



# NEW SBRIDGE

## St Valentine's Day

### **Happy St Valentine's Day to all**

St Valentine was an early Christian bishop who lived around the 3<sup>rd</sup> century Roman Empire. Little is known about St Valentine who lived around the time Emperor Claudia's but we do know that it was a terrible time of Christian precautions through out the Roman Empire. It was rumoured that he was in prison during a persecution the Emperor Cladus attempted to convert him to pagan religion for early release but St Valentine refused and was martyred instead. Before this he healed the daughter of his jailer and converted his whole household. She left a card saying For You Valentine. He was said to be martyred on 14<sup>th</sup> February 273 AD. A few days later his disciples came along and dug up his body and took it home. It was said St Valentine was the patron saint of lovers and romantics but this is disputed for there were many priests and bishops named Valentine that lived different times in the early Christian period. It was alleged that another St Valentine was to convert a judge and his whole family to Christianity and he ordered the judge to break up his pagan idols. St Valentine was accused of marrying roman soldiers to their wives but because of this the emperor said that married soldiers didn't perform in battle as did single men because they would worry more about how their wives and children would cope if they got killed in battle. St Valentine's Day was announced as a romantic holiday in the eighteenth century when people started giving one another gifts such as flowers and cards. In the nineteenth century chocolates were available to the public and came in heart shaped boxes.

### The following customs take place on Valentines Day

**To exchange cards and gifts.** In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

If you cut an apple in half and count how many seeds are inside, you will also know how many children you will have.

**The custom at Platinum is to have a party in Platinum to celebrate Valentine day**

Tommy K

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### February Events

6<sup>th</sup> Award's Day

13<sup>th</sup> Valentine Party

17<sup>th</sup> Pancake Tuesday

17<sup>th</sup> Carnation Theatre  
Drama workshop

18<sup>th</sup> Ash Wednesday

27<sup>th</sup> Employment dinner

## February 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 Policy Meeting Art Class Walking group Young Adults Group	3 House meeting Healthy Eating Men's Group	4 Art Class Standard & Employment meeting	5 Creative writing Walking Group	6 Relaxation Crafts	7	8
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## Young Adults Group

Weekly meetings are being held and attended. Issues and topics discussed at the meetings were the updating of the blog and the web page and face book page for the clubhouse. The sorting and the tidying up of books in the library is a project planned for the month of February. The organising of football training and preparation of our first match will take place on February 5<sup>th</sup> 2015 in Carlow. We hope to have good attendance and support from the youth group. Two members have put forward their names in the hope of seeking a place on the facilitation training course. The baking classes have had poor support over the last while and an area to be looked over by the group. The group went on a coffee/tea morning to Bradbury's. It was a nice day to go on a social with the group. We had tea or coffee and had a chat and discussed what the plan would be over the next couple of weeks. The group plans to decorate the club for the Valentines Day party which will be on the 13<sup>th</sup> of February in the clubhouse . The group also plans to help with the set up and preparation for awards day which will take place on the 6<sup>th</sup> of February and all the volunteers are welcomed.



## Springtime

Its here at last, springtime, and all of the winter blues will soon be gone as we embrace and rejoice in spring. We look forward again to the bright colours of the daffodils and snowdrops as they begin to shoot up. We also have an extra hour in the evenings before darkness falls upon us. Soon we will hear the birds like the robin sing and burst forth as they start to plan and build their nests.

We start living again and try to make each day a new beginning, and live it to our best as we look after ourselves, make new friends or simply be ourselves. We see a change all around us as nature takes its course. The gardens need to be looked after as some weeds may lay dormant over the winter and need to be taken out. We see the small buds of flowers reappearing. Some people sow winter pansies and they were a delight to look at with all of their colours.

We may focus on our goals for spring. Some of us try to eat healthily, or connect with others. Some take up a hobby and learn new skills while others have some fun in their lives. Some go for a walk or a jog in the mornings and evenings. We realize life is worth living again as we put things into perspective. Spring is a time of renewal and hope for each and every one of us.

**Frances H**



# CATERING UNIT

## **CATERING NEWS**

EVERYTHING CONTINUES TO GO WELL IN THIS UNIT. GREAT MEMBERS TAKE INTEREST IN THIS UNIT, AND THEY WORK WELL TOGETHER.

### **RECIPE OF THE MONTH**

#### **HOME-MADE BEEF BURGERS**

**Serves 4 People**

#### **What you will need:**

1 lb/450g mince beef

2 small onions

1 egg

2 tbsp oil

Salt and pepper

Tomato ketchup

Mixed herbs

**Preparation time:** Approx 10-15 mins

**Cooking time:** Approx 40 mins

#### **Method:**

Put the oil into a frying pan and put onto a hot heat. Dice the two onions into small pieces and fry for a few minutes. Mix the onions in with the mince in a large bowl. Beat the egg and mix into the mince also. Finally mix in a sprinkle of mixed herbs, some salt and pepper and a dollop of tomato ketchup.

Pick up a handful of mince, using slightly wet hands, and shape the mince beef into burgers.

Slightly oil a tray and place the burgers onto it. Cover the tray with some tin foil and place the tray into a preheated oven at 180°C. Leave for about 30 mins and then remove the tin foil and return to the oven for a further 10 mins to brown.

Serve the burgers in baps with lettuce and onions and vegetables of your choice.

## Saint Brigid

The first of February may be the start of spring but in Kildare it is the feast of St Brigid patron saint of Kildare along with Saint Patrick is responsible for bringing the catholic faith to the Irish people. In Kildare town we have Saint Brigid's well, Saint Brigid's Church and heritage centres. People come from all over Ireland to visit Saint Brigid's well to seek cures for their illness. People have developed a craft in making Saint Brigid's crosses out of the rushes found on the Curragh. The Brigidin Sisters based in Kildare Town devote their life in prayer to Saint Brigid.

Brigid was a woman of peace. She brought harmony where there was conflict. She was a light where there was darkness. Legend has it that Brigid spread out the cloak she wore hence we have the Curragh of Kildare. These days we need Saint Brigid more than ever in our life. She can heal us through the trials and tribulations we face in everyday life. May the want of her peace heal those who are troubled and anxious, and suffer many worries, depression and that they may find peace and love in your hearts on Sain Brigid's Day.

Philip F



## February

February is officially the beginning of spring but it can be also a wet and windy month of the year. It is a time when lambs are born and cows start to calve. It can also be a very winterish month with dark nights and short cold days of wind and rain. The cows are still in the silage pit for another month or two and the fields are still barren with scarcity of grass. It is also the time of St Valentine's Day the saint of love and romance when people start sending love cards and love letters to each other. Some people send romantic love letters on the internet or text love notes on their mobile phones. It can be a depressing month for those who are vulnerable to loneliness, to those who are elderly and those in bad health in hospital. It is the time of Shrove Tuesday when people fry pancakes in the pan and is also the beginning of lent. It is the shortest month of the year with twenty eight days (Twenty Nine on a leap year.)

Tommy K



### ***February Birthdays***

***Bernie, Joe, Colm, Paul, Dympna,***



## Spring

Flowers grow along valleys of nature time.  
Aroma of crocuses bright against the trees.  
All mother natures' blessings are waiting in line.  
An enchantment of youthful delight such as these.

Clover of all colour blends enriches the grassland.  
While cattle feast by day to finally rest.  
I crumble the soft earth within my hand.  
It is growth of the clay we are blessed.  
Stems and buds grow along each hidden dyke.  
Birds sing their chirpy tunes to all the earth.  
It is of their sweet tone I so much like.  
Awaking a spring morning at its birth.

Streams rush on through each gifted glen.  
Carrying food of plenty for the hungry fish.  
Fresh air inhaled makes me the healthiest of men.

As I place a roasted trout on my dish.  
So much peaceful growth I inherit in my heart.  
Makes me feel good with an adventure free.  
Our days of childhood we all must part.  
As my spring was created just for me.  
When my days are of end I will rot in the clay.  
To form a union with nature of my spring.  
Soon I will arise on the last day.  
Where growth of life will bloom forever to everything.

**Paddy M**



## *The Emerald Isle*



I have been to many places but nothing compares to the comforts of home. As you walk through the fields of green there are so many different smells and sounds. As you listen to them you can hear the sounds of the birds chirping in the morning air. If you live on a farm you can hear the many different sounds that you hear on a farm. You can hear the sounds of the cow, sheep, hen, duck or goat. Also you can hear the other many different sounds that are going round the farm at that time, whether it is the sound of the babbling stream, the sound of the many different tractor noises that are going around.

When I walk along the streets of the many different cities that make up our fair Emerald Isle you will always see the different colours that the people are wearing on them or on the billboards or on the bushes and trees that are dotted around the cities. There are many different ways to travel around our fair Emerald Isle. You can travel by train, car or bus. Or you can go walking through the many lovely mountains that are in our Emerald Isle. This is what makes the Emerald Isle the many different attractions that are associated with our country.

**Jonathan D**

## Word Search

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

**Hair, Half, Hall, Hand, Hard, Hate, Head, Heal, Hear, Heat, Held, Herd, Hide, Hike, Hill, Hint, Hire, Hiss, Hoar, Hold, Home, Hoot, Hope, Hose, Huge, Hugh, Hume, Hunt, Hurt, Hush,**

This month's interview is with

Indu P

Favourite Meal: Lentil Curry with Basmati Rice

Favourite Movie: Matrix and Back to the Future

Favourite Sport: None

Favourite Hobby: Researching in Nuclear Science,  
Quantum Physics and Aero Engines

## ***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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