

Welcome to the Aardvark, We are back in business!

This is a Newsletter Published by the Clusters Group at Conlig Workskills. We hope to publish 4 issues per year.

The Clusters Group do a wide range of activities such as photography, IT, French, Numeracy, Literacy, College Courses and community access.

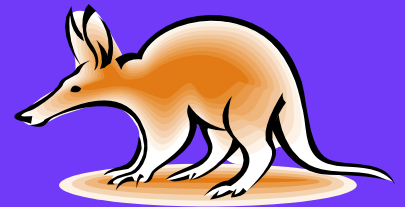
We would be chuffed to hear news from other schemes within Praxis so please send any stories, jokes, poems etc to :- Clusters Group, Conlig workskills, Main Street, Conlig, BT23 7PT

INSIDE THIS ISSUE:

Recipe	2
Drama	2
Healthy Eating	2-3
Tech News	3
Florida Review	4
Travel Tips	4
Jokes and Poetry	4
Local History	5
Wordsearch	5
Exploris Review	5
Library Review	6
Gardner's Poetry	6
Competition	6
Results	

AARDVARK

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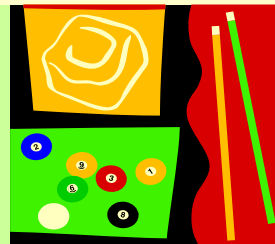
A nose for the news

Pool Competition

In February 2010 two teams from Conlig Workskills took part in the Northern Ireland pool Association special teams cup. Here is their account of the competition....

On Tuesday the 2nd February 2010 Trevor, James and I travelled to Ballymena to take part in the Northern Ireland pool Association special teams cup. We looked really smart in our new waistcoats and bow ties. We brought our own cues. I carried mine in a black case. When we arrived we began to practice at our table, table number 6. There was a list of the teams we had to play against. I played first and won the match! I played 5 Matches in total and won 4 of them winning made me feel proud and happy. Trevor and James did really well too. We had lunch at the competition, sausage, chips and beans, it was really good. We all had a really good day but we were beaten 8 – 6. It was close! We were unlucky but we will try again next time! -Colin R

“It was really brilliant. I felt like I was playing at the Crucible Theatre!” - James



“I was proud, excited and delighted to be part of it. I enjoy playing pool and I hope to enter more competitions!”-John McA

There were two teams from Workskills taking part in the competition. I was along with the two Johns- John McA and John B.

We got to the semi-finals and although we didn't win, I felt really proud of what we had achieved; this was only our second competition.

I didn't think it was important for us to win but we tried! Just being there and taking part was really good and we are now practicing so we'll get better - Harry C.

Our Feathered Friends

On a Thursday morning in January we went on an excursion to the R.S.P.B. nature reserve at Belfast Lough. Colin and I Visited with two staff members and found the



A Redshank—Photo By Robert C

whole experience very enjoyable. Some of the birds we saw were the Bluetit, Red Shank, Moorhen, Curlew, Robin, Heron, Oyster-catcher and the Black Backed Gull. Even if we were unsure about what type of birds we were looking at or whether they were male, female, young or old there was a member of staff close by to offer any help or information. There were also books, leaflets, and posters around the centre. We spent most of the day at the reserve because it was nice and warm inside the centre. It was clean, modern and very tranquil. It was definitely the 'oasis of calm' described on their web site. Access to the reserve is free however donations are welcome. Both non members and members of the R.S.P.B. can visit.

Words By Colin And Robert


Colins Recipe for an Easy Peasy Pasta Dish!

You will need.....

- 1 onion (grated)
- 1 garlic clove (crushed)
- 3 rashers of bacon (chopped)
- 1 tbsp of olive oil
- A pinch of chilli powder
- 400g tin of chopped tomatoes
- 150g of pasta or spaghetti
- Parsley to garnish



1. Cook the onions, garlic and bacon in the olive oil in a pan for about 5 mins.
2. Add the chilli and tomatoes and simmer for 15-20 mins.
3. In a separate pan, cook your pasta. When it is ready stir your sauce through it.
4. Serve with a sprinkling of parsley on top. Serves two.



DRAMA GROUP

Conlig Work skills drama group will be doing a performance of their play

THE LITTLE PEOPLE OF CLANDEBOYE FOREST

at the Praxis Care staff awards at the Culloden hotel on the 21st May 2010. Anyone lucky enough to be going is in for a treat as the group performed this play at our Christmas fair and it was excellent! We would like to wish Carmel, James, John, David, Alan, Eileen, Aidan, Eddie, Winnie , Robert and all the drama group staff good luck!

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

Healthy Living Wordsearch

Can you find the words below in the grid?

- | | |
|-------|----------|
| FRUIT | CHEESE |
| APPLE | HEALTH |
| HEART | EXERCISE |
| WALK | BANANA |
| BODY | TASTE |
| FIT | EYE |
| SLEEP | ENERGY |
| SHAPE | SWIM |
| NUTS | SOUP |
| EAT | |

Submitted by the healthy living group

Congratulations!

The Healthy Eating Group-
James, Kenny, Paul, Winnie, Alan,
Carmel, Harry, Eddie, David, John,
Sylvia and Roxanna

Have achieved a total weight loss of-

13 Stone 7 3/4 lbs.

That's roughly the same weight
as.....

9 and a half car tyres!

63 copies of the Yellow pages!

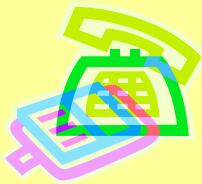
190 bags of sugar!

600 average sized apples!

1900 Creme Eggs!

61568 Paper Clips!

A Washing Machine!



The Healthy Living Group

The healthy eating group meet once a week to learn about making healthy lifestyle choices. They find out about what foods are good for you, the benefits of exercise and how the body works.

This is their mission statement:

“4 Glasses Of Water,
Smaller Portions,
Ask For Salads,
Little After 6.

“I am a Healthy Person and I
Look After My Body”



Congratulations

Well Done to everyone who has been attending Newtownards College on a Tuesday afternoon Robert, James C, Alan, Carmel, Paul McN, James D, John McA, Eddie, and Harry Will be receiving certificates for completing a course in digital photography. They are now currently attending a class on web design,. Good luck guys!



**Kenny G's
Travel Tips**

I have been lucky enough to visit the Isle of Man, Belgium, Africa, Finland and Spain. I enjoy travelling and here are some of my holiday tips.....

Check the currency in the place you are going some countries use different money

Check the weather before you go it will help you know what to pack

Hot countries-bring sun cream and after sun or you will get burnt like I did in Africa!

It is useful to find out some of the local language before you go

Check if you need to get any injections to go to the country you are visiting

Don't forget your passport!

Look on the internet and in books to find out information on where you are going and what there is do



AARDVARK

BACK TO DISNEY

In November 2009 I went to Disneyworld in Florida. We flew from Dublin airport to Philadelphia and then on to Orlando. It was a very long journey but it was worth it.

We stayed in a luxury hotel called the Capri Royale, which was only a short drive from the theme parks. The service at the hotel was excellent.

I went to 4 theme parks; Magic Kingdom, Animal Kingdom, Hollywood Studios and EPCOT. In Magic Kingdom we saw a parade starring all the Disney characters. I was so glad to meet Mickey, Minnie, Goofy and Pinocchio. Animal Kingdom is a large safari park. There's a wide range of different animals to see in the park. For example elephants, hippos, giraffe, deer, tigers, and emus. In Hollywood Studios we saw a High School Musical parade and an American Idol show. In EPCOT we saw a fireworks display. There was such a variety of things to see and do.

The weather was mild during my trip, it only rained once, but it didn't ruin our day out!

I really enjoyed my trip; it was a holiday of a lifetime, a remarkable experience I will never forget.—Robert Cullen



A Spring Poem
Submitted by Colin Redpath

March winds and
April showers
Popping up are
pretty flowers
A kite flying in the
sun
Aren't you glad that
spring's begun?

The Joker!

Knock, knock
Who's there?
Atch.
Atch who?
Sorry , I didn't
know you had a
cold.

What has six legs, two arms,
four eyes and a tail?
A man holding an aardvark!



Why do they put bells on
cows?
Because their horns don't
work.

What do lions say to
themselves when they
are tired?
I will just lie on.

What kind of dog tells
the time?
A watch dog.

By Colin Drummond



Did you know?

- ◆ Bangor Abbey has a memorial stone for local man John Simpson who was a surgeon aboard the Titanic!
- ◆ Bangor Station has a time capsule to be opened in 2100!
- ◆ Charles Dickens visited Bangor in 1858 to swim at Ballyholme beach!

Make It

Snappy!

In February 2010 the Clusters Photography group visited the towns of Bangor and Newtownards to take some interesting photos and find out a bit about local history.

By Colin Drummond

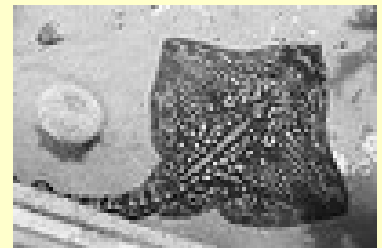


- ◆ Scrabo Tower is 41 Meters high
- ◆ The market cross was built as a sign of a successful market town. It is the only surviving 17th century cross in Ulster.
- ◆ Newtownards is twinned with Kemi in Finland

Core Group visit Exploris Aquarium

In February the Core group took a trip to Exploris aquarium in Portaferry. There were lots of things to see and do but the things we enjoyed most were the touch tank and seeing the rescued seals. In the touch tank you can see Starfish, Sea Urchins, Scallops, Thorn Back Rays and Flatfish. We got to hold a Starfish and Sea Urchins. The aquarium also has a café and a shop. We really enjoyed our day and would love to go back someday. The trip gets a big thumbs up, it was nice and good!

Written with contributions from Graeme and David



A Ray In the Touch Tank.

Exploris is located in Portaferry and during the summer is open from 10-6 during the week and 11-6 on a Saturday. Sunday hours are 12-6.

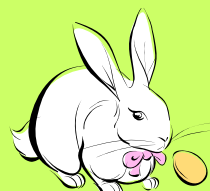
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g	y	e	g	h	v	b	s	a	e	w	p
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t	n	e	d	a	f	f	o	d	i	l	s
u	b	b	c	i	t	v	r	t	e	p	d

Spring Wordsearch

Can you find these spring words in the grid?

Spring
Easter
Rabbit
Daffodil

April Showers
Lamb
Chicks
Crocus



By James D



Calling all book- worms!

The Gardens group and Clusters Group visit Bangor Library every Week and would like to share some thoughts on their visits and the buildings recent refurbishment....

Bangor Carnegie Library is named after a Scottish-American business man called Andrew Carnegie. He funded the building of over 2,500 libraries throughout the world between 1883 and 1929. Recently the building has been refurbished to a high standard. The old building has been extended and modernised but it hasn't lost its charm and character because the front of the old library has stayed the same. It has 3 floors which have an art gallery, a computer room, a children's library, an adult's library and a refreshments area. It is very spacious and well laid out with disabled access, lifts, clean modern toilets and a mother and baby room. Unfortunately though there are not a lot of parking spaces near the library.

You can check what books are available on the online catalogue and where they are in the library. Borrowing books is easier than before because a computer scans the books and your card and then gives you a receipt. You can do this yourself and it is good if you are in a hurry. As well as borrowing books you can borrow CDs, CD ROMs, books on tape, large print books, DVDs and videos. There is also a range of newspapers and magazines to read in comfortable surroundings. The library also hosts story telling and photography exhibitions. The library has many new computers. They are apple Macs and we are learning to use them. They have large, clear screens which makes them easier to see and the computer chairs are more comfortable than before. By Colin , James and Robert .

Easter competition

Praxis Care ran an Easter competition to celebrate Easter 2010. Entrants could submit a poem, story or artwork with an Easter theme.



Congratulations to the gardens group who were placed first in the group entry section and to John McA and Eileen N who were place 2nd and 3rd in the individual art section.

Well done to everyone who entered!

Here are two Easter Poems submitted by the Gardens Group

Easter Bunny

When I think of Easter,
I think of Bugs Bunny,
Easter eggs, cards and
money,
flowers and daffodils,
primroses, crocuses and
snowdrops,
some people love a
turkey dinner, brussel
sprouts, carrots, roasties
smothered in gravy.

By Kenny G



Easter Poem

Spring is the most
wonderfulest time of year,
daffodils come out and all
primroses, bluebells grow
around the woods,
squirrels chase acorns
around picnics and brown
birds sing,
Easter is the day that kids
look forward to their
Easter eggs and going off
school.

By Paddy

We hope you have enjoyed this issue of 'The Aardvark.' We hope all of our readers had a wonderful Easter. We hope to see you again soon in our summer edition!

