

# Focal id' Chluais.



**A Word in your ear. November'09.**

## *Free Travel Scheme.*

Everyone aged 66 and over living permanently in Ireland, is entitled to the free travel scheme. Certain people under that age are also entitled. In some cases, a free companion pass may be available to allow a person to accompany the free travel pass holder. If you qualify for free travel, you will be issued with a pass that you must carry with you when using public transport. Free travel passes are non-transferrable and can only be used by the named person. Free travel is available on all State public transport (bus, rail and Dublin's Luas service). Free travel is also available on a limited number of services that are operated by private bus transport companies. Private bus transport operators that have opted in to the Free Travel scheme, accept free travel passes.

**Spouses and companions:** If you have a free travel pass and you are married or cohabiting (that is, living with a man or woman as husband and wife), you are entitled to a Free Travel Pass which allows your partner to accompany you free of charge when travelling. In addition, some people who are unable to use the pass because they are unable to travel alone may get a Companion Free Travel Pass. This allows the holder to be accompanied by any person over 16 years of age, free of charge.

**Others** who may be entitled to the free travel pass include person's under the age of 66 who are in receipt of Carer's Allowance or who are nominated carers for people getting Constant Attendance Allowance or Prescribed Relatives Allowance from the Department of Social and Family Affairs.

**Where free travel can be used:** Free travel is available on Iarnród Éireann, Bus Éireann, Dublin Bus, Dart and Luas Services and on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland. There are now no restrictions on the times at which you can use your Free Travel Pass.

**If you lose your Free Travel Pass:** If you lose your Free Travel Pass or if it is stolen, you should fill in form FT27 for a replacement Free Travel Pass. This form can be obtained from the Citizens Information Office in Macroom at 026 42179. Part of this form must be filled in by a Garda at your local Garda Station.

**A Free Travel Pass** may be issued automatically if you meet the criteria for it. If you have any questions or queries regarding a Free Travel Pass contact the numbers listed below.

Free Travel Section  
Freepost  
Social Welfare Services  
College Road  
Co. Sligo.  
Tel: (071) 915 7100  
Locall: 1890 500 000

Bus Éireann - Cork  
Dept: Travel Centre  
Bus Station  
Parnell Place  
Cork  
Tel: (021) 450 8188

**Foinse:** [www.citizensinformation.ie](http://www.citizensinformation.ie)

## *Warmer Homes Scheme*

"Bantry Energy Trust", which has been set up under the auspices of West Cork Community Partnership, has continued its Warmer Home Scheme throughout the West Cork region and Gaeltacht Mhúscraí. The service which includes the provision of attic insulation, draught proofing, lagging jackets, energy efficient lighting, cavity wall insulation and energy advice is aimed primarily at senior citizens and people in receipt of social welfare. For further information contact Finbarr O'Sullivan at West Cork Community Partnership, The Enterprise Centre, The Rope Walk, Bantry. Tel 027 52266 or email him at [Finbarr@wccp.ie](mailto:Finbarr@wccp.ie)

**mfg-Meitheal Mhúscraí**, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.  
Tel: 026-45661. [muscraie@eircom.net](mailto:muscraie@eircom.net)



**Disclaimer:** We take great care to research the information contained in this publication. It is, to the best of our knowledge, accurate and up-to-date at the time of publication. Our aim is to provide useful information to those who receive Focal id' Chluais. MFG-Meitheal Mhúscraí cannot accept any liability for any loss or damage arising as a result of reliance on this information.

## *Cois Cille, Cill na Martra 026-40999.*

Lunch Mon, Tues, Wed, & Friday 12.30pm.

Lunch must be booked in advance.

Transport available at 026 45661.

**Chiropodist:** Mid December by appointment.

Contact Mary/Eileen at 026 40999.

**Massage** by appointment, 087 6759121.

**Art Classes** with Pauline Dodds Hyland each

Tuesday. For further details contact 026 40999.

## *Cuan Barra, Béal Átha'n Ghaorthaidh.*

Lunch, Mondays & Fridays 12.30pm.

Lunch must be booked in advance, to book

call Siobhán/Lucy at 026 47777 or 087 1378099.

Transport available at 026 45661.

**Aisling Ní Laoire Beauty Therapist.**

19<sup>th</sup> November, 087 6579894 for appointment.

**Dr Ken Harte** each Wednesday 12.00 – 1.00pm.

**Chiropodist:** End of November by appointment.

Contact Ann O Donovan 027 50340/086 3679761

**Art Classes** with Pauline Dodds Hyland each Mon

**Cards** every Thursday night at 9pm.

For further details contact 026 47777.

## *Answers to last months Puzzles.*

**Brain Boggler:** They were triplets, their other sibling wasn't at the interview.

**Quick Puzzle:** (1) Fill the 3 litre bowl. Pour it into the 5 litre bowl. (2) Fill the 3 litre bowl again. Pour from the three litre bowl into the 5 litre bowl until full and that leaves 1 litre remaining in the 3 litre bowl.

(3) Empty the 5 litre bowl. Pour the 1 litre from the 3 litre bowl into the 5 litre bowl. (4) Fill the 3 litre bowl again. Pour it into the 5 litre bowl that already has 1 litre in it.

## *Keep Well this Winter Booklet.*

Included this month is an information booklet from the ESB/HSE about keeping well this Winter.

## *Scoraíocht an Déardaoin.*

Ionad Áise, Réidh na nDoirí.

Thursday 19<sup>th</sup> November 2.30-5.00 pm.

Denis Moynihan of the famed White Heather Band and the Denis Moynihan Quintet will be performing at the November scoraíocht. Ideas for the Christmas scoraíocht will also be discussed on the 19<sup>th</sup>.

Transport available, ring early 026 45661.

## *Quick Puzzle.*

Move the numbers that are listed below onto the squares so that the total of the 3 numbers across vertically, horizontally and diagonally equals 15.


**1,2,3,4,5,6,7,8,9.**

(Each number can only be used once.)

## *Light Christmas Cake.*

**Ingredients:** 225 g./8 oz. raisins.

225 g./8 oz. sultanas.

100 g./4 oz. glace cherries.

100 g./4 oz. mixed peel.

50 g./2 oz. walnuts, chopped, optional

350 g./12 oz. plain flour.

½ teaspoon baking powder.

Pinch of salt.

1 teaspoon mixed spice.

225 g./8 oz. butter.

225 g./8 oz. castor sugar.

25 g./8 oz. ground almonds.

Grated rind of 1 lemon.

5 eggs, lightly beaten.

**Oven Temperature:** 300 deg. F, 150 deg. C.

Gas mark 2.

**Cake Tin:** 8" square or 9" round.

**Method:** 1. Line tin with double thickness of brown paper and double thickness of buttered greaseproof paper.

2. Clean raisins and sultanas, if necessary. Chop, wash and dry cherries. Into a bowl put raisins, sultanas, cherries, mixed peel and walnuts. Mix well.

3. Sieve flour, baking powder, salt and spices together.

4. Cream butter and sugar until pale and fluffy. Fold in ground almonds and lemon rind.

5. Add beaten eggs, a little at a time, each addition well beaten, with the last addition of egg, stir in about one tablespoon of weighed flour.

6. Fold in remainder of the flour mixture, with a metal spoon. Stir in prepared fruit and mix all ingredients thoroughly together.

7. Spoon into prepared tin. Smooth top. Bake in a preheated oven for approximately three hours. To avoid over browning of the top, cover with double layer of brown paper after one hour. Test for baking after about 2 ½ hours as oven temperatures can vary. To do this test, the centre top should feel firm to touch. Insert a metal skewer into the centre of the cake. If it comes away clean the cake is baked.

8. Allow to cool in tin.

9. To store, wrap in several layers of greaseproof paper and a layer of tin-foil, or cling film.

Note: For those who prefer a lighter type of cake to the traditional richly fruited mixture this is ideal. It should be made about 1-2 weeks before required. If liked, a little whiskey or Jamaica Rum may be poured over the cake, when removed from the oven.

## *Brain Boggler.*

What goes around the world but stays in a corner?

