

Focal id' Chluais.



A Word in your ear. September '09.

After dinner rest a while, after supper walk a mile.

Half of us are sleeping worse than we did a year ago. Experts say a 20-minute power nap won't affect your ability to fall asleep at night, and it leaves most people feeling refreshed. Professor Jim Horne, a sleep expert at Loughborough University Sleep Research Centre says that the body's circadian rhythm – our internal body clock – is naturally designed to lull us into two sleeps a day: one big sleep at night and a snooze in the afternoon. It's a biological energy dip that has nothing to do with eating carbohydrates at lunchtime, he says, although the digestion needed to process a large meal means we're more comfortable sitting down and likelier to conk out. Sleeping long and well at night can starve off an afternoon slump, but a power nap has been found to have equal effect. Horne says that the afternoon nap only works if it's kept to under 20 minutes, just short of entering deep sleep. Otherwise, you wake feeling groggy, which is counterproductive, and you'll have eaten into your core sleep need and may risk night-time insomnia. The exceptions are the genuinely exhausted. **Source: The Sunday Times.**

Carbon Monoxide. Source: www.bordgais.ie

Carbon Monoxide is a colourless, odourless and poisonous gas. It can be produced by any appliance which burns a fossil fuel such as gas, coal or oil. If a person is exposed to Carbon Monoxide over time it can cause illness, even death. In normal conditions the combustion process will cause the carbon in the fossil fuel to combine with oxygen in the air to produce Carbon Dioxide (CO₂), the same substance we exhale when we breathe. However, if there is a lack of air for the combustion process, or the appliance is faulty, Carbon Monoxide (CO) can be produced.

Know the danger signs: Watch out for any of the warning signs that your appliance is not functioning properly:

- A yellow or orange flame where normally blue.
- Staining, sooting or discolouration around the appliance.
- Condensation on walls/windows.
- A strange smell when the appliance is on.
- You experience flu-like symptoms, such as drowsiness or headaches.

Be aware of Carbon Monoxide poisoning: You can be in danger of Carbon Monoxide poisoning at home if your appliance is faulty, the room is not properly ventilated, or if the chimney or flue is blocked. When Carbon Monoxide is inhaled into the body, it combines with the blood preventing it from absorbing oxygen. Symptoms of Carbon Monoxide poisoning include headaches, chest pains, sickness, diarrhoea and general lethargy.

What to do? > Stop using an appliance immediately if you suspect it might be faulty.

> Do not use the appliance again until it has been checked by a Registered Gas Installer.

If anyone in your house has any of the symptoms outlined above, get fresh air immediately and then go to your doctor and ask him/her to check for Carbon Monoxide poisoning.

Remember! > Ensure your appliances are correctly installed and serviced annually by a Registered Gas Installer.

> Ensure rooms are properly ventilated and that all chimneys and flues are kept clear.

Carbon Monoxide alarms are available for homes but remember these are no substitute for regular inspection and maintenance of appliances, vents, flues and chimneys. Check that the Carbon Monoxide alarm complies with the EN 50291 standard. For further information on Carbon Monoxide or to arrange for a safety inspection please call: **1850 79 79 79** Monday – Friday, 8am – 8pm Saturday, 9am – 5.30pm www.carbonmonoxide.ie

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

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, 14th September by appointment,

Contact Mary/Eileen at 026 40999.

Massage: Appointment only,

Contact 087 6759121.

Art Classes with Pauline Dodds Hyland

22nd Sept, 026 40999 for further details.

Cuan Barra, Béal Átha'n Ghaorthaidh.

Lunch, Mondays & Fridays 12.30pm.

Lunch must be booked in advance,

Call Siobhán/Lucy at 026 47777 or 087 1378099.

Transport available at 026 45661.

Aisling Ní Laoire Beauty Therapist.

24th September, 087 6579894 for appointment.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

Chiropodist, by appointment, end of September.

Contact Ann O Donovan 027 50340/086 3679761.

Art classes with Pauline Dodds Hyland 21st Sept.

Quick Puzzle.

Work out the value of each shape using simple arithmetic functions: (+) Plus, (-) Minus, (---) Division, (x) Multiplication. Each shape has a different value and is a whole number. No shape has a value less than 1. You will need a pen and a piece of paper to do this puzzle.

For example:  - 5 = 9

The value of the square is 14. This is not the value of the square below.

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$$\frac{\text{hexagon}}{3} + \frac{\text{square}}{4} = 14$$

$$\text{hexagon} - \text{square} = \text{triangle}$$

$$\frac{\text{triangle}}{4} = \text{star}$$

Brain Boggler. I am the part of a bird not in the sky and when I swim in the sea I remain dry. What part of the bird am I?

A Prayer to St. Finbarr.

Feast 25th September.

Dear St. Finbarr our holy patron

Look down on Cork with kindly glance,

We claim your aid and intercession,

Here, where your presence hallowed once,

Help us in the many problems

That harass us this modern day,

Help us to imitate your virtues

Help us to tread the righteous way;

Keep us ever true and faithful

Constant as the lovely Lee

That flows so brightly on forever,

Keep us steadfast is our earnest plea,

Dear St. Finbarr we humbly pray you

Guard especially our Youth,

There is danger all about them

Let not evil ways take root.

Help us always dear St. Finbarr

Patron of our own dear Cork;

For so many blessings let us be grateful,

And trust in God when days are dark.

Margaret Griffin.

Gougane Sunday.

Mass will take place in Gougane Barra on the 27th of September at 2.30pm. Luas available, call 45661.

Scoraíocht an Déardaoin.

Ionad Áise, Réidh na nDoirí.

Thursday 17th September 2.30-5.00 pm.

Special Guests: To celebrate Positive Ageing Week we will have dance led by Macroom Active Retirement Group.

Transport available, ring early 026-45661.

Log on, Learn. Learn how to book flights, surf the Internet or send an email to a friend. Transition year students in Coláiste Ghobnatan are offering free, one to one computer training for those aged 65 and over. Following the success of these classes in the spring, these user friendly classes will be available again. To sign up today call Nellie in MFG Meitheal Mhúscaí at 026 45661. (Log on, Learn is an Intel, Microsoft, An Post collaboration.)

Answers to last months Puzzle.

Brain Boggler: The answer is a piano key

Garda Community Safety Week,

Garda Community Safety Week will take place from the 21st to the 27th of September with the theme of 'Older People in the Community'. To highlight this event here is a reminder of advice that Sergeant Con had at the March Scoraíocht with some extra advice from An Garda Síochána.

- 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.

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.
- 3.** Always wear a high vis jacket when going out walking in the evening because darkness can set in very quickly. They cost less than 5 euro and are available in all hardware shops.
- 4.** When exiting from a bus or a car wait until it moves off before crossing.
- 5.** Under no circumstances attempt to cross near a truck or other large vehicles as the driver may not be able to see you.

