

This newsletter was produced with the assistance of a Waterford Area Partnership GOAL 2 - Youth Development Grant.



SUMMER FUN!

Manor St. John Youth Service Spring/Summer 2016 Newsletter.



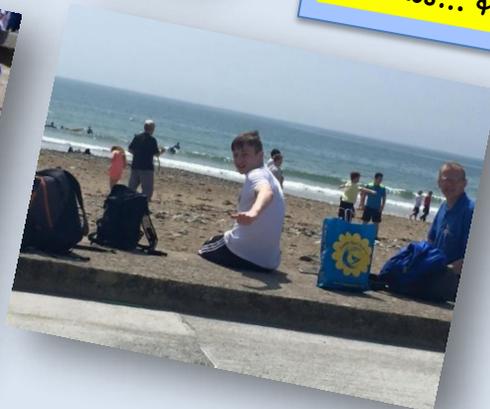
In -This -Issue.

Day Trips...

Recipes ...

The Interview

Reviews... & more





The Manor Notice Board...news and notices.

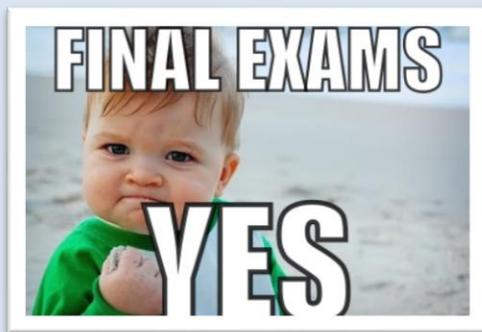
Local Athletics Hero visits the Manor - Our Youth Development Officer & Waterford athletics hero, Joe Gough paid us a visit to tell us about his recent success on the track and show us his medal collection.



While he was visiting we interviewed him for the newsletter - you can read the interview in this edition...



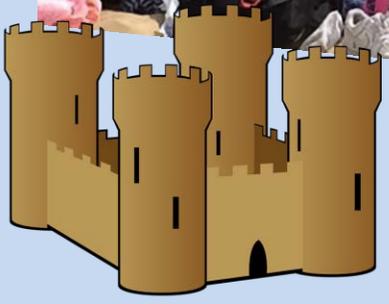
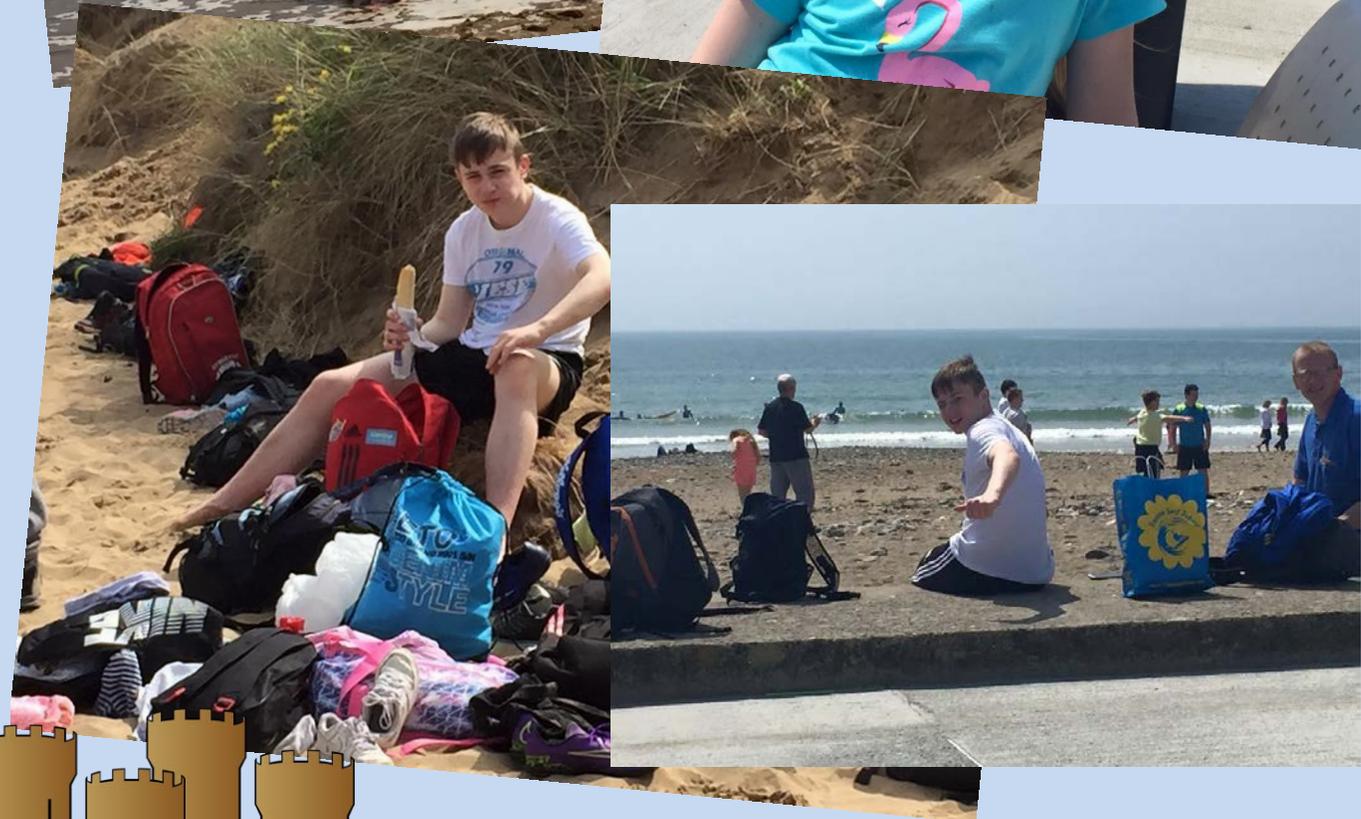
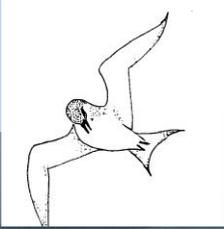
Summer Camps in the Manor. Summer is here and that means our Summer Camps will be taking place throughout July. Our campsite in Brownstown Head has been cleaned up and is ready for summer. Book Now!! Don't leave it to the last minute - we might not have places left.



We want to wish all our members who are sitting exams the best of luck ..we know you will do your best. Keep calm.

First Beach Trip of 2016.

We had our first beach trip for members early this year... Swimming followed by ice-cream...Tramore on a hot day - nothing to beat it.



The Joe Gough Interview Part 2. Interview - by Jordan & Jamie. Newsletter editors.



Joe Gough is the Youth Development Officer for Waterford/Wexford ETB. He is also a highly competitive athlete; Joe has been competing, winning and breaking records for 50 years. In 2015 we interviewed Joe for the Manor St. John newsletter - since our last interview Joe has won Silver and Gold in IAAF events in the US and Turkey. We asked him back for a follow up interview to talk about his recent victories and to share his experiences of 50 years as a competitive athlete.

JJ [Jordan & Jamie] - Welcome back to Manor St. John Joe!... Congratulations on your success in America. Tell us a bit about it.

Joe - Thanks lads... It's good to be back. Since our last interview, I won Silver in the World Masters in Portland in Oregon in America. It started during Christmas 2015 when I got a phone call inviting me to compete in the US this March in the World Indoor Athletic Championships. The six fastest people in the world, in my class, got an invite to take part. I'm 63 now so I compete in the Masters or Elite class.

JJ - What was the atmosphere like in the stadium in Portland?

Joe - Fantastic! There were 8000 people at the event in the stadium and 100 million people watching live on the Internet. There were 167 countries taking part. The atmosphere in the stadium was electric, for example the first person I met when I arrived was Mo Farrah! It was a great opportunity for me. I took Silver in the US. The race is up on YouTube if you want to have a look...

JJ - Joe - you had success in Turkey as well?

Joe - Yes, that was a while ago. I took Gold in the Euro Masters in Izmir in 2014, which was the Men's Masters 800M race.

JJ - Any other developments since our first interview?

Joe - Well...I set a World Record for Senior Athletics in the new Stadium in Athlone, for Men's Indoor 800M's. That was the first World Record set in the Athlone Stadium.

JJ - Congratulations Joe... You have really come into your own in the last few years, why do you think that is?

Joe - That's a good question. I'm often asked it, I'm not sure is the answer. I started athletics at about 11, I kept at the sport until I was about 19 then I gave it up completely. I played team sports for a good few years. I came back to athletics at 35. I restarted by running a marathon...that got



me back into it. I did not run any kind of a fast time during that marathon but it restarted me in athletics.

JJ - You stopped competing in athletics for 16 years so?

Joe - Yes, I really enjoy team sports but in athletics you are responsible for yourself, if you win or lose its all up to you. That's what I enjoy about it.

JJ - Are you only interested in athletics or are there other sports you like?

Joe - I like a wide range of sports and I've taken part in a good few, I really enjoy football and rugby as well.

JJ - So how many times have you been an Irish Athletics champion Joe?

Joe - I'll have to think about that one ...72 times... in various classes, 400 meters, 800 meters, indoor athletics, Irish National, European...I've probably left out some.

JJ - I know we asked you this before but for people who have not read the first interview [*You can read it online on www.manorstjohn.ie/newsletter*] what kind of training do you do to maintain this level.

Joe - I train six days a week including - gym, core, weights as well as the track ...I'm careful with my diet but I don't go to extremes. I said this the first time you interviewed me - all food is fuel, and moderation is the thing.

JJ - What do you think was your best event ever?

That's easy, the first time I ran for Ireland, 1993 it was, the Russian Athletic Championships in Moscow. My first time wearing the Irish colours, my first time hearing our national anthem at a major competition. That was a special occasion - I'll never forget it.

JJ - Have you any other events you'd like to take part in? Have you any other ambition?

Joe - Yes ...the World Masters Athletics Championship is coming up in October and November of this year in Perth, Australia. I'd like to travel to that. Ambitions?... Break the 800m World Masters Record. That would do me. I'd be a happy man with that...



JJ - Thanks for the interview Joe. Great to talk to you again.

Joe - Good to chat to you again lads ...make sure to send me the magazine when you've printed it.

My Analysis of Conor McGregor's last fight - Patrick.



As many of you know Conor's last fight in Las Vegas didn't go in his favor. The main reason for this is his decision to go up two weight divisions

to fight Nate Diaz; another reason could have been his cockiness and arrogance in the build-up to the fight. McGregor said after the fight -

"I took the chance going at 170 but Nate came in... I felt I took him in the first round but I was inefficient with my energy. I'm humble in victory or defeat. I respect Nate, he came in and took the fight at short notice and took the fight at 170 and done the job. He was efficient. I wasn't efficient, that's the way I feel... I hit too much arms...in the fight".

Conor continued on giving his reasons why the bout did not work out for him in Las Vegas.

"These things happen. I'll learn, I'll grow. I took a chance; came up weight, it didn't work out. It is what it is. I'll face it like a man, like a champion and come back and do it again"

As you can tell from his remarks McGregor is not making excuses for his defeat against Diaz. In fact McGregor has said himself that he



respects Diaz and that he is humble in his defeat. To me those words really show the true side to McGregor besides the cocky and arrogance side we all know of in public. The side that shows his respect amongst the fellow fighters in the UFC business.



In my opinion this is only the beginning for McGregor in his UFC career I believe that McGregor has still a lot to prove in the business and I believe the he will change the UFC business for the better and I think that Dana White believes that as well

Make A Sweet Pizza - By the Editors.

Have a pizza for dinner then have another one for dessert - we made this tasty treat in half an hour while we were on a break from writing newsletter articles.



Here is what you need...

- ◇ 150g/5oz Odlums Self Raising Flour
- ◇ 75g/3oz Odlums Porridge Oatflakes
- ◇ 125g/4oz Butter (at room temperature)
- ◇ 1 Egg
- ◇ 1 teaspoon Goodall's Vanilla Essence
- ◇ 125g/4oz Shamrock Light Muscovado Sugar
- ◇ 100g Pack Shamrock Milk Chocolate Chips
& lots of small sweets to decorate.



This is what you need to do.

1. Preheat oven to 190°C/375°F/Gas 5. Lightly grease two baking trays.

2. Put the margarine and sugar into a bowl and beat until mixture is smooth.

5. Add the egg and the vanilla essence and beat again.

4. Finally stir in the flour, oat flakes and chopped chocolate. Mixture will be very stiff.

5. Place spoonful's of mixture on the baking trays, leaving a space between each to allow for spreading.

6. Bake for 10-15 minutes until beginning to turn golden brown. Cool for 2 or 3 minutes on the baking tray, then, transfer to a wire tray to cool completely.

7. As soon as it's cold, transfer to an airtight container to store. Enjoy!





Sandhill's Hike...



We had a great hike for the members down to the Sandhill's in Tramore in May. Weather was good ...not too hot ideal for a hike.



A Profile of Soccer Player Lionel Messi - By Jordan.

Lionel Messi is a famous football player. He started playing football at the age of 8 years old. Messi was born on the 24th of June 1987. His friend's nickname for him is Leo. His nationality is Argentinian and the main team he plays for is Barcelona in Spain. He plays on the right wing - near Suarez and Neymar.



He is best known for his supreme soccer skills and the way he plays. He has 5 Ballon D'or awards for being a great player. One of his best performances was against Viktoria Plzen

where he scored a Hat trick - which is three goals in one game. In 2012 Messi was the first player to score 5 goals in a champions league match. Messi overtook Cesar Rodriguez's record to become the all-time Leading scorer in both international and in club play.

Messi was also named best player in the 2014 World Cup - even though they lost to Germany.

His main 2 friends are Luis Suarez and Neymar De Silva Santo, better known as Neymar Junior.





People think that Messi hates a player called Cristiano Ronaldo but when they are playing against each other they are always talking about how they get on and they are really good friends and great sports men.

I think that Messi is a player who is in the middle of his career and I hope he



will stay in football for a good few more years because I love the way he plays. He is the player who gives the most entertainment during a match.

He is entertaining to watch, his skills and dedication are admired by people who enjoy the game of soccer, people like me.



FLASH THE TV SHOW Review - By Stephen.

"Flash is the fastest man alive"



Flash The TV Show is based on the old DC comic book character The Flash. The main actor in 'Flash - The TV Show' is Grant Gustin.

The Flash [aka Barry Allen] in the TV show got his powers because of the particle accelerator explosion created by Harrison Wells, a brilliant scientist, in

Season One of the TV show.

When he was young, Barry Allen's life changed completely when his mother died in a freak accident and his innocent father was convicted of her murder. When Barry Allen grew up he became a crime-scene investigator, mainly to learn the truth about his mother's death. This makes Barry Allen follow up on every new scientific

experiment and urban legend. When his latest investigation -- a particle accelerator heralded as a world-changing invention -- causes an explosion, it creates a freak storm and Barry is struck by lightning. He awakes from a coma nine months later with the power of super speed. He is now a super hero Speedster.

The story line is there are many different Speedsters in all the different Earths in the Universe e.g Barry Allen, Jay Garrett, Wally West, Eobard Thawne and many more



My favourite episode is the season two finale - "Run of his life". This is after Barry's dad is killed by Zoom - a mystery villain. Zoom and Barry then run in the race of Barry's life to save all Earths in the Universe

from being destroyed by Zoom. They race and race but Barry dies ...or does he??? You need to watch all the episodes of Flash the TV Show to follow the many stories. During the race Barry goes back in time and multiplies himself in two and he wins and saves all Earths. They also save the man locked up in Zoom's lair and its turns out to be... the original Flash, the real Jay Garrett. Harrison and his daughter then decide to go back to Earth Two and their lives go back to normal ... OR NOT!

Barry then decides to go back in time to save his mother...that is another story.

Until Season Three.

Assassins Creed Syndicate - Review by Bradley.



Assassin's Creed Syndicate is a 2015 action-adventure video game and is also a multiplatform game created by Ubisoft in Quebec. It was released on October 23, 2015, for the PlayStation - 4 and Xbox - One, and on November 19, 2015, for Microsoft Windows. The plot is set in a fictional history of real-world events and follows the centuries-old struggle between the Assassins, who fight for peace with liberty, and the Templars, who desire peace through order. There are many versions of Assassins Creed; the Syndicate version is set in Victorian London. Players can travel around the Seven Boroughs of Victorian London in carriages or on foot from one game play to the next.

The main characters in *Assassins Creed Syndicate* are twins Jacob and Evie Fry.



There is an also real life historical characters like Charles Darwin, the Victorian naturalist Arthur Conan Doyle who wrote Sherlock Holmes - even Queen Victoria makes an appearance in

the game play. It is based on real-life free running, also known as parkour. Player run and jump from well-known London buildings into the game play.

