

## WE RECOMMEND book club

**THE POWER OF NOW: A Guide to Spiritual Enlightenment** by Eckhart Tolle

★★★★★

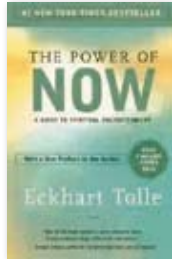
I was introduced to this book by a friend who felt I needed to have a different outlook on life as I was going through a difficult period at the time.

“The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly – you usually don’t use it at all. It uses you.”

This is exactly what was happening to me. I worried about things in my past I had no control over, and I worried about things in the future that most likely would never happen. Nevertheless, this was taking up all my waking moments. The greater part of human pain is unnecessary. It is self-created as long as the unobserved mind runs your life. Unease, anxiety, tension, stress and worry are all forms of fear and are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness and all forms of non-forgiveness are caused by too much past and not enough presence.

I reluctantly purchased the little book and thought: “What good could this do to improve things for me?” as I was so self-absorbed. I must tell you if you’d like to experience more joy in your life right now, instead of merely hoping things will get better in your future, then this is a must-read. Nobody’s life is entirely free of pain and sorrow. Isn’t it a question of learning to live with them rather than trying to avoid them? *The Power of Now* has taught me to look at myself differently, not to spend so much time analysing everything that occurs but to accept this and move on.

**Reviewed by Margaret Collier, Payroll Administrator, Rehab.**



## REVIEW Lauren MacColl Concert



Lauren MacColl

**Folk music enthusiast and Employment Liaison Officer for Momentum Skills, Gavin Smith recently attended Eden Court in Inverness to see fiddle player Lauren MacColl performing alongside her band The MacCollective.**

Folk music often suffers from an image problem. When some people think of folk music, a stereotypical image of dour middle-aged musicians nursing pints of real ale and stroking their unruly beards springs to mind. The reality, however, is quite different.

Scotland has a vibrant traditional music scene with lots of young, incredibly talented players – a million miles removed from the old stereotypes. Many of these young people have come through the Feis Movement, a group of Gaelic tuition festivals that take place across Scotland where individuals come together to develop their skills in the Gaelic arts of song, dance, drama and traditional music.

Lauren MacColl is one of those players and I recently went to see her and her band The MacCollective play in Inverness. And what a concert it was! Jaw-dropping reels and strathspeys, played with a speed and energy that made me wonder why the musicians were not sponsored by Duracell. They also played a number of slow airs that made the hair on the back of my neck stand up. The banter between the tunes was top class too – Mhairi Hall, who plays piano in the group, has a possible future career as a stand-up comedian.

Lauren MacColl is a tremendous fiddle player and can play tunes that would make a stone cry but she also does a mean fiery tune. You’re almost expecting the strings of the fiddle to burst into flames.

So, if Lauren MacColl is playing live near you, throw your stereotypes away and do your ears a favour. I promise you won’t regret it.

## SEND US YOUR REVIEWS

Are you reading a good book or attending a concert? Then why not send your review to [rehabnews@rehab.ie](mailto:rehabnews@rehab.ie)? The best reviews will be published in the next edition of *Rehab News*.

## REVIEW Roslyn's Got Talent



RTE's Audrey McGrath, guest judge; Anne Marie Minogue, Winner, "Roslyn's Got Talent"; judges Christine Fitzpatrick and Paul Coulter.

Weeks of production work from the staging crew transformed the Roslyn Park College gym into a full-scale TV studio, enhancing the charged atmosphere to a fever pitch that lasted the full three hours of the much-anticipated "Roslyn's Got Talent" in mid-November. Each of the 18 performances was preceded by an *X-Factor* style on-screen introduction and a brief chat with show producer and Students' Union President Padraig Ashe, before showing just what they were made of on stage.

Traditional and rock music acts included a vibrant bodhrán duo, stunning soloists and dancers from Lady Gaga to hip hop to traditional Irish dancing. An original comedy duo extolled the virtues of Lyons versus Barry's tea while original poetry, monologues and even a 9 inch nail tribute ensured laughs, tears, variety and something for everyone in the audience.

The judges' role in the show was essential to the drama, appearing on the big screen after each act as they shared their views. College Head Paul Coulter gave thoughtful and heartfelt praise. He was flanked on the left by one of RTE's most glamorous stars, Audrey McGrath, whose fanbase grew steadily over the afternoon with the insightful commentary and industry insider advice she gave to the contestants. We nodded along in agreement as she eloquently described the chills, thrills and excitement she felt with each act, leaving performers with gems to carry with them to future performances, such

as "you were born to do this" to Ciaran following his phenomenal Johnny Cash cover. On the right, Christine Fitzpatrick, better known for her chivvyng of all the students in the college to "eat their greens" in the canteen, declared the event to be "absolutely brilliant" while noting to *Rehab News*, "I'm Cheryl Cole, not Sharon Osborne," lest anyone be mistaken.

Four prizes were given out out - Studio Chaos and Ade (joint 3rd), Megann (2nd), with the talented Anne Marie Minogue being crowned overall winner. Her haunting performance of a self-penned song combined with skilful guitar playing won everyone over. Congratulations are due to the team of 12 for the staging, visuals, music and lighting which lifted the show to the major league and ensured there were no delays or hiccups! In the words of guest judge Audrey: "an incredible afternoon - fabulous show, brilliant performances, I enjoyed every second. Sign me up for the next one!"  
*Reviewed by Collette Fox*

## REVIEW *The Ballad of Charlotte and Deano* (Encore Productions)

It was a story of love, relationships and the challenges we face in life. It was the story of Charlotte and Deano, told by Encore Productions, a theatre group based at the RehabCare resource centre in Carroll's Village, Dundalk, Co. Louth. The characters of Charlotte and Deano were created through songs, stories and painting. The main theme of the production was one of facing life's challenges with a partner and the faith, love and hope that friendship brings. This well-written original script was brought to life with the talent and enthusiasm of each member of the cast. The actors owned the stage in the Táin Theatre, Dundalk Town Hall. The mix of dance, comedy and thought-provoking dialogue brought the audience on a captivating journey. The clever use of different actors to play Charlotte and Dean at different stages of their lives allowed a number of performers to showcase their talents. The imaginative props really added colour and meaning to the production. The giant octopus was a clear winner



with the audience! There were some surprises, notably the staff Bollywood dance display and the hilarious Trolley Dolly. The contemporary songs had me singing along, much to the amusement of those sitting beside me!

The production which ran for two nights in early November also had a great chorus line made up of transition year girls from the local St Vincent's School. Some young people from the MASF School of Martial Arts also took part with skilful martial arts displays; the sword juggling was in equal parts impressive and nerve-wracking for the front rows!

A standing ovation at curtain call for the triumphant performance was a fitting tribute to months of hard work by all the performers, the backstage crew and especially to Director Sandy Sneedon, whose talent in bringing out the best in his performers was a key ingredient in making the show a real success. The journey home was shortened no end as I relived scenes from the production and wondered if I could borrow that octopus costume some time for fancy dress!  
*Reviewed by Róisín Fitzgerald*



## GARDENING TIPS

Although we tend to spend less time in the garden in the early months of the year due to the cold weather, there's still plenty of work to do. Here, Momentum Skills' allotment group in Glasgow share some of their gardening tips.

Use the early months of the year to clean out greenhouses and poly-tunnels, ensuring they are debris, pest and disease free. Clean out all seed trays, pots and labels.

**JANUARY** If you have access to a heated greenhouse or even heated propagators, you can start to sow seeds in January, such as broad beans, leeks, onions, spinach, peas and early cauliflower.

Plant garlic, if the ground is not too waterlogged. (The best time to plant garlic is actually November.)

Divide existing rhubarb crowns or plant new sets if the ground is not too wet.

'Chit' seed potatoes using egg boxes or seed trays and store them in a cool, light area to encourage new shoots to emerge.

Ensure that you feed your soil with compost or well-rotted manure.

Check all raised-bed areas for wind damage and replace any broken wires. Plant ties and stakes.

**FEBRUARY** By February you can layer cardboard, old carpets and polythene to cover soil, heating up the areas ready to plant broccoli, brussel sprouts, early shallots and turnips.

Continue to sow seeds, even starting tomatoes and lettuce varieties using rows of plastic guttering. Once seedlings have grown to about 3-4 inches, dig a shallow drill outside and slide the contents of the guttering pipe into the drill. Gently firm and lightly water. Turn over compost bins or heap and add water if dry, ensuring you retain heat as this speeds up decomposition.

Check the potatoes that you chitted in January. If the chits look anaemic, then your storage area is either too dark or too warm.

Complete pruning of fruit trees as they will now start the growth cycle. Feed the trees and trimmed fruit bushes with organic feed.

## RECIPE

The Cookery Group in RehabCare in Wexford share their recipe for a festive chocolate treat — perfect for the holiday season!

### CHRISTMAS CHOCOLATE FUDGE BROWNIES

#### Ingredients (makes 16)

200 g/7 oz low-fat soft cheese  
 ½ tsp vanilla essence  
 250 g/9 oz caster sugar (divided)  
 2 eggs  
 100 g/3½ oz butter  
 3 tbsp cocoa powder  
 100 g/3½ oz self-raising flour (sifted)  
 50 g/1¾ oz chopped pecan nuts

#### Fudge frosting

4 tbsp butter  
 1 tbsp milk  
 100 g/3½ oz icing sugar  
 2 tbsp cocoa powder  
 Pecan nuts to decorate (optional)

#### Method

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Beat together the cheese, vanilla essence and 5 teaspoons of the caster sugar, then set aside.
3. Beat the eggs and the remaining caster sugar together until light and fluffy. Place the butter and cocoa powder in a



The Cookery Group, RehabCare, Wexford. (Left to right): Lee Colfer, Tommy Murphy, Margaret Sutton, Eleanor Kehoe, Elaine Dempsey, Jenny O'Reilly and Brendan O'Farrell.

small saucepan and heat gently, stirring until the butter melts and the mixture combines, then stir it into the egg mixture. Fold in the flour and nuts.

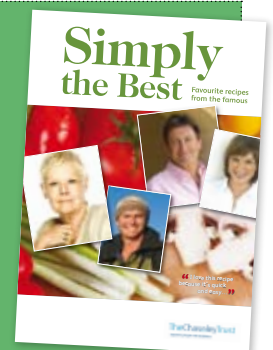
4. Pour half of the brownie mixture into a lightly greased 20 cm/8-inch square shallow cake tin and smooth the top. Carefully spread the soft cheese mixture over it, and then cover it with the remaining brownie mixture. Bake in the oven for 40-45 minutes. Leave to cool in tin.

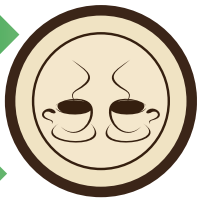
5. To make the frosting, melt the butter in the milk. Stir in the sugar and cocoa. Using a spatula, spread the frosting over the brownies and decorate with pecan nuts. Let the frosting set, then cut into squares to serve.

6. Serve with freshly-whipped cream or ice-cream. Decorate with a sprig of holly!

## FAVOURITE RECIPES FROM THE FAMOUS

Here's an interesting stocking filler for food lovers! A compact book of great recipes by well-known individuals ranging from television presenters to actors, sporting stars and politicians, who share their favourite recipe to help raise funds for The Chaseley Trust. It costs £7.95 plus P&P. For more info go to [www.chaseley.org.uk](http://www.chaseley.org.uk)





# COFFEE MOMENTS



Jaswinder Kaur is a Business Manager with TBG Learning and is based in West Bromwich.

### What do you do to unwind?

I listen to music or even go for a walk on a good day. Even a meal with my friends — to talk, laugh and just to relax and enjoy myself.

### What is the best holiday you've ever had?

This year was my best holiday. I visited California, Orlando and Miami. It was an active and a relaxing holiday in one. The whole experience was special. The highlights were visiting Alcatraz Island, in San Francisco as it is known as one of the world's most legendary prisons, a road trip from Miami to Orlando and the Halloween Horror Nights 21 in Universal Studios — it's true, Halloween is celebrated to the max in the USA and it is an unforgettable experience.

### What is your biggest regret?

Not having children sooner in my 20's, as it was never the right time and now I feel as though I have left it too late.

### What books are you reading at the moment?

Alan Sugar — *What you see is what you get*. It was a gift from my brother. I am still in the process of reading this and so far it is funny and straight to the point, as you would expect from Alan Sugar! I enjoy *The Apprentice* and Alan Sugar's life story.

### What was the most memorable day of your life?

My wedding day, 26 May 2002. My parents gave me everything I had asked for from having a harp ice sculpture with fruit, a chocolate fountain, doves, indoor fireworks, fresh flowers. The banquetting suite was beautiful, the meal was fantastic and the five-tier wedding cake from Harrods was perfect. The whole day was a dream and everything went smoothly and there is nothing I would have changed. My first dance with my husband was beautiful and we also had a last dance to end the evening.

### Your all-time hero?

My dad is my all-time hero as he is everything I want to be in my life and who I always look up to. I can turn to my dad anytime 24/7 and he always knows what is the best thing to do. I love him to bits.

### If you were stranded on a desert island, what three essentials would you take with you?

My husband, tinned food and a knife.

### When you were younger, what did you want to be when you grew up?

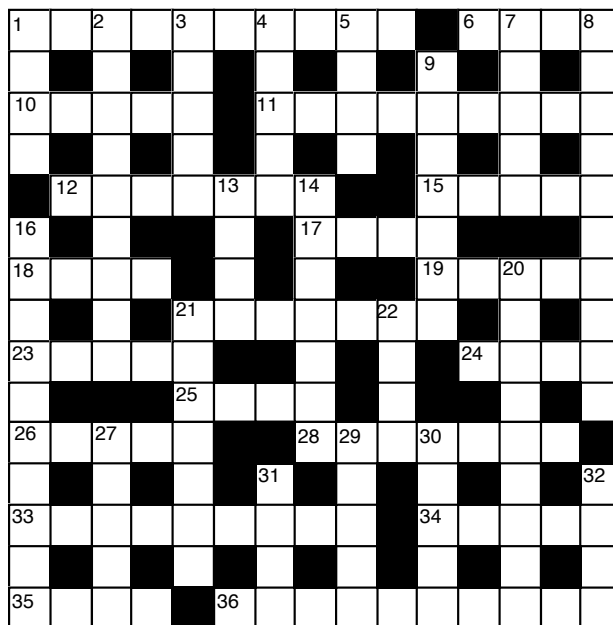
I wanted to be a nurse from the age of seven — as my cousin was. I always thought I could do the same. I looked up to her. I even did all my work experience in hospitals. But I didn't really enjoy biology lessons! However, as I grew older I realised I enjoyed business studies and psychology more and continued on this path instead.

### What, for you, is the secret to happiness? Ideal life partner (love/trust).

## COMPETITION: Crossword

WE HAVE A GREAT PRIZE TO GIVE AWAY TO FIVE LUCKY WINNERS WHO WILL EACH GET A ONE YEAR SUBSCRIPTION TO EASY FOOD MAGAZINE!

Take some time out, put your feet up and enter our crossword to be in with a chance to win. Send to: Crosswords Competition, Rehab News, Rehab Group, Roslyn Park, Sandymount, Dublin 4.



### Across

- 1. Gold-miner, for example. (10)
- 6. Grew older. (4)
- 10 and 11. Our seasonal wish to all our readers. (5,9)
- 12. Blasphemer. (7)
- 15. The Muse of Love Poetry. (5)
- 17. Tall tale. (4)
- 18. Cover with slabs. (4)
- 19. Malediction. (5)
- 21. Seclude, cut off. (7)
- 23. It is rubbed on the bows of stringed instruments. (5)
- 24. Azure. (4)
- 25. The last word of a prayer. (4)
- 26. Revise (in short). (5)
- 28. Everlasting. (7)
- 33. Threw away. (9)
- 34. Operate a vehicle. (5)
- 35. Always, at any time. (4)
- 36. Campanologist. (4-6)

### Down

- 1. Great cat, or Argentinian Rugby player. (4)
- 2. No-one else but us. (9)
- 3. One to whom a cheque is made out. (5)
- 4. Desert plants. (5)
- 5. Man-eating monster. (4)
- 7. Greek letter giving its name to a type of ray. (5)
- 8. Found, unearthed. (10)
- 9. Perfume. (7)
- 13. Spin a coin. (4)
- 14. Violent spiral wind. (7)
- 16, 21 down and 22 down. My true love's gift on the first day of Christmas. (1, 9, 2, 1, 4, 4)
- 20. Letting go. (9)
- 21. See 16 down.
- 22. See 16 down.
- 27. Indian social class. (5)
- 29. Relating to the sea's movement. (5)
- 30. Mathematical lines. (5)
- 31. Periphery. (4)
- 32. Ale. (4)

## Solutions to last issue's (Summer 2011) Crossword

**Across** 1. Eat 3. Conjunction 8. Eleven 9. Nestling 10. Tepid 11. Holds 13. Crowd 15. Central heating 20. Plead 21. Yacht 23. Panic 24. Nuisance 25. Praise 26. Pie in the sky 27. Yam

**Down** 1. Electricity 2. Thespian 3. Creed 4. Janitor 5. Catch 6. Icicle 7. Nag 12. Single cream 13. Clamp 14. Dread 17. Identify 18. Replete 19. Scribe 22. Twain 23. Party 24. Nap

## Last Issue's Winner

Michelle Gilbane, Leitrim

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To book your table please contact Kerry on 01 2100 521 or email [fundraising@rehab.ie](mailto:fundraising@rehab.ie).  
Tickets cost €100 pp or €1,000 for a table of 10.

