



## SUMMER DAY OUT

We had been looking forward to our Summer Trip for weeks. There was a lot of organisation involved because we had a massive group going.

The plan was to leave Newbridge at 9 am but unfortunately this did not happen because there was a power cut in Monasterevin which meant a couple of members were delayed due to sleeping out. Eventually we left at 9.30 am and we headed for our first port of call which was the Castlecomer Discovery Park. John our bus driver for the day brought us on a very pleasant drive down the old Kilkenny road and there was lovely scenery and we all enjoyed looking out at the countryside on the way down.

When we arrived everybody had to decide whether they wanted to go on the Coal Exhibition. Most people decided to go on it but then we were divided into smaller groups because only a dozen people could go at a time. The tour lasted approximately 45 minutes and although I found it hard to follow at the beginning when we got near the end I found it informative and interesting. There is no doubt that the workers who worked in the coal mines until they closed in the late sixties had a very tough life. The most interesting piece of information from a current and historical point was that the fact that the slack from the coal has been used as the raw material in the manufacture of bricks that is produced locally in the Ormond Brick Factory.

When everybody had finished the tour we had a small picnic in the grounds. We had brought packets of crisps, apples and bananas and minerals which kept us going until lunchtime.

The next decision to be made was which of the walks we wanted to go on. We had two choices, either a short 2 km walk or a much longer 5 km walk. I decided to go on the longer walk and we had been advised to wear comfortable walking shoes which bearing in mind the trail we walked it would have been practically impossible otherwise. This was quite an adventure for everybody with rough and steep terrain at times.

When we got back to the bus we were brought on the final leg of our journey which consisted of lunch in Langtons. We had a very nice 4 course meal there. I had barbecue spare ribs for starter, satay chicken on a bed of rice for main course and strawberries and ice-cream for dessert. The meal was delicious and the service was excellent and now we have to wait another year for our next Summer Trip.

Clive C



## Inside this Issue:

**Page 1** Summer Day Out

**Page 2** Calender of Events

**Page 3** Racing

**Page 4** Catering Unit

**Page 5** Farewell Ray

**Page 6** Curious

**Page 7** Puzzle/Interview

## August Events

**1<sup>st</sup>** Cinema Social Evening

**12<sup>th</sup>** Pollardstown Fen Walk

**30<sup>th</sup>** Employment Dinner

## August 2013

/ Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Newsletter team Men's group Walking Group <b>Cinema social</b>	2 Relaxation Crafts Discussion Group	3	4
5 Policy Meeting Art Class Walking Group Ladies Group <b>Fun Monday</b>	6 House meeting Healthy Eating Wellness Day	7 Art Class Standard & Employment meeting	8 Newsletter team Men's group Walking Group	9 Relaxation Crafts Discussion Group	10	11
12 Policy Meeting Art Class Walking group Ladies Group <b>Fun Monday Pollardstown Fen Walk</b>	13 House meeting Healthy Eating Wellness Day	14 Art Class Standard & Employment meeting	15 Newsletter team Men's group Walking Group	16 Relaxation Crafts Discussion Group	17	18
19 Policy Meeting Art Class Walking Group Ladies Group <b>Fun Monday</b>	20 House Meeting Healthy eating Wellness Day	21 Art Class Standard & Employment meeting	22 Newsletter Team Walking group Men's Group	23 Relaxation Crafts Discussion Group	24	25
26 Policy Meeting Art Class Walking Group Ladies group <b>Fun Monday</b>	27 House Meeting Healthy Eating Wellness Day	28 Art Class Standard & Employment meeting	29 Newsletter Team Walking Group Men's Group	30 Relaxation Crafts Discussion Group <b>Employment Dinner</b>	31	

## Dust

I can't tell you how many countless hours that I have spent cleaning.

I used to spend at least eight hours every weekend making sure things were just perfect "in case someone came over". Then I realised one day that no one came over; they were all out living life and having fun!

Now when people visit, I find no need to explain the "condition" of my home. They are more interested in hearing about the things I've been doing while I was away living life having fun.

If you haven't figured this out yet, please heed this advice. Life is short. Enjoy it! Dust if you must, but wouldn't it be better, to paint a picture or write a letter, bake a cake or plant a seed, ponder the difference between want and need?

Dust if you must, but there's not much time, with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead. Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around again.

Dust if you must, but bear in mind, old age will come and when you go – and go you must –

**YOU YOURSELF, WILL MAKE MORE DUST!**



Extract from St Conleth's parish Newsletter

## Racing

Following the bad run by Dawn Approach in the Epsom Derby, the spotlight turned to Royal Ascot. Dawn approach successfully reverted to a mile in St James Palace stakes when he beat Toronado. The Queen's Estimate won the Gold cup. Aidan O' Brien trained five winners. Leading fight could be a good stayer the way he won the Queen's Vase. Johnny Murtagh rode five winners to be the champion jockey of the meeting.

It was then onto the Curragh's Derby Meeting where the Epsom Derby winner Ruler of the World could only finish 5<sup>th</sup> on the firm ground to the Jim Bolger trained Trading Leather from Galileo's Rock. Libertarian who was second at Epsom was second last while the Paddy Prendergast trained Sugar Boy who had won a Derby Trial in England finished last. It was noticeably that some of the two year olds who had run well at Ascot did not hold their form at the Curragh.

Joe G



## CATERING UNIT

# Strawberry Cheesecake



### **Ingredients**

175g crushed digestive biscuit

75g melted butter

1 225g tub Philadelphia cheese

1 135g Chivers strawberry jelly dissolved in 200ml boiling water

500ml cream

1 pk of fresh Wexford strawberries

### **Method**

Mix biscuit and butter and press over the base of a lined spring release cake tin

Chill while making the filling

Whip cheese and cooled strawberry jelly together

In a separate bowl whip cream with 2tbl spoons caster sugar

Mix the contents of both bowls together folding in sliced strawberries (saving a few for decoration)

Pour into tin over chilled biscuit base and return to fridge

Chill for 3 hrs until set

Remove from tin and decorate with remaining strawberries, a sprig of fresh mint and a little piped cream if desired.

## Farewell Ray

Farewell Ray we all say to you  
To a gentleman so very true  
We will all miss you so very much  
Not forgetting your special touch

*Your managerial ways accurate  
and profound*

To another post you are bound  
May your future bring fortune and  
happiness

Your presence in clubhouse our  
hearts caress

Fortune in all your plans and  
endeavours ahead  
Your ability is great it must be said  
Now that you are leaving wished  
the best

Your presence we all are so  
blessed

So enjoy your new job in future  
time  
We all hope that everything works  
out fine  
Bless your family and everything  
ahead  
To a better time dreams are said

**Paddy M**  
**Platinum Clubhouse**  
**2013**

## August

Here the tide of summer thrusts it's last wave,  
and ebbs and leaves the white foam stranded.  
Among the weeds and wagons – white flowers  
of foam, wild carrots and mayweed. The  
sandstone wall dribble's with hanging plants  
and the slant of the embankment are tousled  
and tussocked with grass.

Up tall Turnets of sorrel the bindweed climbs  
like a spiral staircase, and cinders from the  
railway drift in the one white bell that swings  
from the top. Brambles claw among the  
sleepers

And a ruff of petals slips from its green berry,  
and grass and flower and weed.

Top heavy now with seed, and tired and bent.  
The fist of the blooms unclenches and let the  
fruit fall from the palm of the hand. And we, in a  
season of work.

Close our eyes, nor count the crown of our  
labours, but wait while dark pods form in the  
brain and fingers ripen in the drowse of Autumn.



Norman Nicholson

## Keep Fit Classes

On Monday Morning we were at a keep fit class  
with Paul C. We started off with aerobic exercises  
with cans of food by grabbing them with our fist  
and spinning them around ourselves. We then  
had to keep our feet up for a certain amount of  
time while sitting down on chairs. The next part of  
the exercise we had to spar a punch bag which  
meant we had to wear sparring gloves and I came  
out the best at sparring. After that we did a twist  
around on a twister which I came out best again on  
after bending down on my knees. We soon went  
back to aerobic exercises again after that with the  
cans.

Tommy K



## My Mammy

On the 1-7-2013 James helped carry his mammy's coffin into and out of the church. But on the way to the church James, his brothers and sisters sang songs that their mammy liked. Like the theme song from the Brady Bunch and many other's but there was one song people taught was strange for them to be singing while following the coffin car which was May your life in this world be a happy one: May your life in this world be a happy one, May the sun that come your way clear the air for a brighter day, May the saints and savior watch over you as you see the wall of hate that others radiate May the saints and savior watch over you. As you make your way in this old world of ours may the saints and savior watch over you! In loving memory of Noreen Pender: mammy, daughter, granddaughter, nanny and friend to all may you rest in peace! Wrote by James Pender  
Noreen's loving son  
[May you rest in peace.](#)

James P

## New House

My name is Edward D. I am a Platinum Clubhouse member a long time. With the help of all the members in the last three weeks I, Edward D have moved into my new house. I Edward D was looking 9 years for my new house and now I have it, I will be able to get new things for my new house and the support from my family and members and all that know me will all do me a big lift. So I, Edward D would like to thank Platinum Clubhouse for their support. Thanks Platinum You are the world.



Edward D

## Curious

Words can be curious! I was talking about multiple meanings of common words. Bills as posters, bird, red envelopes etc. are another example! The word 'gay' was overused in the past as having a good time – now it is definitely important for 'the pink pound'. What does 'have a gay yuletide' mean these days??

Ernest was a man's name – years ago, but got a bad reputation when it was associated with a play "The Importance of Being Earnest. As we know as 'innocent word' like 'rubber' can mean other than an eraser in the States. The word 'word' in biblical terms has significant connotations in itself.

The fluidity of the exact meaning of words can leave the necessity of very cumbersome text in legal affairs and legislation, in case somebody can say that in commonly used vernacular it can mean a variety of things. This can be complicated by locally spoken 'Irishman's' or mispronunciation of the same word. People often misunderstand medical terminology also in 'You are 'Hypo' when they really mean hyperactive of 'hyper'. Moral or morale etc is all confused in common speech so that is my word on the word.

**Lydia F**

## August Birthdays



**Eamonn M, Patrick Jerry P,  
Tom L, David R, Michael B,  
Robert C.**

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

Mace, Mad, Made, Maid, Mail, Main, Make, Male, Ma

This month's interview is with

**Chef Kate**

**Favourite Meal: Lobster**

**Favourite Movie: Dirty Dancing**

**Favourite Sport: Swimming/ Football**

**Favourite Hobby: Reading / 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**



Platinum Clubhouse  
Unit B1, Century Park  
Newbridge Industrial Estate  
Newbridge  
Co Kildare  
Ireland

Tel: +353(0)45433229

Fax: +353(0)45433206

Email: [platinumclubhouse@eve.ie](mailto:platinumclubhouse@eve.ie)

