

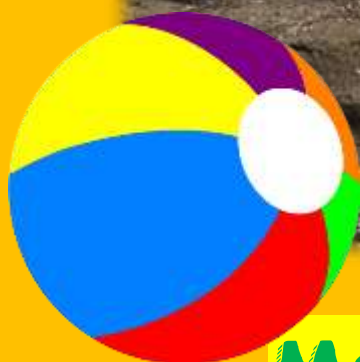
**SUMMER
FUN!**



Our Camping trips...

Our Beach Days...

Lots of summer articles..



**SUMMER
Blast! 2018**

Manor St. John Youth Service Summer 2018 - Newsletter.



We had the best summer ever in Manor St. John.. we hiked.. we went swimming and we camped. **We've puts lots of photos** in this newsletter.. you can see loads more photos of summer 2018 on our Facebook page. **Don't forget to like us...**



Cheap Ideas for Summer



By Kamille..

My favourite season is summer. We all get off on our holidays, Go to the beach, Hang out with friends, but sometimes it can get expensive so I've come up with some ideas that are budget friendly for the summer.

1. Pack a picnic: Bring your friends, relatives and family. Go down to Waterford park and have a picnic, You could also have one in your back garden too.
2. Play games with friends like rounders' or hide and seek *In the dark!*
3. Go to the beach. Play volleyball, Make sandcastles and go in the sea.
4. Camp in your back garden and watch the sunset
5. Make your own ice cream! Ice cream is an essential ingredient to any summertime checklist. So what could be more fun than making your own? Surprisingly, you don't actually need an actual ice cream churner. Look up a recipe on Youtube; in fact, you



might have most of the ingredients in your kitchen at home.

6. You can tie dye your own shirt, all you need is a plain white shirt and some tie dye, you can use food colouring but it won't come out as vibrant.



7. Do a workout, outdoor yoga or go for a run. No need to be watching Netflix all day when you can go out into nice weather and have a jog. You can download some apps or watch a YouTube video and follow a person.

8. Ride a roller coaster.

9. Have a water fight! Get your friends or family and have a water balloon fight!



10. If the sun is out have a barbeque! Invite friends and family and have a barbeque. Cook your favourite foods...we have a great recipe for a BBQ sauce in this newsletter...



Summer Hikes in the woods with the lads...



The importance of being yourself by Georgia ..

The most important goals in life are personal tranquillity and peace of mind, yet these objectives are very hard to attain so if you are trying to live by someone else's rules. This is why you must be yourself and do exactly what you love in order to have a fulfilling and liberating life.

The fact that people continue to conform each and every day just makes it more special to see someone stand out and ignore the standards of the masses. A true sense of ingenuity comes through that shows that this person is a leader and is dedicated to an elite lifestyle.

While many find it less stressful to mold themselves in accordance to what seems most acceptable and follow in other people's footsteps, true visionaries stray from the beaten path and embrace their individuality.

In order to be yourself, you must grow a backbone and have thick skin. No one knows what makes you truly need to be happy other than yourself.

This is an important concept to realize because you will never please yourself if you are constantly trying to please other people instead. You need to stand up for what you believe in and show the world the beauty of what makes you unique.



Let's say you love to be on the beach or near an ocean. If you move miles away from your desired location much like thousands of others for monetary gains, how on earth will you be happy?

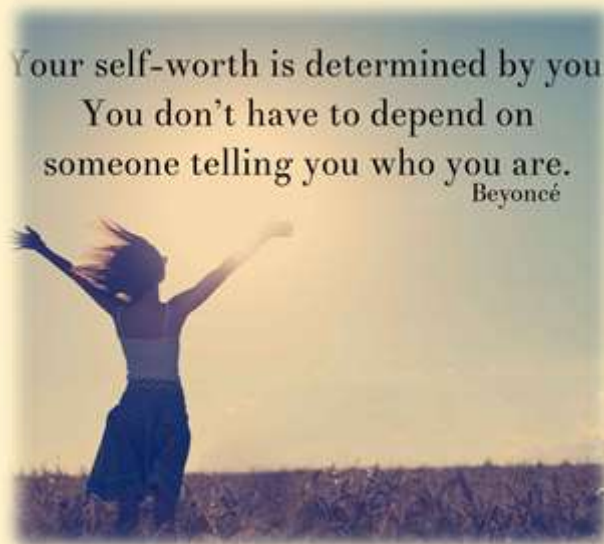
The most influential entrepreneurs take what gives them pride and fulfilment and rely solely on these passions to bring them joy and success. They understand that just because everyone else is acting a certain way doesn't mean you have to as well.

The importance of being yourself by Georgia ..

Big or small, enjoy all that you have that makes you, you. Doing so will give you the attention and admiration that so many conformists crave. Having the courage to show other people how different you are is what really garners respect, not just doing what everyone else is doing because you are afraid they won't accept who you are.

There will always be those who will try to look down on you, yet what they are really upset about is their failure to make you conform to their demands. Besides, these people are most likely already miserable because they lack the strength to showcase their individual differences like you can.

When you are
is easier to see
out of life and
important to
how when you
whether it is in
hobbies or that
the whole
to be in tune



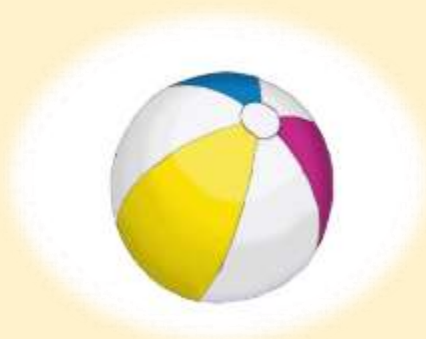
being yourself, it
what you want
what is truly
you. Think about
fall in love,
your work, your
special person,
universe seems
to your feelings.

You know
are as a person and those around you can see it as well. This helps
eliminate the people in your life that do not complement the person you
want to be come and attract those who do.

It doesn't matter if some people think you're crazy when you first begin
putting your soul on display. As long as you are happy because you are
doing what you love, everything else will soon fall into place....



Lots of beach days this summer...



Skincare for Teenagers by Eve



For my article I will be talking about skincare, specifically for teenagers! It's extremely important to take care of your skin especially if you're a teenager! Teenagers are extremely prone to acne, scarring and spots due to hormones but its super easy to prevent or help get rid of acne and spots by taking care of your skin and your body.

There are loads of different skin types but some of the main ones are oily, dry and combination. Since we all have different skin types it also means that we all have to take care of our skin in different ways. It's all about what works for you and your skin! Some people might be lucky

enough to just give their face a quick rinse with water but for a lot of people this is not enough.

You also have to look out for what

you're putting on your face. For example if you wear makeup you should check the ingredient list because



some ingredients don't work for people leading them to getting rashes and more spots.



Also diets are extremely important to make sure your skin is healthy. If you're eating junk food and fizzy drinks all the time your skin is going to react and break out into zits and acne. Surveys have shown that people who eat a healthy diet have healthier and fresher looking skin than people who don't have a healthy diet.

These are all the topics I will be talking about and more. First of all I will be talking about the skin types and the different products you should use specifically for your skin. There is at least three steps to keeping your skin clean and healthy.

1. Cleanse
2. Tone
3. Moisturise

1. Cleanse: Cleansing is so important. Cleansing is so important because it removes dirt from your pores, excess oil and other unwanted debris.

This is because throughout the day your skin gets covered in bacteria,



dirt and grime. Not only is this bad enough it will make other skincare products not work the way they're supposed to if your face is covered in dirt or grime. Cleansing opens your pores and makes your skin healthier and

fresher looking and feeling.

Now you may be wondering how you cleanse. Some people wash their face with water, some use cleansing wipes, others use cleansing lotion and some use cleansing facial scrubs.

Now you're probably wondering why is there so many options? Well as I said different products work for different people. If you have oily skin you should use facial washes or scrubs and even better oil free products. If you have dry skin you should use a moisturising cleansing product. Do some research and use what ever suits you

2. Toning: Toning is important as it cools down your face and removes dirt from your skin and pores. You'd be surprised how much dirt comes off your cotton pad! Like cleansing, use a toner that is suitable for your skin type. Use a toning lotion containing natural cleansing agents instead of one with harsh chemicals. Toning prepares your skin for the moisturizing to follow.

3. Moisturise: Keep your skin hydrated by moisturising. Like everything else use a moisturiser that suits you. Make sure to use a moisturiser with natural ingredients that has benefits for your skin.

As you can see taking care of your skin properly can be easy. You can also make these steps fun by putting on face masks with your friends.

Make sure you know what you're putting on your face. If you like to wear makeup don't worry about how full coverage your foundation is or how pigmented your eye shadow is, worry about what you are putting on your face. There are many brands that offer the same makeup with better ingredients.

Also be careful of what you are eating as well. As I mentioned before eating healthy food and drinking water clears your skin and keeps you and your body healthy.

I hope you have enjoyed my article and learned something new about skincare.



More beach days.....



Ice-cream By Eve



This is my first article for the Summer Newsletter 2018. As you can see from the title my article is all about the perfect summer treat...ice-cream! I will be writing about the different flavours, brands and even a recipe for your own homemade ice-cream, and if that's not enough I'll be talking about the ingredients and what to look out for in ice-cream.

The first thing I will be talking about is all the different flavours! We all know the original flavours like vanilla, chocolate, strawberry and banana but believe it or not there is thousands of different combinations and wacky flavours that are just as delicious too. Some of these are Lobster, Horseradish, Breakfast in Bed and even Wasabi Pea Dust! They may seem disgusting but who knows maybe they taste better than they sound.



We all have our favourite brands of ice-cream but how many do you really know. If you are living in Waterford you may know the famous locals which are also sold worldwide such as Gino's, Ben and Jerry's and even the local Tesco. But there are many more famous brands than just these like...

- Blue Bunny (United States)
- Cream Bell (India)
- Dairy Queen (United States)
- Elephant House (Sri Lanka)
- Hertog (Netherlands)
- Ingman (Finland)
- Tip Top (New Zealand)
- Valio (Finland)



- Walls (United Kingdom)
- Ysco (Belgium)

This recipe is how to make your own homemade chocolate almond ice-cream.



You will need:

- 1 cup milked almonds
- 1 cup coconut milk
- ¼ cup cocoa powder
- ¼ cup dark chocolate
- 1/3 cup sugar



That's all the ingredients you'll need!

How to make:

- Whisk together the milked almonds and the coconut milk together in a small saucepan.
- Heat on the stovetop with the cocoa powder, dark chocolate and sugar. Stir occasionally until it is a smooth mixture.
- Put the mixture into a new bowl and refrigerate for 2 hours or until cool.
- Follow the directions on your ice-cream maker.
- If you need to preserve it you can put it in the fridge or freezer and you will have a shelf life for at least one week.



It's very hard to make your own ice-cream without an ice-cream maker but people have proved that you can use custard. This might not be as nice but it sure is cheaper. All you have to do is place cool custard in the freezer for 45 minutes to 1 hour. Take it from the freezer and stir well. Return custard to freezer and take out every 30 minutes to stir until frozen.

This is your own homemade ice-cream recipe.

Finally I'll be talking about the ingredients in ice-cream. Including the ingredients to watch out for.

As we all know ice-cream consists of milk, sugar, flavouring and sweeteners. But do you know how much of each is in your average ice-cream tub.

There is approximately:

- 25g of sugar
- 7g of fat which the majority is saturated.
- There is an average of 200 calories per serving and 60 calories are fat.
- 65mg of sodium
- 25mg of Cholesterol
- 6g of protein



But ice-cream also has benefits such as calcium, iron, vitamin A, vitamin C and protein.

All ice-creams have different amounts but this is something to watch out for.

Overall ice-cream is still one of the most popular treats global. It proves that this is a delicious treat and has been around for an extremely long time. Ice-cream is one of those things that can be recreated an endless amount of times. I hope you have enjoyed this article and learned something new and useful.



Chill out days in the youth café...



The Youth Café – Manor St. John. By Selina.

1) *Where is the Manor St. John Youth Café?*

The youth café is on the street called Bernard's Place. It was an old tennis club for Waterford people, but you can still play tennis. The nets are still there.



2) *Who goes to the Manor St. John Youth Café?*

It's open to all boys and girls members 13 to 17 year old. You have to be a member of Manor St. John to use the Youth café.

3) *Who is in charge of the Youth Café?*

Youth workers Maria Mark Francis Paul and Elaine. Elaine does the cooking. Paul does darts. Francis does the Xbox, Mark does the activities.

4) *What can you do in the Youth Café?*

Chill out with friends and activities like cooking, darts, Xbox, tennis, listen to music and chat with the lads.

5) *How do you join the Youth Café?*

You go down to the place and you ask can you join and fill in forms. 3:30 to 6:30 that's the time it's on in the afternoon.

6) *What age group is the Youth Café for?*

The age group for the youth café is 13 to 18. It's for boys and girls.



*We had lots of barbecues this summer in the Manor
Here's how we barbeque food safely... and my special
BBQ sauce recipe.. By Ceire...*

1. Keep all your perishable ingredients in the fridge until you're ready to barbeque them

2. All frozen meat should be thoroughly thawed out before you put it on the barbecue, otherwise it may appear to be cooked on the outside but will be raw on the inside.



3. Wash your hands before handling food to avoid any cross-contamination. If you touch raw meat or fish, wash your hands before touching ready-to-eat foods and do not put ready-to-eat foods on plates that have been used to carry raw meat or fish. You also want to avoid using any utensils for both raw and ready-to-eat foods.

4. Make sure your barbecue is hot enough before you start and turn your meat during cooking time so that it cooks evenly throughout.

5. For extra safety, ensure all meat, particularly chicken, pork, sausages and burgers is cooked throughout. You can be less concerned with steaks and lamb chops. Ensure fish is cooked throughout too.

6. Watch out for dripping meat and fish juices, avoid trailing raw meat or fish over cooked and do not use leftover marinade.

Recipe for homemade barbeque sauce

Ingredients

1. 2 cups ketchup.
2. 1 cup water.
3. 1/2 cup apple cider vinegar.
4. 5 tablespoons light brown sugar.
5. 5 tablespoons sugar.
6. 1/2 tablespoon fresh ground black pepper.
7. 1/2 tablespoon onion powder.
8. 1/2 tablespoon ground mustard.



Mix all the ingredients together and brush onto your BBQ meat before cooking.

*Fed up of BBQ? Try my Brownies - **here's** the recipe.*

Brownie Recipe

Ingredients

1. 1/2 cup butter.
2. 1 cup white sugar.
3. 2 eggs.
4. 1 teaspoon vanilla extract.
5. 1/3 cup unsweetened cocoa powder.
6. 1/2 cup all-purpose flour.
7. 1/4 teaspoon salt.



Method:

1. Prepare ingredients and preheat the oven to 180 °c
2. Melt the butter and Chocolate together over a low heat
3. Remove from heat and add sugar and cocoa powder and mix well
4. Add vanilla essence and eggs
5. Sieve the flour, baking powder and salt together and gently stir into chocolate mix
6. Pour chocolate mixture into a brownie tin and cook for 40- 50 minutes
7. Remove from the oven and allow to cool for 10- 20 minutes and cut into squares
8. Serve with ice cream or cream

Enjoy!!!!

