



Platinum Clubhouse

NEWSBRIDGE



Autumn

Now that we are into October and the days are getting shorter, perhaps it is timely to look back over the last few months and see how we are going after the covid pandemic created such havoc in the past 18 months or so. We were not allowed into Clubhouse until quite recently, now we are in pods for two hours a week and we are missing the company of our friends and staff members in the Clubhouse. Although we are told that the end of lockdown will be in sight soon the number of cases still remain very high and we can only hope that they will be coming down rapidly soon with the large number of people that are vaccinated.

After suffering the results of lockdown for so long, hopefully it will be soon that we get back to normal again and that lot of the businesses and jobs that have stopped during the pandemic will re-open. Personally I hope that the crowds will soon return to race meetings and I know a lot of GAA followers will be glad to go to matches again and a lot of small procedures in hospitals that have been on the long finger for so long will be done and Christmas will hopefully return to normal this year. Let's hope that the falling of the leaves in Autumn will be followed by a good Christmas and Spring in all its glory will herald a new beginning.

Joe G



10th October 2021 World mental health day

The objective of world mental health day is to raise awareness about mental health issues around the world. The day provides an opportunity for all staff working with people who have mental health problems to chat about their everyday work and these conversations also help people to speak about their mental health illness. Just by simply asking someone how are you today? Can really help that person to know you are there and that you care about them, it also shows the person who is upset that you are willing to listen to what they have to say and that they don't have to face things alone.

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October Birthdays

- Rose N
- Phillip F
- James K
- Sheena H
- Tony K
- John F
- Brona P
- Al O'N

Life in Clongowes part 2

Annual activities at the school would include concerts (for orchestra, choir, and solos), drama, rugby matches with other schools, and May Day, when parents were invited to an open day. The SRPA would put on a display of crafts made by members of the society for the parents to buy as it was for a good cause.

Vinnie M was the instructor for sports at the school. Once a week we would have PE (physical education). This would consist of various physical exercises and indoor football and basketball. Vinnie Murray was firm but fair, and he was well respected by the boys.

Then outdoors there would be rugby matches. I remember playing rugby at winter time in the evening when it was cold, rainy and dark. My father had told me to take off when playing rugby, but then I could not see the ball! I would have been only 12 years old, and I will never forget the sight of an 18-year-old boy bearing down on me to get possession of the ball. In those days rugby was compulsory, not so anymore. Every year the whole school would go to Dublin by private coach for the Leinster Senior Cup. It was expected everyone was to attend. In the evenings before the matches, we used to have “cheering practise”. During the 8.00pm break the whole school would gather lower line gallery and learn and rehearse the chants that supporters sung at the stadium. I remember being one of the boys cheering on the team at the matches. One of the older boys would have a loudhailer urging us spectators to cheer. I was hoarse for several days after all the cheering.

After the matches, the buses for the Lower Lines would return immediately but those in Transition Year and above would leave from the city centre at about 8.00pm.

We used to go to the pictures in Dublin and to McDonalds. (It was in Grafton Street, the first McDonalds in Ireland.)

Clongowes first won the cup in 1926 and didn't win again for 52 years until 1978.

Back in the school, Vinnie Murray asked me to try my hand at the long jump, which I did. He said I broke the Irish record for someone of my age and height.

When I was in Poetry (5th Year), I made some easy money by working as an examiner's assistant for the boys taking the Leaving Cert. I had a desk and a chair outside the examination room. All I had to do was to bring coffee and biscuits to the examiner half-way through the exam.

Coming up to the end of my time in Clongowes, I won two medals. One was for the English Essay Competition, and one was for Music. After the Leaving Cert, I went to university – but that's another story.

Paul K

Garden Tips

I have always been interested in gardening as my father was an avid gardener. He taught me many things interesting in growing and looking after plants that you learn. I like most gardening and have made many things about growing plants and vegetables. We did not have land but a decent size garden so this is where I got my gardening bug from. Like a lot of things in life it is with trial and error and most of the patience that you learn like most gardeners have made many a mistake but it is only a real mistake if you don't learn from it.

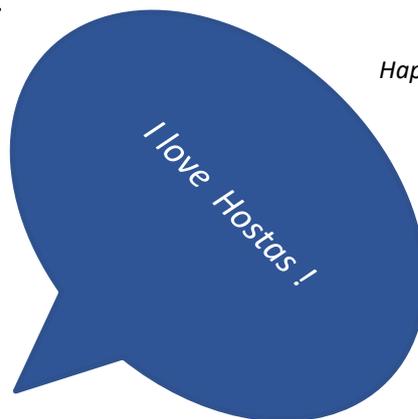
One of my favorite plants is the hosta I love its variegated leaves and come July the beautiful tall flowers it produces like all things that are beautiful. It needs attention and care the Hosta is like manna to the slugs and it can be an ongoing battle to keep the slugs away from them but through persistence and many different remedies have found one that works. I do not use any form of poison in my garden as I love the birds and bees to be healthy and happy in my garden here is the remedy I came up with.

I cut down in spring all woody twigs with leaves on them from my lavender plant I stripped the leaves soaked them in rapeseed in a coffee jar in a dark press. I left them there for 6 week the strained the oil through a sieve and bottle of oil back in the coffee jar I then threw the strained leaves all around my Hosta on the ground.

I also put some of the oil in a spray bottle with a little bit of washing up liquid and filled the bottle with water. I sprayed the Hosta leave on top and on bottom with this solution at least one a week for about 3 weeks then every other week since I have had great success with this method also, I spray my roses and fruit trees with the same solutioning I have no green fly or pest on my fruit trees. I hope this tip will help you with your garden.

Happy Gardening

Martina D



World Mental Health Day 10/10/2021

*"Your only purpose is
to be yourself,
otherwise you deprive
the universe of who
you came here to be"*

*"TÚS MAITH LEATH
NA HOIBRE"
A good start is half the
work.*

How to stay safe this winter

Keep active & Keep warm



Stay safe while driving

Don't hang clothes near an open fire

Turn off lights if not in a room

Have a torch ready if you have a power cut

Make sure you have your medication in order

Check if you require the flu vaccination

After dark make sure all doors are locked

Use a light timer switch if you are away

Never leave a key out under a mat or flowerpot

Check your fire alarm is working

Make sure you have the essentials of food

Seamus' Comedy Club

A woman brings her child into the doctor with a spoon in his mouth.

The Doctor told him to "sit down and don't stir"!

Didn't know numbers were hungry..... until 7 ate 9!

I was wondering why the frisbee kept getting bigger and bigger, but then it hit me!



Seashore and waterfall

I picked up my two passengers in Naas and headed for Bray on the coast. It was a fine morning after the mist and fog. In Bray we parked up and walked along the promenade called into the coffee shop and went up to their outside terrace. It was lovely in the sunshine and sea air, could have stayed all day tanning. As we came down the steps, I asked the girls to join me in the aquarium, it was a very interesting visit, a lot of exhibits on show, we were amazed at the variety of colours and shapes. We were able to photograph without flash and enjoyed the visit very much.

Outside back in the sunshine we walked back along the sea front and watched the people enjoying the sea and beach, the yachts sailing out of the harbour made a nice picture. Into a very hot car and head to Greystones for a picnic by the harbour and drink at the outdoor pub across the road. It was a lovely spot, peaceful, good company, sunshine and sea breeze. Back on the road we turned off the motorway for Powerscourt waterfall, a big film crew had taken over the front car park so we had to walk through to the picnic area in front of the waterfall. The cascading water is very photogenic as are the wonderful trees in the surrounding grounds, we sat and chatted in the sunshine and got the noise of the waterfall it was so relaxing.

Back on the road I turned left and out to the mountains, through the wild part to Sally Gap. Lots of twists and turns, sheep and sheer drops away from the road it is a drive not for the faint hearted down into Blessington and home for a well-earned cup of tea.

Paul C



The Stacumney Ambush

By the summer of 1921, The War of Independence, or Anglo-Irish War was nearing cessation. The opening of the new Northern Irish Parliament in Belfast (22 June 1921) marked the beginning of a new chapter of Irish politics: politically and culturally. In the south of the country, the Irish Volunteers, or the Irish Republican Army (I.R.A) were entering the last phase of the conflict with the R.I.C. and the British military that had commenced in 1919. Both sides could at this juncture be referred as war weary, with neither part having succeeded in delivering a definitive blow. It was an open secret that on the eve of the truce, the volunteers could barely have lasted for three weeks due to a chronic shortage of weapons and ammunition. It has been suggested that indeed three weeks was a generous estimation!

Both sides in the conflict would have become aware that there were developments taking place in terms of movement to a new phase: political negotiation. The Volunteers throughout the country had been active throughout the 1919-1921 campaign in carrying out attacks on R.I.C. barracks, courthouses, communications infrastructure, tax offices, gentry's estate houses, and convoys of police and military personnel. Yet, despite these activities, the I.R.A. could not claim a comprehensive victory against the crown forces. On the other hand, the authorities could not claim to have successfully defeated the Republican resistance entirely. As the truce loomed nearer, it was anticipated that Republicans would mount a number of ambushes to inflict damage to the British side. Stacumney Ambush, several key questions and issues remain about the event, some that after a century have not been fully resolved and makes this even more intriguing. Firstly, the selection of the site has proven contentious over the years following the conflict. This raises the questions about those leading the campaign from General Headquarters (G.H.Q.) directing operations in local areas they were not familiar with and often not consulting with I.R.A. leadership in such localities.

Seamus A. Cummins challenges these issues that have caused much debate and discussion throughout the years and assesses the significance and legacy of this event. The Stacumney Ambush also highlights how active the I.R.A. were in Co. Kildare, especially in the North of the county. It also demonstrates the effective leadership and local knowledge of Patrick Mullaney, Battalion Commandant in North Kildare, whose diversionary attacks allowed the military strength of the 1st Eastern Division to return to base.

Tommy 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***

