

Focal id' Chluais.

A word in your ear. July '10.



Information on DIRT tax exemption. Source: www.citizensinformation.ie

Financial service providers such as banks, building societies and post offices, offer accounts where you can save a sum of money (a deposit) for which they will pay you an annual rate of interest in return, usually as a percentage of the deposit. The interest you receive is subject to a tax called Deposit Interest Retention Tax (DIRT). From 8 April 2009, DIRT is charged at 25% (was 23%). If you are aged 65 or over or your spouse is aged 65 or over you may not be liable for DIRT tax.

To get full information on this subject contact your financial services provider or the Revenue office for the Southwest Region. The phone number and address for this Revenue office is provided below.

Address: Revenue House, Assumption Road, Blackpool, Cork. **Phone:** 021 602 7000

First Aid Tips from the Irish Red Cross www.redcross.ie

Summertime Stings: Insect stings will start to become more and more common now with summertime upon us. More often than not these stings are painful rather than dangerous, however it is still important to know what to do and what symptoms to watch out for in case the casualty has an allergic reaction or goes into anaphylactic shock.

Bee or other insect stings: When you are stung by a bee there is usually an initial sharp pain followed by mild swelling, redness and soreness. The below tips will show you how to treat a bee sting; however it is important to note that multiple bee stings can produce a serious reaction. A sting to the mouth or throat is also potentially dangerous because swelling can obstruct the airway. With any bite or sting it is important to watch out for any allergic reactions, which may lead to anaphylactic shock.

Treating a bee sting:

- Where a person gets a sting to the arm and the sting is still visible in the arm, brush or scrape it off sideways with your fingernail
- Do not use a tweezers as this may cause more poison to be injected into the casualty
- Raise the affected arm and apply an ice pack

Stings to the mouth and throat: Give the casualty an ice cube to suck on - or small sips of water. If swelling starts to develop seek medical advice.

Tick bites: Ticks are tiny spider like creatures that bite into the skin and suck blood. As they do this they swell up to about the size of a pea and can be seen easily. Ticks carry disease and cause infection so they should be removed as soon as possible. Here is what to do:

- Using a tweezers grasp the ticks head
- Use a to and fro action to lever the head out (try not to break the tick and leave the head behind)
- Advise to see a doctor

mfg-Meitheal Mhúscraí, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.
Tel: 026-45661. eolas@muscraie



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, 20th of July by appointment, 026 40999.

For further details contact 026 40999.

Cuan Barra, Béal Átha'n Ghaorthaidh

Lunch, Mondays & Fridays 12.30pm.

To book call Siobhán/Lucy 087 1378099.

Transport available at 026 45661.

Aisling Ní Laoire Beauty Therapist.

15th & 29th of July by appointment, 087 6579894.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

Chiropodist, by appointment.

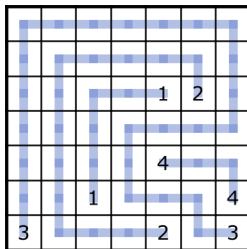
Contact Ann O Donovan at 027 50340 / 086 3679761.

For further details contact 026 47777.

Answers to last month's puzzles

Brain Boggler: What has 5(sometimes 4) hands but is normal? **Answer:** A person wearing a non digital watch.

Puzzles:



Quick Puzzle

One day a young man was boasting about all the pets he kept. "I have 10 pets. Not just canaries and dogs, but tortoises and even snakes! I can't tell you how many of each animal I have, but there are six wings, three shells and 26 legs between all of them!"

Can you work out how many snakes he has?

Historical Events in July

1st of July 1881 – The world's first international telephone call is made between St. Stephen, New Brunswick, Canada, and Calais, Maine, United States.

5th of July 1996 – Dolly the sheep becomes the first mammal cloned from an adult cell.

13th of July 1923 – The Hollywood Sign is officially dedicated in the hills above Hollywood, Los Angeles. It originally reads "Hollywoodland" but the four last letters are dropped after renovation in 1949.

13th of July 1985 – The Live Aid benefit concert takes place in London and Philadelphia, as well as other venues such as Sydney and Moscow.

Brain Boggler.

Which two out of these four floats in water? A pear, an apple, a peeled orange and an unpeeled orange.

Scoraíocht an Déardaoin.

There will be no Scoraíocht in the Ionad Áise in Réidh na nDoirí for the month of July.

Famous Birthdays in July

George Bernard Shaw 26th, 1856.

Jacqueline Kennedy Onassis 28th, 1929.

St. Swithin's Day

"St Swithun's day if thou dost rain

For forty days it will remain

St Swithun's day if thou be fair

For forty days 'twill rain no more"

St. Swithin (or more properly, Swithun) was a Saxon Bishop of Winchester in Hampshire, England. He died on the 2nd of July 862. On his deathbed Swithin asked to be buried outside the north wall of his cathedral, so that people would walk across it and rain fall on it. On the 15th of July 971 Swithin's remains were dug up and moved to a shrine in the cathedral by Bishop Ethelwold. Miraculous cures were associated with the event, and Swithin's feast day is the date of the removal of his remains, not the day of his death. However, the removal was also accompanied by ferocious and violent rain storms that lasted 40 days and 40 nights and are said to indicate the saint's displeasure at being moved. This is probably the origin of the legend that if it rains on Saint Swithin's feast day, the rain will continue for 40 more days. St. Swithin is regarded as one of the saints to pray to in the event of drought.

Food labels

Food labels are there to give you information so you can choose between foods. Understanding food labels can be a tricky business, but it is worth trying to get familiar with the words and phrases used on labels. This table will give you an idea of whether your food contains 'a little or a lot' of fats, salt or sugar per 100g food. Go for brands that are lower in these nutrients.

	This is a lot	This is a little
Fats	20g or more	3g or less
Saturates	5g or more	1g or less
Sodium	0.5g or more	0.1g or less
Salt	1.3g or more	0.3g or less
Sugars	10g or more	2g or less

Source: www.safefood.eu