

# Focal id' Chluais.

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

*Words of advice from Sergeant Lynch at our last Scoraíocht.*

**The Sergeant attended our scoraíocht in March and these are his word's of advice.**

**1. Never leave a stranger into your home:** If someone drives into your yard or knocks on your door and if you are not one hundred per cent sure that you know your visitor **do not open your door.** You should either:

- a. Phone a neighbour or a family member.
- b. Press the red button on the emergency response unit and tell them your story.
- c. Phone the Gardaí, Emergency No. 999 or 112 or Macroom Garda Station which can be contacted twenty four hours a day on 026 - 20590.

**2.** If you notice a strange car or van in your area take a note of the registration number and pass it on to the Garda Station where it can be investigated immediately. Never be afraid or worried about calling the Gardaí.

**3.** Be aware that a person or persons may be posing as professional visitors in order to gain access to your home. For example wearing high vis jackets, hard hats and name badges might seem legitimate but it is not always the case so make the phone call to be sure.

**4.** Keep only enough cash for your weekly needs in your home.

**5.** Have daily contact with a relation or friend.

## **The Emergency Response Unit:**

**a.** Remember that it can be activated from a distance of one hundred metres from your home so **always wear your pendant.**

**b.** Check monthly that your alarm is working or even just ring them for a chat.

## **Security lights and door chains available from Pobal ar Aire.**

Application forms are available from MFG Meitheal Mhúscraí at 45661.

## *Extra Advice.*

**1.** Whether going to Mass or market Always lock your door on your way out.

**2.** Always use a spark guard in front of an open fire.

**mfg-Meitheal Mhúscraí,** Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.

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NATIONAL DEVELOPMENT PLAN

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

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

Lunch must be booked in advance.

**Chiropidist**, 7<sup>th</sup> of April by appointment.

Contact 026-40999, transport available.

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

**Lunch**, Mondays & Fridays 12.30pm.

Cuan Barra will be opened on the 14<sup>th</sup> instead of the 13<sup>th</sup> because of the bank holiday on Monday, to book call Siobhán/Lucy 087 1378099.

**Aisling Ní Laoire Beauty Therapist.**

Thursday 9<sup>th</sup> & 23<sup>rd</sup> April,

087 6579894 for appointment.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

**45' Card Drive** each Thursday at 9.00pm.

All are welcome.

## *Brain Boggler.*

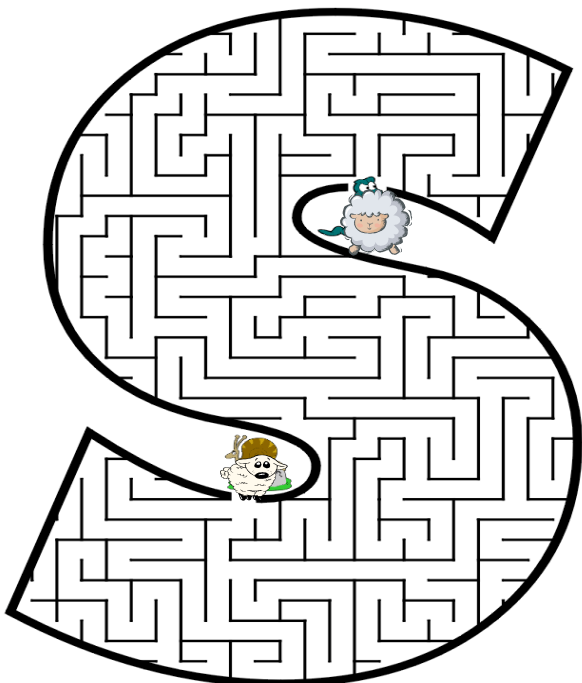
Karen, Jeff, and Chris have 42 soccer cards all together. Chris has twice as many cards as Karen. Karen has 6 fewer cards than Jeff. How many cards does each person have?

## *Answers to last months puzzles.*

**Brain Boggler:** The people entering Mike's place of business are taking books because Mike works in a library.

## *Maze.*

As it is Spring there are a lot of lambs being born and sometimes when they go off wandering they get separated from their mom. In this maze you must help the sheep find her lamb who is after getting lost. Good Luck!!!!



## *Energy Saving Tips.*

**1.** Defrost your refrigerator and freezer at least once every 6 months. Frost Build increases energy consumption.

**2.** Only use washing machines and dishwashers when full.

**3.** Turn your TV off rather than leave it on stand-by - equipment on stand-by uses up to 20% of the energy it would use when fully on.

**4.** Don't overfill your kettle - only boil as much water as you need.

**5.** Close the curtains at night to keep the heat in your room and make sure the curtain doesn't hang over the radiator.

## *Easter Prayer*

Lord, You have arisen forever  
In my heart!

May the sunrise  
Remind me to shine in Your light.

May the caress of a gentle breeze  
Remind me of Your compassion.

May the fragrance of a flower  
Remind me to blossom in Your love.

May the singing of birds  
Bring a song of joy to my lips.

And in the closing of each day  
May I remember to quietly pray.

*Wherever I am, whatever I do  
May my thoughts in joy return to  
You!*

## *Scoraíocht an Déardaoin.*

Ionad Áise, Réidh na nDoirí.

Thursday 16<sup>th</sup> April 2.30-5.00 pm.

Ideas and suggestions for trips and speakers for future scoraíocht will be discussed at the April scoraíocht. All suggestions welcome. Transport available, ring early 026-45661

