



## The History Of Saint Patrick



Ireland celebrates St Patrick's on March 17<sup>th</sup> every year. St Patrick is not only patron saint of Ireland, but of Australia, Nigeria and Montserrat. By all historic accounts Patrick was captured by an Irish raiding party somewhere along the west coast of Scotland or Wales. Raiding parties with warriors known as the Celts would raid along the coast looking for young people who would become slave's animals, clothes and weapons. They were able to run inland for about three miles non-stop and leave a handful of men to guard their boats. On one such raid Patrick was captured and taken to Ireland to work as a slave minding sheep to keep them safe from wolves, foxes and sometimes bears. He did this on the slopes of the Slemish Mountains in Co. Antrim. We know that Patrick's father was a deacon and prayed for his son's safe return. Although Patrick was only sixteen years old when taken into captivity he spent six years as a slave on his own and prayed to God for his release from slavery. He even had a dream of an angel telling him to escape south to a waiting boat in Dublin. This he did by leaving the flock and going south to Dublin. He arrived home to the delight of his parents and was reunited with his family and friends. He later began to realize he had a vocation to the priesthood or some ministry of prayer in the church. At this time there was already a Christian settlement in Ireland under Pallidus Archbishop of Armagh. Ireland was not ecclesiastically independent at that time being under the ecclesiastical jurisdiction of Arles in France. Patrick often thought about the Irish and prayed that they would come under their faith. During his time as a slave he developed a profound faith with God and developed a great ability to pray. He later confessed he heard the Irish in his dreams "come back to us". Once Patrick was ordained a priest and he learned Latin and French, he asked to be sent to Ireland as a missionary. Patrick had great missionary zeal and became the second arch bishop of Armagh and Primate of all Ireland. He set two goals up, first to convert the Irish and second to break with Arles. He came to Ireland and preached the love of God to the masses and converted the pagan Irish to Christianity and built monasteries and places of learning throughout Ireland. In turn many Irishmen became priests and bishops and in turn they went to Western Europe during the dark ages and inspired hope and civilisation. The Irish Catholic church owes it's foundation to Saint Patrick to this day.

Tommy K

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## March Events

**1<sup>st</sup>** Book and Film Club

**8<sup>th</sup>** Music Appreciation

**16<sup>th</sup>** St Patrick's Day  
Celebrations

**22<sup>nd</sup>** Gardening

**29<sup>th</sup>** Table Quiz

All socials are after  
hours in the Clubhouse

## March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Standard & Emp / Edu meeting Advocacy group <b>Social</b>	<b>2</b> Walking Group Publication group	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> Policy Meeting Walking group	<b>7</b> House meeting Efficacy Group	<b>8</b> Art Class Standard & Emp / Edu meeting Advocacy group <b>Social</b>	<b>9</b> Walking Group Publication group	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b> Policy Meeting Walking group	<b>14</b> House meeting Efficacy Group	<b>15</b> Art Class Standard & Emp / Edu meeting Advocacy group	<b>16</b> Walking Group Publications Group <b>Social Pre St. Patrick Party</b>	<b>17</b> ST Patrick's Day Clubhouse closed	<b>18</b>	<b>19</b>
<b>20</b> Policy Meeting Walking group	<b>21</b> House meeting Efficacy Group	<b>22</b> Art Class Standard & Emp/ edu meeting Advocacy group <b>Social</b>	<b>23</b> Walking Group Publications Group	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> Policy Meeting Walking group	<b>28</b> House meeting Efficacy Group	<b>29</b> Art Class Standard & Emp/ edu meeting Advocacy group <b>Social</b>	<b>30</b> Walking Group Publications Group	<b>31</b>		

## Silent Bedroom

My bedroom is dark and silent. The door is closed for the first time in many months. There is no longer any need to leave it open. Yes, the final curtain has come down. And then the clapping starts, the audience erupts into whistles and standing ovations, flowers thrown into the air and on stage.

It's over, and for the first time I'm happy and full of exhilaration as it's my last night in doing my acting. The rehearsals are over, after months of learning. Auditioning for the main role was very hard but it has all paid off as I lie here in my bed remembering and thinking of how my success was acclaimed to success each night as I acted out my finale.

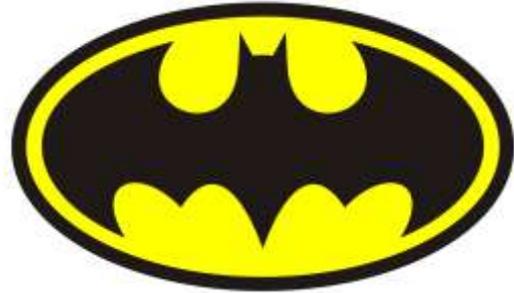
The audience fed into my positive energy on stage as I loved and hated my sanctuary. Day and night, I lay on my bed going over in my mind how I would act out on stage my life as a terminally ill person.

Yes, I saw my life folding over, scene by scene as I made a bucket list of the things I wished to do before I went. Alas it did not happen as I took my last breath on stage, and the door of my life closed for the first time in many months. It was finally over, and I was the star of the day. My career has finally started.

Frances H



## Film Review: The Lego Batman Movie



The movie started with a bang. The Joker hijacked an aeroplane loaded with Bombs. From there it got even better with the rest of Batman's enemies helping to come together as one big unit to try and destroy batman, even going so far as to cover the Bat Signal with eggs. Batman stopped them in the end. It got a little sad with batman saying that the Joker was not his arch-enemy. Commissioner Gordon retired and passed the Bat Signal on to his Daughter Barbara Gordon. The Joker and the rest of his cronies came into the hall and said that they were giving themselves up. Batman and the new Commissioner Gordon both thought that The Joker was up to something. Batman adopted a young boy named Dick Grayson. With the help of Dick Grayson now called Robin, Batman went to the Fortress of Solitude and stole the Phantom Projector and then snuck into arkham asylum. They then sent the Joker into the Phantom Zone. The Batman and Robin were then Locked up in arkham asylum as well. Harley Quinn then stole the Phantom Projector from the guards and released the Joker and the rest of the inmates from the Phantom Zone. Batman was released and with the help of Barbara Gordon, Alfred, Robin and in the end the rest of The Joker's old crew they sent the bad guys back to the Phantom Zone, but not before the bomb went off. They then asked for help from the rest of Gotham in saving Gotham from sinking into the Abyss. Gotham was saved. Batman gave the bad guys 15 minute head start before chasing them. They all went back to the Bat Cave and had Lobster Thermidor, had popcorn watching Jerry Maguire & laughing at the words.

Johnathan D

# Chocolate Orange Cake

## Ingredients

- 200g/7oz Odlums Cream Plain Flour
- 1 rounded teaspoon Odlums Baking Powder
- 4 Large Eggs
- 150g/5oz Shamrock Golden Caster Sugar
- 50g/2oz Cocoa Powder
- 100ml Sunflower Oil or Light Olive Oil
- Rind of 2 Oranges, grated
- Juice of 1 Orange
- Few Drops Goodall's Orange Essence



## To Decorate

- 175g/6oz Chocolate
- 170ml Cream
- Orange Rind

## Method

1. Preheat oven to 180°C/350°F/Gas 4. Line a 20cm/8" deep cake tin with baking parchment.
2. Place eggs and sugar in a bowl over a pan of simmering water. Using electric mixer, whisk until thick and creamy and doubled in size.
3. Sieve over the flour, baking powder and cocoa and gently fold in. When almost mixed in, add the oil, juice and rind. Gently fold in.
4. Transfer to prepared tin and bake for 25 minutes, or until cake is risen and spongy when lightly pressed in the centre.
5. Cool in tin for 10 mins before transferring to wire tray to cool fully.
6. For the icing, combine the chocolate and cream in a bowl over a pan of simmering water until chocolate is melted. Stir occasionally. Remove from the heat.
7. Spread icing over top and sides of cake. Decorate with orange rind swirl. Enjoy!

## Speed Dating Social Valentines Day

A speed dating social was held in the Clubhouse on Valentines Day. Sixteen members participated in the dating game which consisted of members asking other members for information. Such as do you come here often (an old reliable) What type of fruit do you like? (Passion fruit ) What side of bed do you sleep on? (So do I) Questions flowed to the romantic music flowing from the kitchen. Great fun was had by all. I do not think any new romances were formed but you never know after all the love in the air. At the end we all had tea and fabulous cake and most of all we all learned a little bit more about ourselves.

John F



## Healing Rhymes

I love Clubhouse and Eddie Stone,  
I love Anne Simpson she's the best,  
I love cycling and keeping the healing going.  
I want a healthy digestion, and C R at his best.  
I love my fantastic G.P.,  
I love Florence, my therapist,  
I love rest time, with a good television programme to see,  
Mojo is also a great place to be.

Niall D



The word "blog" is written in large, colorful, 3D block letters. The letters are pink, green, yellow, and blue. The background is white.

Have you checked out our blog lately? Stay up to date with all clubhouse activities

<https://platinumclubhouse.wordpress.com>

## March Birthdays



Patricia K, Kevin McE,  
Patrick F, Tom W, Catherine F,  
Patricia D, Peter B, Paddy C,  
Michael McL

## My Garden

I rap 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 – a foundation of plant life  
Growing flowers and fruit so well  
Each seedling grows with a little strife  
My reward only time will tell.

Seed life changing from year to year  
Making my garden look its best  
Wintertime gradually comes near  
Leaving growth barren and to rest.

When my garden is at full prime  
I sit down and watch it grow  
Fortune of nature being all mine  
As I helped it all 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**



## The Package Holiday

It's only a short flight to Ibiza to enjoy the silver sandy beaches, to eat fresh pineapple or coconut while soaking up the sun rays, to take a boat trip around the island and win the on board raffle, three magnums of champagne and the beautiful pearl necklace, to enjoy the Spanish cuisine especially their wonderful Paella cooked in a four foot pan. The following day we went on a coach trip to view the wonderful churches and chapels that are everywhere on the island and tour the local hippy market, a real buzz of atmosphere to go to a rose scented garden for an Aborigine barbecue followed by a gorgeous lemon meringue pie and glasses of champagne sangria, to paddle in the surf on a moonlit beach holding hands, to sit quietly on the balcony and watch sheet lightening over North Africa. All this and more are available on a package holiday. Come and join me in heaven to pull oranges and figs fresh from the tree. Sitting on the sun warm rocks, fishing for the elusive mullet to meet people doing the same. Retirement couples find it very special, there is lots to explore, or just rest and relax with a good book. I have done all this and would love to do it again with someone special.

**Paul C**



## Word search

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

Lace, Lack, Lady, Laird, Lane, Layer, Lead, Leak, Leap, Least, Let, Letter, Lid, Lie, Like, Line, Lip, Lit, Load, Lock, Lode, Log, Loose, Lot, Lug, Lump, Lung, Lure, Lush, Lute,

### This Months Interview is with

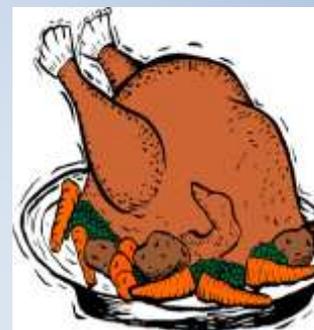
### Phyllis S

**Favourite Meal:** Roast Chicken and Vegetables

**Favourite Movie:** Dirty Dancing /Love Story

**Favourite Sport:** Soccer

**Favourite Hobby:** Walking / Knitting



## *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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