

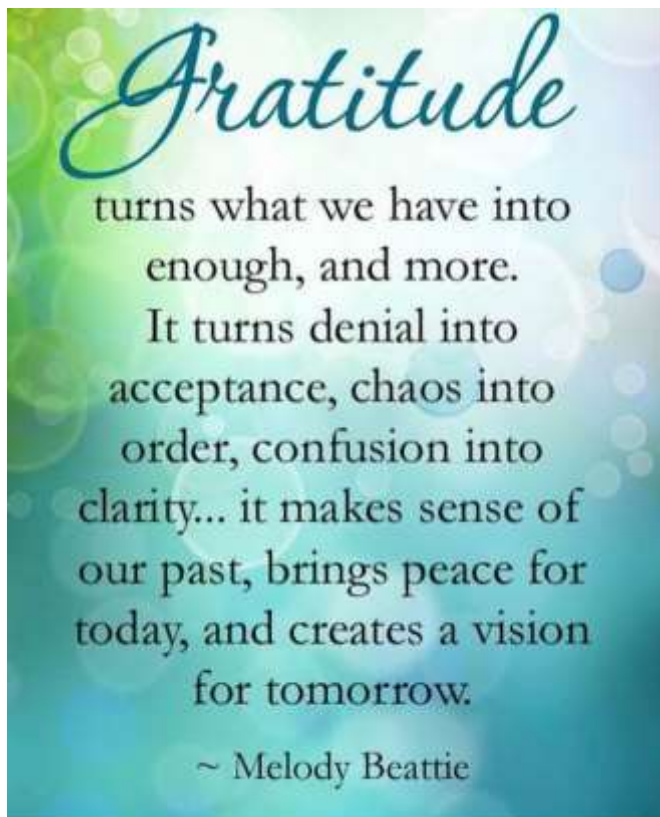


National Gratitude Month

November of each calendar year is proclaimed as National Gratitude Month.

The following are ideas of how to start your own gratitude month. Why not start a gratitude journal. When you look back at all the things you mentioned in the journal you will be able to reflect on all the things you have done.

There are countless things to be grateful for. Start with the little things ; a warm cup of coffee, a good hair day, your pet, or a good night's sleep...



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November Birthdays

Patsy S
John Joe D
Eileen D



November 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Policy Meeting 12 noon	1 House meeting 1.45 pm	2 Standards Meeting 12 noon Education & Community Employment	3 Publications 2 pm	4
7 Policy Meeting 12 noon	8 House meeting 1.45 pm	9 Standards Meeting 12 noon Education & Community Employment	10 Publications 2 pm	11
14 Policy Meeting 12 noon	15 House meeting 1.45 pm Basic Digital Skills	16 Standards Meeting 12 noon Education & Community Employment	17 Publications 2 pm	18
21 Policy Meeting 12 noon	22 House Meeting 1.45 pm	23 Standards Meeting 12 noon Education & Community Employment	24 Publications 2 pm	25
28 Policy Meeting 12 noon	29 House Meeting 1.45 pm	30 Standards Meeting 12 noon Education & Community Employment		

Live on the Curragh

The majestic grass plains of the Curragh play host to flocks of sheep. Hundreds roam freely grazing the plain and surrounding roadsides. They cross the road at will with the right of way. Traffic is quite heavy on the roads with a 60K speed limit.

The local studs exercise their horses across the pasture into the racecourse to gallop on the purpose-built tracks, rigorously maintained by the staff, every so often a tractor and harrows work the circuit to avoid injuries to the next lot of horses. A water tanker and a heavy tractor drawn roll are used as well.

Hazard lights flashing to the oncoming traffic where the horses cross the road into the middle gateway, lorries and trailers arrive at this point and the jockeys and horses wait their turn on the gallops.

Down at the Kildare end the second gate is open and the wily old ewe leads more sheep into the rich pasture heading for the gorse bushes to stay hidden from the shepherd and his dog. A roundup takes place most mornings, two flocks graze down on this end of the Curragh, one with blue markings, the other with orange.

They roam across to the railway line where it crosses a bridge. They stand and wait for the Kildare train to pass on its way to Dublin, then cross through the tunnel to the Rathangan side and graze up to the golf course. Dozens of people exercise across the Curragh, including the army personnel and dog walkers. They are everywhere, some dogs chasing rabbits that live under the gorse and railway line. Some drive their vehicles across the grass and let their dog roam after them, others walk miles with their beloved dogs under control. Where I park the car two magpies and crows come and check for food, I love to photograph the busy surroundings.

Paul C

Autumn

What a lovely time Autumn is. It's the time that the trees lose their leaves and plants and flowers that are susceptible to frost. They have to be taken up and stored away until Spring when you sow them again. The swallows and other migratory birds leave our shores before winter comes. This year we seem to have a rather mild Autumn so we can enjoy the birds and the flowers a bit longer.

The leaves on the ground are nice to see as the various colours form a pattern. If we get this rather mild weather for a bit longer it will bring us close to Christmas and we will not feel it until the days are getting longer and we welcome Spring again.

Joe G



Meat Loaf (Part 2)

About his personal life: Back in 1978, when working with Steinman, Meat Loaf met his future wife, Leslie Edmonds, who was a secretary in Bearsville Studios, New York. They married in 1979. Leslie had a daughter named Pearl from a previous marriage. Meat Loaf adopted her. In 1981, Leslie gave birth to Amanda, who later became a TV actress.

In 1979, Meatloaf and his family moved into a house in Stamford, Connecticut. After Amanda's birth, the family lived in Westport, Connecticut. Meat Loaf coached children's baseball and softball in each of the towns he lived in. After living in a couple of other addresses in Connecticut, the family bought a house in Beverly Hills, California, for \$1.6 million.

Then, in 2001, Meat Loaf and Leslie divorced. Meat Loaf married Deborah Gillespie in 2007. In 2005, Meat Loaf bought a 7,142 square foot Spanish-style home in Calabasas, California, for \$2,999,000. He sold it in 2011 for \$3,065,000. In 2012 he moved to Austin, Texas, after buying a new 5,200 square foot home for \$1,475,000. Then before his death, he lived in Brentwood, Tennessee.

In January 2022, Meat Loaf died in Nashville, Tennessee at the age of 74. He was said to have Covid-19 and he died because of complications from Covid-19. His family were at his bedside when he died. People who posted tributes to Meat Loaf on Instagram included Bonnie Tyler, Cher, Brian May, Boy George, Stephen Fry, and Donald Trump.

Meat Loaf led a full and varied life, but it is for his "Bat out of Hell" trilogy that he will best be remembered. Finally, I would like to acknowledge Wikipedia as the source for the material in this article.



Paul K

GRATITUDE CHALLENGE

#1 Send a card to someone	#2 Do a random act of kindness	#3 Thank your mom/woman in your life	#4 Say what you are grateful for about yourself	#5 Bake a treat and give some to others	#6 Try a gratitude meditation	#7 Write about a meal you're grateful for
#8 Write what you're grateful for money can't buy	#9 List 5 things using your 5 senses	#10 Write a review for a company you love	#11 Send a thank you to a person who inspired	#12 Write something you are looking forward to	#13 Share about a gift you received	#14 Thank your dad/man in your life
#15 Write a memory you cherish	#16 Share a goal you achieved	#17 Go one day without complaining	#18 Do something that loves on your body	#19 Find a photo you're grateful for	#20 Tell 3 amazing things that happened	#21 Donate items you don't need
#22 Cook a meal for someone	#23 Thank the author of a book	#24 Stop and savor one meal	#25 Spend time with loved ones	#26 Write about what made you smile	#27 Take a photo of what you're grateful for	#28 Write about your strengths
#29 Call/text someone to appreciate	#30 Start a gratitude journal					





Interesting Facts

- The cornea are the only types of tissue in the human body that do not contain blood vessels
- Cows don't have upper front teeth
- No number before 1,000 contains the letter A
- Hot water will turn to ice faster than cold water
- The strongest muscle in the body is the tongue
- It's impossible for most people to lick their elbow

Sinead H

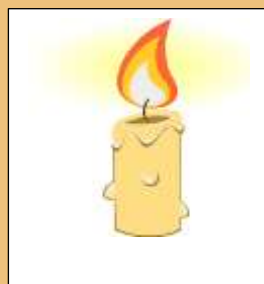
Energy Saving tips...

- Remember to turn your appliances off standby mode
- Draught-proof gaps
- Turn your lights off when you're not using them or when you leave a room.
- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Avoid using a tumble dryer for your clothes: dry clothes on racks inside where possible or outside
- swapping just one bath a week with a 4-minute shower could save you money
- Avoid overfilling the kettle and save on your electricity bill.
- Use energy saving light bulbs
- Reduce your dishwasher use
- Insulate your hot water cylinder

Sheena H

All Souls and All Saints

We remember our members who have passed away during this month of All Saints & Souls. RIP



Preparations for Christmas

Work out a budget e.g. If you have a budget of €100 and 10 people to buy for this means you spend €10 per person and stick to this.

Start present shopping early.

Start filling in your calendar and begin putting money away each week to help cover the rising cost of living e.g., food, clothes, utilities etc...

Look up your recipes and decide how many you need to cook Christmas dinner for



Word search

T	R	E	V	O	R	P	A	T	R	I	C	I	A
E	T	R	E	B	O	R	S	E	Y	R	A	M	R
D	J	C	V	B	E	T	H	C	A	J	O	A	A
N	A	I	I	B	R	E	D	A	R	O	O	D	Y
I	C	R	L	R	Y	A	M	R	D	A	N	A	K
V	K	T	O	I	U	Y	A	M	N	E	K	R	N
E	I	A	H	G	U	H	R	E	E	Y	E	R	I
K	E	P	D	I	A	T	C	L	A	I	R	E	W
N	R	E	S	D	N	R	I	A	I	S	A	N	I
N	O	A	E	R	N	E	Y	B	J	M	A	I	L
E	L	R	M	N	E	E	G	R	O	E	G	S	L
L	I	E	A	O	L	T	E	N	H	M	A	R	I
E	V	V	J	A	P	A	U	L	N	K	N	I	A
H	E	D	E	R	E	K	R	E	V	I	L	O	M

Adam, Amy, Anne, Breda, Brigid, Carmel, Claire,
Darren Derek Eamon, Eileen, Gary, George, Hugh,
Helen, James, Joan, John, Joe Kate, Kay, Kevin, Liam,
Mary, Mark, Olive, Oliver, Paul, Robert, William

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***

