



Platinum Clubhouse remembers it's members



We remember all our members who have passed away. This candle is in memory of all those members.

Each candle symbolises the members life and time in Clubhouse and has the members name on it. We remember our deceased members with great fondness. May they rest in peace.

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November Birthdays

Garry L

Brid N

Patsy S

John Joe D

Eileen D

Noeline M

Patricia B

Rabbit Hunt 5/8/2021

It was a lovely summers morning as we began the hunt for rabbits in Punchestown. The nets were placed as the rabbits bolted from their layers into the nets. We then headed for the centre of the course where we again set the nets. Then a white hare hit the nets and went through them. My dad quickly burned the nets and we left hastily. As old folk said it was the Devil.



Seamus D

Gardening tips for November

- Clear up leaves and don't allow leaves to build up
- Clean up your garden pond
- Plant tulip bulbs
- Prune your roses to prevent wind rock
- Plant out your winter bedding
- Give your lawns a high trim
- Clean and put away garden pots that you have no use for
- Keep off the lawn in frosty weather
- Clean all your garden tools



Clubhouse International World Seminar 2021

The world Clubhouse seminar was held on line from Monday 4th October to Friday 8th October 2021. The videos every day were pre-recorded, this helped with the time differences around the world. It was very informative and we enjoyed the global interaction with Clubhouses all over the world.

The three main topics were education, employment and wellness. This event was a good time for staff and members to network. Members could message each other in real time or by leaving a message to get back to you in their own time.

The same standards are applied in all Clubhouses around the world and it is great to see that the same model works in different countries and cultures.

Some members are in transitional employment and others in independent employment, there are also education opportunities in Clubhouse and external opportunities for education.

The work order day helps both staff and members with the Clubhouse work. Wellness is an important part of the mental health of a person and Clubhouse is a very good recovery rehabilitation service.

It is important to show the world the Clubhouse does work by keeping members out of hospital and in the community.

The culture of Clubhouse works for members and helps with skills, support and advice.

We now must reboot the service post covid for all our members. The pandemic is almost over, it is time to get back to what we do well and that is helping one another and working side by side.

There was plenty of resources to fill the week.

All the best to the members in their journey of recovery. **Michael B & Sheena H**



More fond memories

On Saturday 2nd October family, friends and Platinum Clubhouse members gathered in the park in Athy for a memory walk and Memorial Day in memory of all lives lost to and during covid, it was inspired by the tragic loss of Frances Haskins a long time Clubhouse member. Many thanks to the Clubhouse members who walked behind the banner remembering all the loved ones lost

Balloons carrying pictures of dearly departed family members were released into the sky and the strong winds took them away towards Kilkea the village where Frances was born and raised. Speeches were made by Frances' partner and daughter and the gathering headed down to the bar to enjoy a drink, nice food and light hearted conversation with many fond memories being expressed.

8 months since Frances passed away and her birthday date has arrived, we gather at the grave, the beautiful blue headstone stands at her head and flowers, plants and night lights, fill the site with a wonderful splash of colour, Balloons were brought to mark the birthday. They were very special. One with a rose inside and lights, the other floated on into the wind representing her dreams. So many fond memories come flooding back.



Budget Day 12/10/2021

- Pension up €
- Living Alone Allowance up €
- Fuel Allowance up €
- €1,000 grants to adapt homes for elderly and disabled
- For more information contact Department of Social Welfare or Citizens Information Office.

Life on Our Farm

I remember the days when working on our farm I used to milk the cows in the morning by rising at 6.30 am in the morning before breakfast. I used to walk up the fields with a stick made from plastic piping as I came close to the cows, I would slap the stick at the side of my boot to get the cows up from rest. They would then get up and walk slowly down the field chewing their cuds as they went along their way to be milked. As they got to the gate I would then open the slide doors of the milking house and let five in at a time. When they stood in their places, I would lock the crush and set down to business by washing their spines to check for dirt. After that I would then start milking machine in the parlour and proceed with putting on the machines on their spines. I would wait for them to finish and then take the machine off and then dip their spines with a special fluid to prevent warts from coming on the spines. After the next ten were milked we would let the cows in the crush out and run them up the field and feed the calves.

After breakfast I would go out and hose down the cow house and sweep the ground where the cows stood and clean out the cattle crush where the milked cows waited until the rest of the cows finished milking with a wheelbarrow and shovel. The milk lorry came to take the milk away to the creamery and I would have to wash out the milk tank with water and fluid and then spray with water to clean out the fluid in the tank. Once every month I would clean out the milk plant with hot water and fluid by taking it apart and brushing it bit by bit. I would then put it back together and then rinse it out with cold water. I would then spread manure by hitching on the manure spreader on the tractor and then cutting the bags with a knife. I would then clean out the calf houses with a pitch fork and then dump the dung into the slurry pit. When it came to cutting silage, I would have the tractor ready with the silage fork hitched on to it so I could bring down bales of silage to be wrapped. Then it would be milking time again at around 5.50pm.

Tommy K



Clubhouse Training

Recently I took part in a two-week Clubhouse training course online. It was delivered by Lee Elliot from Mosaic Clubhouse in London.

It was very interesting to see how the different clubhouses ran their programmes from their facility and the interpretation that each had their own way put on the Standards and the different ways they do the work ordered day etc. Some clubhouses for example had allotments where they could sow different flowers and vegetables while others had a lot of emphasis on crafts like knitting and more were very good at writing etc.

All in all, it was very interesting to see how different places applied the Standards and I think if you took ideas from them and discussed it with our members, we may run a better Clubhouse.

Please God this pandemic will be over soon and we will return to normal.

Joe G

Interesting facts about November

Topaz, a semi-precious stone that symbolizes friendship, is found in many colours, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in colour, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.

The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words chrys and anthemum, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th.



Marlon Brando (1924 – 2004)

Marlon Brando is regarded as one of the greatest and most influential actors in 20th Century film. He had a career spanning 60 years during which he won many accolades, including 2 Academy Awards for Best Actor, 3 BAFTA Awards for Best Foreign Actor, and 2 Golden Globe Awards for Best Actor. He was also an activist for many causes, including the civil rights movement and various Native American movements. In 1995, Brando gave an interview in Ireland in which he said: "I have never been so happy in my life. When I got off the plane, I had this rush of emotion. I have never felt at home in a place as I do here. I am seriously contemplating Irish citizenship. Brando's mother was an actress, and Brando's sister Jocelyn went to the American Academy of Dramatic Arts in New York City. She appeared on Broadway, then films and TV.

The young Brando was expelled from school for bad behaviour, though he excelled at theatre. Brando went to New York, where he studied at the American Theatre Wing Professional School. Jocelyn later said that he went to New York to study acting because it was the only thing, he was any good at. Brando was accepted in New York. He wasn't criticized there. It was the first time in his life that he heard good things about himself.

Brando was an avid student and proponent of Stella Adler, from whom he learned the technique of the Stanislavski system. This technique encouraged the actor to explore both internal and external aspects, to fully realize the character being portrayed. Brando was the first to bring a natural approach to acting on film.

Brando had a number of parts in theatre when, in 1947, he landed the part of Stanley Kowalski in "A Streetcar Named Desire", which proved to be one of the greatest blessings of his career. In 1954, Brando played the part on film. His performance was said to be one of his greatest, and the role earned him his first Academy Award nomination.

Brando's rise to fame occurred 1951 – 1954, with Viva Zapata! (1952), Julius Caesar (1953) and The Wild One (1953), and then On the Waterfront (1954) for which Brando won an Oscar.

Between 1963 – 1971, Brando had box office decline. During the 1970s, Brando was considered "unbackable". Nevertheless, in 1972, when Brando played Vito Corleone, the "Don" in The Godfather, he won his second-Best Actor Oscar. He followed this with Bertolucci's 1972 film Last Tango in Paris, which was controversial. In 1978, Brando played the part of Superman's father in Superman. In 1979, Brando made a rare TV appearance in the miniseries "Roots".

Then in 1979, Brando played the part of Kurtz in Francis Ford Coppola's film "Apocalypse Now". He was paid a million dollars a week for 3 weeks work. After 1989 Brando announced his retirement from acting. However, he returned in A Dry White Season. Brando earned an Academy Award nomination for Best Supporting Actor, and he won Best Actor Award at the Tokyo Film Festival.

In the 1990s Brando made films for which he received the worst reviews of his career. Then, in 2004, Brando died at the UCLA Medical Centre, but he left a legacy of some great performances on film

Paul K

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 the Clubhouse.

Members participate in mutually planned vocational, educational and social activities.



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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***

