

Focal id' Chluais.



A Word in your ear. February '09.

Safety in the Home.

Kitchen: Avoid storing too many things on higher, hard-to-reach shelves or cabinets. This will reduce the number of times the elderly person has to climb on stools or ladders to get to something. Put the microwave oven at eye level, preferably on the countertop or on a table. It is more difficult to take food out of the microwave if it is above eye level. Likewise, if the microwave is below eye level, move it up to the countertop to avoid back strain when taking food out of it. Change door/drawer/cabinet knobs to bigger, easy-to-grab C-shaped or D-shaped handles. These types of handles are especially helpful for someone with painful arthritis. It is worthwhile changing the doorknobs throughout the house to lever handles too.

The Bathroom: A non-slip mat in the shower tray or bathtub or even a permanent seat in the shower will go a long way to preventing nasty slips and falls.

Place water-absorbent rugs with rubberized non-skid backs around parts of the bathroom, which tend to get wet, for example the area just outside the shower tray or bathtub. Handrails can be installed in the shower, bathtub and next to the toilet. Handrails should be sturdy enough to support a person's body weight.

Great Cleaning tips.

- When you dust, start at the top and work down.
- Take all your cleaning tools, avoid unnecessary trips back and forth.
- Clean as you go! It takes a lot less time to remove new dirt than old.
- Make a checklist of chores to get organized first.
- To remove heel marks, take a pencil eraser and rub them off.
- Don't mix cleaning products. Ammonia and bleach are toxic.
- Allowing cleaners to set for several minutes will ease the cleaning job.
- Glass shower doors will sparkle if cleaned with white vinegar.
- A few drops of vanilla extract on a piece of cotton placed in the refrigerator will eliminate odours.
- Wax dropped on carpet or upholstery? Set a clean absorbent cloth over the wax stain and hold a hot iron on it. Then remove the cloth.
- Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is)!
- Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.
- Unclog a drain. Clear the sink drain by dropping three Alka Seltzer Tablets down the drain followed by a cup of White Vinegar. Wait a few minutes, then run the hot! water. **Source: www.Debra4homes.com**



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

Tel: 026-45661. muscraieircom.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.

Contact 026-40999, transport available.

Cuan Barra, Béal Átha'n Ghaorthaidh.

Lunch, Mondays & Fridays 12.30pm.

To book call Siobhán/Lucy 087 1378099.

Aisling Ní Laoire Beauty Therapist.

Thursday 12th & 26th February.

087 6579894 for appointment.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

45' Card Drive each Thursday at 9.00pm.

All are welcome.

Word search.

In this word search the 10 countries with the biggest populations are hidden and it's your job the find them. The 10 countries are listed in order of population below the grid. Good Luck!!!

B	L	J	A	P	A	N	Z	O	C
R	F	H	N	A	U	I	G	M	B
A	P	V	J	K	N	G	Y	Z	L
Z	C	L	M	I	V	E	C	U	N
I	V	G	P	S	C	R	J	N	E
L	G	B	N	T	G	I	C	I	V
V	J	A	H	A	E	A	U	T	L
R	A	N	L	N	V	G	R	E	H
U	F	G	A	F	C	I	L	D	P
S	B	L	R	A	S	B	G	S	R
S	F	A	L	P	A	E	V	T	O
I	N	D	O	N	E	S	I	A	M
A	L	E	M	P	K	R	Q	T	L
P	F	S	A	G	J	A	M	E	G
J	C	H	I	N	A	G	L	S	K
E	J	O	R	B	V	M	Q	L	R
G	C	I	N	D	I	A	V	O	P

- | | |
|------------------|---------------|
| 1. China | 6. Pakistan |
| 2. India | 7. Bangladesh |
| 3. United States | 8. Nigeria |
| 4. Indonesia | 9. Russia |
| 5. Brazil | 10. Japan |

St. Abbeys Day.

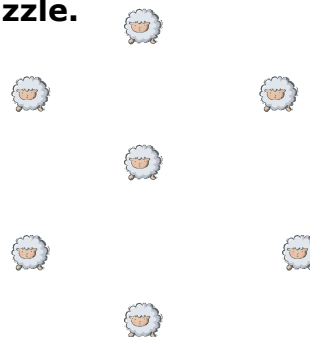
There is a bus available to Reilig Ghobnatan for the prayers at 3.00pm and the mass after at 4.00pm in St. Gobnait's Church Baile Mhuirne. Ring 45661 before Tuesday.

Answers to last months Puzzles.

Brain Boggler: There were no crows left on the fence after the farmer shot a third of them because the rest of the crows flew away, the shot frightened them.

Spot the Irish Town. 1. Malahide. 2. Longford. 3. Athy. 4. Trim. 5. Thurles. 6. Ventry. 7. Moate. 8. Arklow.

Quick Puzzle.



Brain Boggler.

An electric train is travelling southwest at 95 miles per hour and the wind is blowing northeast at 95 miles per hour. In which direction does the smoke blow?

Scoraíocht an Déardaoin.

Ionad Áise, Réidh na nDoirí.

Special Guest: **Con and Marion.**

Thursday 19th February 2.30-5.00 pm.

Transport available, ring early 026-45661

Famous Birthdays in February.

Boris Yeltsin.....1st, 1931.
 James Joyce.....2nd, 1882.
 Charles Dickens.....7th, 1812.
 Brendan Behan.....9th, 1923.
 Abraham Lincoln.....12th, 1809.
 George Washington....22nd, 1732.

Amusing Facts.

Children laugh about 400 times a day, while adults laugh on average only 15 times a day.

Only 4% of babies are born on their actual due date.

Women smile more than men.

More than 90% of shark attack victims survive.

St. Gobnait, Feast Day the 11th of February.

St Gobnait is the well loved patroness of the parish of Ballyvourney. According to folklore she was born in Connaught of Royal birth, a descendant of Conor High King of Ireland. Her Angel Guardian guided her to where she would find nine white deer and there is where she would build her convent. Having travelled for a long time particularly through many parts of Munster, she eventually settled in Ballyvourney. She gathered around her young girls and built her convent. They lived in mud huts and they all depended on one another to live, to provide food, to milk cows to make butter, make bread, they ate wild animals, herbs and leaves, made wine from wild fruits and mead from honey. They also gathered around the workmen and monks and they all worked together to provide food, look after the people in the area, look after the sick, pray together and live in holiness and educate one another. St. Gobnait preached the word of God not just through speech but through her daily working day and performed miracles from time to time.

There are many stories of her life but no space to relate them here today. She had a beehive, a bulla – an iron ball, a chair carved out of rock and a white horse. She made various uses of them. We have a relic – a timber oak statue about 27 inches in length which is on display in the church in Ballyvourney and people use it to bless ribbons on her two feast days. It was God himself who chose St. Gobnait to settle in our midst. Her spirit is still with us and our faith in her seems to grow year by year for the past 1,500 years.

We need to put our trust in St. Gobnait, she will intercede to the Lord for us and if we do not get our exact request you can rest assured you will receive peace of mind and acceptance of your problems. Visit her church and soak in the beauty of the place and you will leave the area with a joyousness and peace of mind.

Betsy Ní Shuibhne.

Saint Gobnait Baile Mhúirne

Even though there is no author for the words of this story it looks like Gobnait was a daughter of Chonaire Mhór a King in the west of Chonnacht. On one of the Aran islands there is an old church ruin called 'Teampaillín Ghobnatan', it is said that Gobnait spent some of her early life on the island going to a school run by Naomh Eanna. She knew that the island wasn't the place where she would build her church because an Angel told her that she would build it in a place where she would see 9 white deer.

Gobnait headed for Munster. She stopped at Tobar Druibhle near Ballyagran in County Limerick, (it is believed that Gobnait and Druibhle are the same and Tobar means well). The next place she visited was County Waterford, to a place that is north of Dungarvan called Kilgobnait. She then headed for the Blackwater. She spent about 10 days traveling from Kilgobnait which is near Mallow to Dernnagree.

Gobnait then faced south and she found three white deer in the townland of Kilgobnait in Clondrohid parish. She knew that she was getting closer to the place she was looking for. The day after that she headed west and she found six white deer in the townland of Killeens. The story goes that when she woke the next morning she counted nine white deer across the valley, it is there that Gobnait's Church is built.

There are more places in south Munster that Gobnait blessed. There is a Kilgobnait in County Kerry close to Killorglan, in Dunquin and there is a festival to honour Gobnait in Castleisland as well. There is another Kilgobnait on the banks of the Dripsey river between Cork City and Macroom.

The 11th of February is the feast day of St. Gobnait which is celebrated in the places named above. People in Baile Mhúirne celebrate St. Gobnait on Whit Sunday as well. It is in Baile Mhúirne that this Saint had her principal base. She is buried in the graveyard, Gobnait's grave is a small bit inside the gate of the graveyard on the right hand side.

Donal MacSuibhne.

