

# NEW BRIDGE

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## Awards and Accreditation's Day

On Friday the 1<sup>st</sup> February we had our awards day; we also celebrated receiving our 4<sup>th</sup> accreditation award, so we as a clubhouse shared both achievements with the members of our community. There was a great feeling of excitement within the clubhouse, and you could see how proud we members were.

Before the ceremony Carmel had spoken on KFM radio (we joked she was on her way to stardom, even though she had said all members were stars), this was followed by photographers from 2 newspapers coming in and taking photos.

The main event began at 11.15am when Carmel welcomed everybody to the clubhouse and briefly outlined what would happen throughout the day. Margaret Webb who is over EVE gave a speech about when the clubhouse was set up and how it has gone from strength to strength. I spoke next about my own feelings of the clubhouse and what it means to me. Joe G spoke after me about the history of the clubhouse, when it was first set up and about moving to the building we are in now.

Afterwards it was the awards ceremony; Carmel spoke about all the courses that take place both inside and outside the clubhouse, about how beneficial the information talks are to the members that take place within the clubhouse. Frances spoke about her own achievements in the courses she has done with the support from the clubhouse.

The most important event took place when the certificates were given to each member for the courses they had done throughout the year. Tom took group photographs of each course when the certificates were awarded. We all had a huge smile and there was a great buzz in the room. Clive finished by saying a little about himself and the employment he is in through the clubhouse, Clive also thanked everybody for attending this special day. Father Mc Dermott the parish priest gave a blessing to the clubhouse and its members, this closed the ceremony.

Mark and the members who worked in the kitchen laid out an amazing buffet which was enjoyed by everyone. Finally we had a huge cake to celebrate receiving our 3 year accreditation. This was a fabulous day and every member was proud to be part of the Platinum Clubhouse and also to the staff for the support they give us members each day.

Debbie R



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## March events

**6<sup>th</sup>** Cinema evening

**10<sup>th</sup>** Mother's Day

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

**17<sup>th</sup>** St Patrick's Day

**18<sup>th</sup>** Clubhouse Closed

**22<sup>nd</sup>** Employment  
Dinner

**29<sup>th</sup>** Good Friday  
Clubhouse Closed

**31<sup>st</sup>** Easter Sunday

## March Calendar 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Relaxation Crafts	2	3
4 Policy Meeting Art Class Walking Group Journeying forward class	5 House meeting Healthy Eating Wellness Day	6 Art Class Swimming S&E meeting Ladies group Yoga CINEMA EVENING	7 Art class Swimming S & E mtg Ladies Group	8 Relaxation Crafts	9	10 Mother's Day
11 Policy Meeting Art Class Walking group Journeying forward class	12 House meeting Healthy Eating Wellness Day	13 Art Class Swimming S&E meeting Ladies group Yoga	14 Newsletter team Men's group Walking Group	15 Relaxation Crafts St Patrick's Day Celebrations	16	17 St Patrick's Day
18 Bank Holiday Clubhouse closed	19 House Meeting Healthy eating Wellness Day	20 Art Class Swimming Ladies group S&E Meeting Yoga	21 Newsletter Team Walking group Men's Group	22 Relaxation Crafts Employment Dinner	23	24
25 Policy Meeting Art Class Walking Group Journeying Forward Class	26 House Meeting Healthy Eating Wellness Day	27 Art Class Swimming Ladies group S&E Meeting	28 Newsletter Team Walking Group Men's Group	29 Good Friday Clubhouse Closed	30	31 Easter Sunday

### *March Activities*

There is something about March that brings with it as the saying goes, “March of many weathers”. Hopefully it will not get too bad as we look forward to lots of events that come up in this month.

We have St. Patrick’s Day, 17<sup>th</sup> March, on a Sunday where lots of parades are held all



over the country. People come from abroad to celebrate this wonderful event all over the weekend with Monday 18<sup>th</sup> being a Bank Holiday.

Easter of course this year falls on Sunday the 31<sup>st</sup> of March, being early this year. It is a lovely eventful time of year for all the family. Firstly we celebrate Christ’s resurrection in the Church where lots of hymns are sung. It is also a great day for the children as they get their Easter eggs from the Easter bunny.



Families celebrate Easter as well as they gather together with one another. Monday falls on another Bank Holiday 1st April.

We cannot forget the little children when they make their 1<sup>st</sup> Holy Communion in May . It is such a special day for them as they receive Holy Communion. Their mother and father go all out to make it a lovely eventful day.

And lastly we have Confirmation in May, whereby children receive the Holy Spirit.

**Frances H**

### *Lilly of the morning*

She tripped gaily alongside the river Shannon

The morning suns rays catching in her golden tresses

Mirth and playfulness shone from blue orbs

As snow white swans gazed up at so beautiful a creature

Now she seats her person on a rustic bench

And looks over the mighty river

Cool ivory hands resting gently on her lap

Red lips arched in an expressive smile

The morning dew lies all around her

On curved blades of grass

As she dreams and muses

Cotton white clouds roll by above her fair head

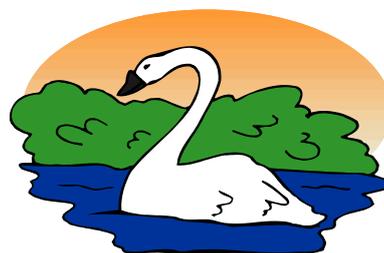
She gathers up the folds of her sky blue dress

And arises from the bench

Where will you go now fair Lilly of the morning?

What occupation will catch your whim?

**Stephen M**



# **Catering Unit**

## **INGREDIENTS**

**2teaspoons pesto sauce**

**1whole-grain pita**

**1 1/2cups arugula**

**1/4cup tomatoes**

**1tablespoon pine nuts**

**1/4cup white beans**

**1teaspoon olive oil**

**1tablespoon lemon juice**

## **DIRECTIONS**

1. Spread 2 teaspoons pesto on a whole-grain pita; broil until golden.
2. Toss 1 1/2 cups arugula, 1/4 cup chopped tomato, 1 tablespoon pine nuts, 1/4 cup canned white beans (rinsed and drained) and 1 teaspoon olive oil with fresh lemon juice, salt and pepper to taste.
3. Serve on pita.



### Shake it off

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be covered up anyway, it was just wasn't worth it to retrieve the donkey. He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well.

At first, the donkey realised what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what was he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off.

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it up and take a step up!

**Remember the five simple rules to be happy:**

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less

### My Favourite Hobby

I belong to St Evin's Golf Society for the last ten years. The season starts in March and end in November. Every month we have an outing and play all over the country. We have forty members; we play in groups of three. Each outing we play in different groups of three, so that members get to know each other. All members have a handicap, and mine is the highest!!!. I absolutely love golf; I could not believe it when I came 2<sup>nd</sup> one year in my group in a competition that the club ran.

**Michael Mc L**



#### March Birthdays

*Maeve H, Paddy W, Bob Mc S, Justin W, Patrick F, Susan D, Tom W, Catherine F, Patricia D, Annette O N, Ita S, Peter B, Paddy c, Michael mc L, Gerry P*

## An Life

Walking out across the end of the road, the college clock tower to my left majestic in the early morning light.

A pair of magpies plays tag in the willow bushes on the far side of the river, turning to my right I walk towards the bridge, a splash of water tells me the otters are back, ducking and diving round the landing stage.

The traffic is still for the lights as I cross the bridge, looking up to St Conleths Church the morning mist forms a celestial aura around the flood lit cross on the roof.

Walking out onto the terrace, swan's gather expectantly a hungry for food likewise the wagtail looking for crumbs, up river sitting on a rock the dipper doing what dippers do, he's checking every splash of water for any morsel of food.

Along the warmer wall twenty early daffodils are looking for the sunrise, a hint that spring is on its way. The heron stock still in the quiet back water of the side stream, vicious beak poised for the kill waits patiently for breakfast. Quietly walking up its path beyond the watering station and weir, a Jenny wren dance's round my feet, while a cock robin struts his stuff along the fence patrolling his territory.

The darker water runs deeper and the trout lay on the bottom facing the current, the peace and tranquillity along the river Liffey away from the hustle and bustle of rush hour.

**Fresh air, Peace of Mind,  
Try it sometime.**



## A day s bowling at K-Bowl

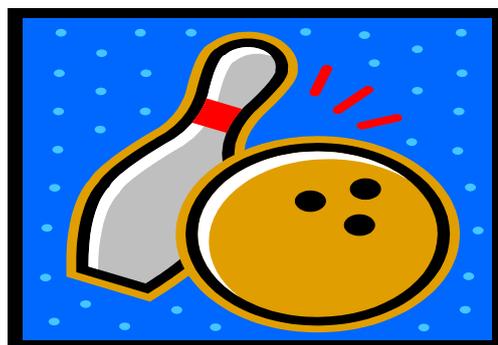
Eight of us from the Platinum clubhouse went bowling to K-Bowl in Naas. The build up to this day was an exciting one. All week in the clubhouse we had a great banter with each other as to who was going to win.

To make the games fair the women played the women and the men played the men. Finally the day had come and the game to begin. It was time to get the bowling shoes on, and we were ready for action. Once the game had started the strikes and spares came a plenty and everyone contributed to the tally of scores.

The banter and enjoyment had by all was great. As the game ended we decided that we would go to Tougher's for tea and sandwiches as we had worked up a hunger. As we sat enjoying our refreshments we all reflected on the good and fun filled day we had.

Everyone had made it very clear that they had enjoyed the day and are now looking forward to the next day out

**Eddie D**



## March Quote

"The March wind roars  
like a lion in the sky,  
and makes us shiver  
as he passes by.  
When winds are soft,  
and the days are warm and clear,  
just like a gentle lamb,  
then spring is here

Today's Puzzle

7	7	0	3	0	6	0	7	9	7	0	6
4	9	2	2	4	8	3	8	5	9	1	4
1	1	5	4	1	7	1	5	4	8	1	7
0	8	0	9	5	4	4	4	1	7	3	0
2	7	8	8	6	3	5	3	2	3	4	5
5	4	7	6	4	6	6	6	0	6	5	9
9	3	9	5	0	0	7	0	1	4	6	2
7	9	5	0	7	9	9	8	3	9	9	7
6	6	0	7	8	7	8	6	1	7	7	8
0	8	1	4	6	8	5	5	0	8	8	6
2	7	4	1	2	5	2	4	4	5	5	2
1	4	7	2	0	1	0	3	7	2	2	0

013102, 055864, 097617, 125196, 158790, 172679, 235368, 267984, 288094, 328809, 360978, 378573, 432353, 472010, 489762, 521472, 631816, 679003, 685508, 716790, 766241, 785737, 840960, 873063, 881640, 906347, 966418, 976271 Yes

This month's interview is with

Paul C

Favourite Meal Stew and Dumplings

Favourite Movie Gladiator

Favourite Sport Football

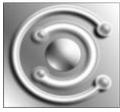
Favourite Hobby Fishing

## ***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.



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)

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**

