fine,
Parking my car, binding my time,
Outside, a seagull attacked at sight,
I got such a terrible fright,
And ran and ran with all my might.
A huge seagull with wide spread wing
It certainly looked a terrible thing.
This experience was no fun,
The seagull protecting its young,
A bird giving baby protection and care
For this I was much aware,
Luckily, I ended out unscaled,
This creature attack on me failed.
The seagull went on it's way
And I felt relieved on that day,
The seagulls target on me set,
An experience I will never forget.
This was sudden and unexpected for
me,
Thanks to the Lord there was no
casualty.

Paddy M



My Job in Quinn's

Last February I started a job in Quinn's on work experience. I travelled on the clubhouse bus to the store with Carmel for the interview at the store. I was told I would be working four hours a week.

On my first day of work experience I met Carmel outside the store and she introduced me to the boss Susan who gave me my first job on a computer, I was a bit slow on the computer so they gave me another job.

As the work experience was over I got the job permanently and I was working in the paint department checking out the cans of paint. I was also checking ornaments on the shelves. I then got a job looking up docket numbers on dockets and placing them in order on piles. I am very happy that I at last got a part-time job in this time of recession.

I start at 9am and finish at 1pm on Mondays and I received my uniform last Monday week.

Tommy K



September Birthdays:

Pat C, Aine B
Seamus S, James P, Vera F,
Ray C, Jimmy N and Paula D.



Review of the film Rain man

On Tuesday the 4th of August we watched a film in the clubhouse called Rain Man. This film was about a man who lived in an institution, he was left a classic car by his father.

At the reading of the will, his younger brother Charlie discovered he had an older brother.

Charlie took his brother Raymond out of the institution and they drove the car across the country. Raymond needed his life to be kept to a schedule and found it difficult when it changed.

Charlie discovered Raymond was good with numbers and started bringing him to casino's to count cards.

There was a lot of laughs and high jinks through out the movie.

James P



An Alien from Outer Space Comes Down to Earth

Hello my name is Jonka, and I am an alien, and I have just arrived down to earth. I had no choice because I can see these humans on earth are regressing and need help. I wonder how they will accept me.

They have destroyed their planet, they give way far too easily to impulses without first reasoning anything out. I am here on a mission. Their greed and indifference destroyed everything.

I am met by a lot of people, photographers seen all around, as they take pictures of me. Some very important people come over to me and introduce themselves. I am then brought into a big room where I am scanned with lights flashing all over. They seem happy enough and I am given a place to sit and reflect on the humans, and their habitat.

Their master or organiser comes over to me and starts to talk. They are living in fear, misery and discontent he says. I tell him I could bring them to another planet called Mother Planet where they would have space to think and remove themselves from their destruction, and come up with solutions to live like us in peace and harmony. After all they had a perfect planet at first like us. We are all programmed like a robot on our planet where as these humans live with passion, marry and have children. Their way of life is painful whereas we exist by cloning and it is a better way to safeguard our planet. You humans are always seeking happiness and that is why you do not have any rational thoughts. You never learn from your mistakes.

I am here to learn all about your planet and teach you how ours works if you have patience. I will help you and in time your earth will cleanse itself and you will all be a happier people within yourselves.

But for now I will go back to my ship for even aliens need to rest and relax. I will say goodbye for the present.

Frances H



Word Search

A	E	M	E	T	T	U	B	A	E	R	B
B	I	S	C	U	I	T	E	C	U	A	S
P	E	P	P	E	R	K	S	A	L	A	D
O	C	T	R	U	G	O	Y	O	B	Y	S
T	O	O	O	B	U	N	S	C	I	E	E
A	F	L	C	P	E	F	T	M	S	N	O
R	F	R	U	O	M	L	F	E	C	O	T
E	E	A	R	D	A	K	E	A	U	H	A
T	E	A	A	S	J	H	O	T	I	N	T
T	J	E	G	S	C	A	K	E	T	U	O
U	R	G	U	T	I	U	R	F	S	B	P
B	E	M	S	C	D	R	A	T	S	U	M

Bread, Biscuits, Buns, Butter, Cake, Cheese, Cocoa, Coffee, Eggs, Flour, Fruit, Honey, Jam, Meat, Mustard, Pepper, Potatoes, Salad, Salt, Sauce, Soup, Sugar, Tea, Yogurt,

This month's interview is with

Edward M

Favourite Meal: Pepperoni Pizza

Favourite Movie: Fast and Furious

Favourite Sport: Football

Favourite Hobby: Walking



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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