



NEW SBRIDGE

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April 2013

Easter and the opening of flat racing

Easter is a nice time of year. The days are getting longer; usually the weather is getting warmer although this year it is extremely cold. There are a lot of parades commemorating 1916. Children do Irish Dancing at the parades. The Gaelic football and hurling season is coming towards the end of the league campaign and the championship season is just starting.

The Irish Grand National is normally held on Easter Monday. In the countryside, lambs, foals and calves are playing in the fields and vegetables etc are being sown in the gardens. Easter normally coincides with the opening of the flat racing season which opened on The Curragh Racecourse, Co. Kildare, a week before Easter Sunday.

Jim Bolger trained four winners at the meeting including winning the opening two-year-old race of the season with the impressive Cape Cross colt named Saburo, the 5-4 favourite. His Caeseria won the three-year-old maiden by a head from the Aidan O'Brien trained Master Speaker. In the Lodge Park Stud Stakes - a group 3 race - Bolger's Rehns Nest, ridden by Rory Cleary, was the easy winner. Kevin Manning rode the other three Bolger winners.

In the Irish Lincolnshire, Johnny Murtagh rode the Tommy Carmody trained Sweet Lighting - who had won the British Lincoln two years ago - the easy 10/1 winner. After racing, Aidan O'Brien worked about 30 of this years' Classic crop and a number of them appeared very forward. The talk turned to this years top races, although O'Brien's Piet Mandarin - who had finished third to the highly regarded Zand on his only start as a two-year-old let the form down by being a well beaten fourth in the concluding maiden. So all in all, Easter is a nice time of year when we can look forward to summer.

Joe G



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April Events

1st Easter Monday

10th Cinema Outing

23rd Clubhouse Closed

26th Employment Dinner

April 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easter Monday	2 House meeting Healthy Eating Wellness Day	3 Art Class S&E meeting Ladies group	4 Men's Group Walking Group	5 Relaxation Crafts English	6	7
8 Policy Meeting Health & Safety Art Class Walking Group Advisory Board Meeting 7pm	9 House meeting Healthy Eating Wellness Day	10 Art Class S&E meeting Smoking Cessation Ladies group Cinema Outing	11 Men's Group Walking Group	12 Relaxation Crafts English	13	14
15 Policy Meeting Health & Safety Art Class Walking group	16 House meeting Healthy Eating Wellness Day	17 Art Class S&E meeting Ladies group Smoking Cessation	18 Newsletter team Men's group Walking Group	19 Relaxation Crafts English	20	21
22 Policy Meeting Health & Safety Art Class Walking group	23 CLUBHOUSE CLOSED	24 Art Class Ladies group S&E Meeting Smoking Cessation	25 Newsletter Team Walking group Men's Group	26 Relaxation Crafts English Employment dinner	27	28
29 Policy Meeting Health & Safety Art Class Walking Group	30 House Meeting Healthy Eating Wellness Day					

Museum of Archaeology

David and I took Tomás & Fearghal to Dublin where Danielle met us up there; we went to the museum of archaeology in Kildare Street. We didn't know what to expect but once inside, it was a big building with loads of different things that were very interesting to see. Both upstairs and downstairs held many different relics from the past, we had fun entering the different rooms because once you thought you were finished there; you would find another room leading to the one you were already in, it was like Aladdin's cave. To name some of the things we saw were:

- The book of psalms which was in Latin and also an old bible dating back to 800AD.
- Religious metal work from 11th and 12th Century.
- Flemish cloak worn by bishops showing the passion of Our Lord.
- Original and different tiara broaches both in silver and gold.
- Bog mummies, and how things were preserved in the bog.
- Different jewellery beginning from 300bc, also in silver, gold and bronze.
- The funny one was the antler combs used back then, they wouldn't go through our hair these days.
- Toys the children used to play with, that were made out of wood e.g. spinning tops, marbles, and toy boats.
- Viking medieval armour that they wore, also clothes that were made out of raw wool.
- Tomás & Fearghal's favourite were the different spears, axes and swords which were made throughout the centuries.
- Bronze, silver and wooden vessels, plates and spoons.
- The preserved long boat which was between 4,000 and 5,000 years old.
- A map of Ireland with different buttons when pressed it gave you the age of different towns and county's.
- Skeleton bones which showed the affect of being attacked from a spear or axe.
- A scale model of Dublin in Viking times.
- They show cowhide, calf skin, and deer skin to show what was being used to make different types of shoes.
- A bell and relics belonging to St Patrick.
- Coins found around Dublin in the Norman times.
- Three statues of the Holy family.

The museum is open Tuesday to Friday from 10am to 5pm and at weekends. It is free and you can walk freely around the museum.

Debbie R

Cheltenham Races

It was touch and go whether the 2013 Festival would go ahead as planned with temperatures plummeting to -11 degrees in the Cotswolds the night before, however due to the dedication of the ground staff who had the course covered it went ahead thankfully.

The highlight of the first day was the Champion Hurdle where the winners of the last three renewals locked horns and it was Hurricane Fly from the Willie Mullins trained and Ruby Walsh ridden team who emerged victorious to regain the title it had won back in 2011. The Clonsetton team ended the day with a treble with Champagne Fever and Quevega also successful.

The Queen Mother Champion Chase for many people was also eagerly anticipated with Sizing Europe taking on Sprinter Sacre who was unbeaten over fences. The race ended up a duel between the top two protagonists and the long odds on favourite duly obliged winning by an effortless 19 lengths.

There were two feature races on the Thursday and the Ryanair Chase looked to be between the top two in the market, First Lieutenant and Cue Card. Both of these had good form from previous Festivals, it was the father and son team of Colin and Joe Tizzard's Cue Card that got the better of First Lieutenant.

The other feature was the World Hurdle where Oscar Whiskey was favourite to take over the mantle from Big Bucks who had won the race for the last 4 years consecutively but was absent this year due to injury. In the end it was the Charles Byrne trained Solwhit that won. What made it all the more remarkable was the fact that this horse had been out of action with an injury for over a year but in the end its class showed.

Apart from Sprinter Sacre the equally most impressive performance of the week came from the Dessie Hughes trained Our Conor who decimated all his chief rivals in the Triumph Hurdle on Gold Cup Day.

The blue ribband event of the week was the Cheltenham Gold Cup which had a small but relatively competitive field. At the head of the market was Bobsworth followed by Sir Des Champs, 2011 winner Long Run and the Paul Nicholls trained Silvinico Conti.

The race lived up to the billing and with the race getting interesting Silvinico Conti fell at the third last while in contention and travelling well at the time. In the end Barry Geraghty won the day on the favourite Bobsworth who outstayed Sir Des Champs after the last fence and Nicky Henderson along with training the winner also trained the third which was Long Run.

Clive C

CATERING UNIT

Beef Wellington

Serves 6



Ingredients

- 1kg top quality fillet of beef (chateaubriand), well trimmed
- 1 tablesp. olive oil
- 75g butter
- 1 small onion, finely chopped
- 2 shallots, finely chopped
- 350g mushrooms, finely chopped
- Salt and freshly-ground black pepper
- A pinch nutmeg
- 500g store-bought puff pastry, defrosted if frozen
- 1 egg, beaten

To Cook

Method

Heat the oil and 50g of the butter in a small pan, add the onion and shallots and cook until transparent. Add the mushrooms, seasoning and nutmeg. Stir over a moderate heat until all moisture from the mushrooms has evaporated. Transfer to a plate to cool.

Heat the remaining butter in a frying pan. Season the beef then brown it on all sides. This should take about five minutes. Allow to cool while you roll the pastry into an oblong shape, large enough to wrap around the beef. Spread the cold mushroom mixture over the pastry, leaving a 2cm border all around. Moisten the edges with beaten egg. Place the cooled meat in the centre and wrap the pastry around it. Seal the edges and place on a baking tray, with the seal underneath. Use the pastry trimmings to make leaves for decoration, brush with a little egg and place on top of the parcel. Brush the parcel with the rest of the beaten egg.

Chill in the fridge for 20 minutes to allow the pastry to rest before baking. Then place in a preheated oven, Gas Mark 8, 230°C (440°F). After 10 minutes turn the temperature down to Gas Mark 6, 200°C (400°F) for a further 25 minutes. The beef will be medium rare at this stage. Cook for five minutes less if you like it rare.

Serving Suggestions

Serve with roast potatoes and vegetables which you can cook in the oven at the same time as the beef.

Spring Time

April is one of my favourite months of the year. We can see changes in everything all around us. We have that magical scent of the flowers as they come out in their bloom and glory. The daffodils are spectacular to look at and the marigolds are also up. There's nothing nicer than the smell of wallflower. It can be a wonderful time of the year to look at the awe and beauty of the frosty mornings as we go about our way, or even to watch the ducks swimming in the water to their hearts content. There's activity all around as people are busy doing a spring clean everywhere, both inside and outside. They start to take pride and joy in their gardens as they mow the lawns and dig out the winter leaves.

The shops are busy preparing for Easter putting up their Easter eggs, and displaying their spring collection in their windows. There's a step in peoples stride as they go about their daily tasks. Most people seem to be in good form as they anticipate the weather being good.

It's a special time for families as they greet their loved ones home for Easter. Children get time off school for their holidays. We are preparing for a great feast on Easter Sunday, the feast of Jesus resurrection. It's a joyful time for all.

Frances H



Summer Time Jobs

With the summer people get out and about to do odd jobs around the home. Top of the list is the garden. Now is the time to get the lawnmower back out, put fresh oil into the mower and unleaded petrol, and start up your mower. It is better to top off the heavy grass first on the lawn, and then a proper cut as the season goes on. Weeds need to be taken up, and back paths and avenues swept after the winter. If you are putting down vegetables in your garden, first dig up your soil, clear away all the stones and twigs from the soil. Next up is to dig in some manure into the soil. Then go ahead and plant your potatoes, broad beans, carrots etc. The time to plant potatoes is on Saint Patrick's Day. As the season goes on other jobs have to be done around the place, such as painting, washing the windows, and of course keeping the garden in shape. When all the work is done sit back. And eat your potatoes, vegetables and meat for the summer season.

Philip F



April Birthdays

**Michael T,
Caroline Mc K,
Pierce O'C, Paul C, Pat L, Victor P,
Helen R, Stephen D, Niall O'F, Eileen C,
Ann M, James K, Fred A, Richard H,
Irene B, Derek C, Deborah S,**



Spring Time

Spring started off warm in March this year but suddenly it started raining and we even had one day of snow. The good thing about the start of spring is the growth of the daffodils and snowdrops. The growth of the grass is also a welcoming sign too as well as the long evenings facing us. It's the time of the year after the winter blues come to an end and we welcome the long days towards summer.

Easter is always around springtime, that time of year when we welcome the day that Christ rose from the dead by going to mass on Easter Sunday. That's always the day when children receive Easter eggs and when we eat dinner of roast lamb, roast potatoes and vegetables on that special day. It is also the time of year we in Ireland celebrate our patron saint Patrick.

Spring is the time when farmers start spreading dung and manure on their land to help it grow for pasture, haymaking and silage. The trees start blooming with leaves and the birds start nesting in the branches of the trees.

The lambing season starts this time of year when we see sheep giving birth to lambs skipping around the fields. It's the time when people start mowing their lawns, trimming their ditches and raking up the winter leaves.

Tommy K



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Socials in Platinum

Saint Patrick's celebrations took place on Friday 15th March. We celebrated it with a traditional Irish meal, bacon cabbage and potatoes followed by green jelly, custard and ice-cream.

Paul provided the traditional Irish music



which was enjoyed by all.
Something green was worn by all.

The employment dinner was held in Tougher's restaurant. It was enjoyed by all and the food was good, and a huge crowd attended.

Women's International Day was celebrated by the ladies group with afternoon tea In Newbridge silverware.

Bowling took place in k-bowl and was followed by going to Tougher's restaurant for light refreshments.

The ladies matched the guys in their slots
Well Done Girls!

Social Committee

April Quote

Sweet April Showers

Fill the garden

With May flowers



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

Armed, Beard, Beast, Bells, Clown, Could, Dream, Dress, Enjoy, Fancy, Field, Grabs, Great, Hairs, Handy, Inter, Jolly, Knife, Larks, Least, Marry, Major, Nails, Odour, Paste, Range, Steel, Spear, Trays

This month's interview is with



Mark K (Our Chef)

Favourite Meal: Beef Wellington

Favourite Movie: Scar face

Favourite Sport: Rugby

Favourite Hobby: Gardening

About Platinum Clubhouse

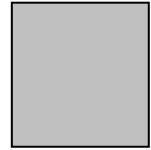
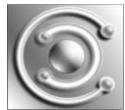
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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