



Platinum Clubhouse

NEW BRIDGE



May Day in Ireland

May Day (La Bealtaine) is the first Monday of May. It is a public holiday in the Republic of Ireland. It is also known as a traditional Celtic festival and a time to campaign for workers' rights. It is also known as Labour Day and some people attend parades, demonstrations and celebrations to mark the day in large cities such as Dublin. These often attract contingents from trade unions and political parties. Banks, post offices and many other businesses are closed on the first Monday in May. The beginning of May is associated with the Celtic festival La Bealtaine which in history marked the start of the season of blossoming flowers and fruit trees. The maypole is a symbol of May Day in the Republic of Ireland. A maypole is generally three or more meters tall and is decorated with colourful ribbons. Children and young people dance around the maypole on May Day. The May birth flower is the lily of the valley. The lily of the valley has the flower meaning of humility, chastity, sweetness and purity. The lily of the valley is a native of Europe. It has a flower meaning of the return of happiness. This May birth flower is often used in bridal arrangements as it is a wonderfully elegant flower. The specific name for lily of the valley is majalis which means "that which belongs to May". Emerald is the May birthstone. Emerald gemstones are associated with patience, understanding and foresight.

Sun Smart

-  Slip on clothing that covers your skin, long sleeves, collared t-shirts
-  Slap on sunscreen on exposed areas using factor 50+ for children
-  Slap on a wide-brimmed hat
-  Seek shade - especially if outdoors between 11 am and 3 pm
-  Slide on sunglasses to protect

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May 2022

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Our Dogs Rosey and Freddy

A joy to see Rosey and Freddie in play
Gives us all many of a sunshine day
A dog and a bitch united in much fun
Both Jack Russel all of our hearts are won
Freddie is more active we all clearly know
And a Rosey a bitch more quieter and slow
Together they make such a happy team
All the world to the family they mean

Both brown and white a joy to be seen
Spec of brown on Freddy's forehead such a dream
While Rosey's body as white as the snow
With their eyes constantly watching protecting us so
Guard dogs natural of them to be
They can spot any danger that they see
Protecting our home without any fail
Two wonderful creatures to tell the tale

A gift from heaven they both are
And dogs of our own who go far
Both playing and running around the house
Let nothing escape not even a mouse
For they are fed once at a busy day
And feel as they bark have much to say
They never argue or answer back
And true friendship they never lack

On a quite country road they happily live
Our dogs our are pride with much to give
For without them what would we do
United together within our family grew
What would we do without them we say
With them in life many a happy day
Our dogs our pride is plain to see
Both playing away part of our family

Paddy M



Quick Rhubarb Surprise

Ingredients

175g/6oz Self Raising Flour
1 large Rhubarb Stalk (cleaned & chopped)
1 heaped Tablespoon Sugar
1 Teaspoon Goodall's Vanilla Essence
75g/3oz Caster Sugar
2 Large Eggs
2 Tablespoons Milk.
To Serve
Whipped Cream/Custard/Ice Cream/Creme Fraiche

Method

1. Preheat oven to 200°C/400°F/Gas 6. Lightly grease a small ovenproof frying pan.
2. Put the rhubarb and the sugar in a bowl and microwave in High for 2 minutes.
3. Put the flour, vanilla essence, caster sugar, eggs and milk into a processor and give buzz until batter is formed.
4. Place the rhubarb into the pan, spread over the batter and bake for about 15 minutes until risen and golden brown.
5. Turn onto a serving plate and serve hot with any of above.
6. Best eaten the day it is baked!!!



Pot Luck Quiz

1. *What is the capital of Portugal?*
2. *Who were Gladys Knight's backing group?*
3. *What term is given to a blacksmith's iron block?*
4. *What is a grinding tooth called?*
5. *Which soft, bland foodstuff is made from soya beans?*
6. *In a limerick, which lines should rhyme with the second line?*
7. *What is the longest river in South America?*
8. *Which Cumbrian town is famous for its mint cake?*
9. *In which month is Armistice Day?*
10. *What is the name of the Marquess of Bath's stately home in Wiltshire?*
11. *Which ballet features the Dance of the Sugar Plum Fairy?*
12. *How many fiddlers does Old King Cole have in the nursery rhyme?*
13. *Who wrote Far from the Madding Crowd (1874)?*
14. *Which fictional village is the setting for The Archers? Ambridge.*
15. *What is the largest planet in our solar system?*
16. *Toxteth is an area of which English city?*
17. *What is the musical term for a range of eight notes?*
18. *Which actor starred in the 1984 film Footloose?*
19. *What is the Irish name for Ireland?*
20. *What are young goats called?*

Answers in next edition...

MAY

Though April showers may come your way they bring forth the flowers that bloom in May, so the story goes, and May is one of our nicest months. The flowers that bloom through the summer normally come out in May. The Mayflower is one of our flowers that is associated with religious ceremonies. People head to the bog to clean the bank and get ready for turf cutting in May. In a good year farmers cut silage and hay in late May and families head to the seaside for the first time in the year if the weather is good in May. The young animals born in spring are getting stronger and prancing around the fields are a joy to behold in May. May is indeed the first of summer and a good May perks up everyone's mood.

Joe G

Trip to Galway

I decided to take a trip to Galway, I took the train to Galway city. On arrival I had lunch in a café by Eyre square. I started my hike by the coast, big ships in the harbour and sunshine and sea as far as the eye could see.

I came across the famous Spanish Arch, tourists all around, lovely spot. Continued on my way, following the coast to Salthill, beautiful beach and lots of people enjoying the good weather.

I arrived at camp on the edge of Galway Bay outside of Salthill, set up my tent and enjoyed a slice of pizza and a beer as the sun started setting.

Next morning, I packed up and headed for the Galway Dublin train.

Michael B



Employment Unit

All of our members in Employment are doing well. Thanks to all our employers who have encouraged and supported our members through the past two difficult years. Congratulations to one of our members who secured a position in supported employment. We at Platinum wish all members in employment the best of luck and hope they enjoy the summer.



Blessington Lakes

In 1937 the King's River Valley in County Wicklow was a popular beauty spot. It was a beautiful natural landscape, green and full of wildlife. Seventy families farmed the land. In that year the decision was taken to build a dam and create a reservoir to help with the increasing water demands of a fast-growing population.

In November, a construction crew moved in and they erected a thirty-metre wall. It took three years to complete. The sluice gate that diverted the waters of the river Liffey away from the valley was closed and the water rushed in covering 2,000 hectares and all the homes of the relocated families were lost.

This operation created the Poulaphuca Reservoir and the power station. The Blessington Lakes became part of local folklore. People heard the church bell ringing. There were accounts of ghostly beings haunting the lake shore. They are now used for sailing and fishing, a lovely amenity to have for picnics and backdrop for filming.

Paul C



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***