

Caherslee News

Volume 2 No. 1

'Now Is Never Too Late For The Future'

January 2006

Happy New Year—2006, to you our readers and to all residents of Caherslee— Mounthawk and all adjoining areas.

We hope to continue to bring you the news, views and issues that relate to you. However, your input is very necessary too.

Our Website News

We have now added a dedicated page on our website for each area in Caherslee-Mounthawk. What this means to you is that you can include information, news, events, photographs, stories etc...etc.. on the page that is your page on our website—for free.

We have also included a CONTENTS page or site-map on the website to allow for ease of access to the various pages on our website.

Log-on to our website and see for yourself—your comments are always welcome.

Walking Club

The Walking Club, for all who are interested will meet in O'Donnell's Mounthawk on Monday night the 30th January 2006 at 8pm. You will have the opportunity to arrange walks with like-minded people during daytime or evening. The opportunity to arrange day-trips and other activities also exists. Put a spring in your step this spring!

Alarms

While residential and commercial premises do need alarms, it is essential that you ensure that such an alarm is functioning properly and is not the cause of nuisance to local residents if it has a habit of going-off unnecessarily. This is particularly disturbing to young families. If your alarm does go off unnecessarily it may be ignored also, so this defeats the purpose of having it in the first place. Please do have your alarm system checked and altered if it is not functioning properly.

Community Support for Older People

The Department of Community, Rural and Gaeltacht Affairs provides funding aimed at improving the security and social support of vulnerable older people by providing grants for:-

-Window locks, door locks and chains

-Security lighting

-The once-off cost of installing socially monitored alarm systems

-Smoke alarms

The closing date, based on previous years, will be in May 2006.

We will provide further information on this matter at a later date.

Road Surfaces

It appears that we motorists will have to put up with very poor road surfaces in town for a while yet. According to latest reports work on some streets e.g. Rock Street will be delayed until the Town Council have laid water mains and other services. Expect delays and inconvenience for the period of installation of these services and then again when the road is being resurfaced. I do hope that the materials used in the resurfacing of the streets will be of the highest quality. In the past, inferior materials or poor workmanship has meant that resurfaced roads and streets do not last.

I suggest that a material such as asphalt should be seriously considered for all junctions in town—it wears much better and lasts longer than alternatives.

There has also been a very poor record of reinstating trenches that a dug on our streets. Have there been fines imposed on contractors who do not reinstate trenches properly? If not there should be. I would even suggest that these contractors who do not do this job properly and have a record of such, should be named and shamed or at least they should be forced redo the work to the acceptable standard, at their own expense.

Let's hope that 2006 may bring more accountability in the spending of our tax money, on public works.

Ring Road

Work has been in progress on the link / ring road from Mounthawk to the Abbeydorney Road in recent months. According to sources this section of the link road is to be completed by the early summer of 2006. On completion this section will bring some relief to the traffic problems encountered along Caherslee.

Clogherbrien roundabout will become a much busier spot than it is presently. It is developing into a major focal point of routeways into/out of town and as such will require more care and attention by motorists and pedestrians.

However, more importantly, residents of The Orchard, The Grove and Quarryvale will have difficulties to surmount not only in regard to increased traffic flows but issues related to safety, particularly those of young children.

This is an issue that requires immediate action of behalf of the

Our Sincere Sympathy to the
Family and Friends of those
who have died recently or
whose anniversary
occur at this time

residents in the area. Suggestions might include traffic calming in the area such as speed ramps at the entrance to these areas and pedestrian crossings and speed restrictions of no greater than 50kph or less.

Whatever the plans are for this area in regard to these issues they need to be studied carefully and best practise must be demanded and adhered to in formulating them.

Radon Gas

A timely reminder, that testing your home for dangerous levels of radon gas might be included in your new years resolution list. Even if your home is fitted with a radon barrier—it may not have been fitted properly—you should consider the test. Radon is the second leading cause of lung cancer; it is the number one cause of lung cancer among non-smokers. Each year, radon gas exposure is responsible for 15% of lung cancers worldwide. Since lung cancer has the lowest survival rate of all cancers, it's important to know what radon is, how it causes lung cancer, and what we need to do to prevent exposure to radon. Radon is an invisible, odourless, tasteless gas. It is considered to be "complete carcinogen" and is classified as a "Class A" carcinogen because it can act solely to initiate, promote and propagate cancer. For more details on test kits etc. contact:

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Time to Call a Halt....

For some time now it is obvious that a meltdown is in progress in many of the values which we as a society have always prided ourselves in. Too many of the leaders of various institutions, including education and politics (I also include here, the family) have been trying to apportion blame for the causes of the problems elsewhere.. Some of these leaders in society have buried their collective heads in the sand and hope that the problems will go away. None have stood tall and cried a halt or made genuine, workable suggestions as to how these problems may be solved.

Some thoughts and questions:

Should a teenager on reaching the age of 17 be automatically issued a provisional licence to drive solely based on their age and not on their competence to drive?

Do we sit back and allow unruly tugs to hold certain areas of towns to ransom, because of their behaviour? Who is more guilty, the tugs or those

of us who do not demand action by the appropriate authorities?

Why do we allow the rights of criminals and others responsible for anti-social behaviour and public order offences to supersede the rights of the majority of law-abiding citizens?

Should we look at the introduction of compulsory military service or reserve force service for all teenagers for the six months immediately after completing their formal education (i.e. second level education)? In doing so, it should be a programme to facilitate these teenagers to develop discipline for themselves and respect for themselves, for others and for society. While on this service any signs of indiscipline on the part of an individual(s) automatically adds another month to the period of service.— up to a maximum of 12 months service.

The Editor of

Caherslee News will be available to meet with anyone who wishes to include information, ideas, issues etc. in the newsletter.

On the First Saturday of each month in:

O'Donnell's Mounthawk
11am to 1pm.

In the classroom, why are the few persistent trouble-makers allowed to prevent learning and teaching from taking place? The rights of the majority of students to an education and the rights of teachers to educate are being ignored and prevented, in most cases. Should persistent offending students be removed from normal class and be detained elsewhere in the school and their privileges be curtailed until there is a guaranteed commitment from them and their parents/guardians to improve their behaviour?

If a person presents in the Accident and Emergency of a Hospital due to self induced alcohol or drug abuse should they or their parents be billed for a substantial amount (e.g. 150 or 200 euro once they have recovered? Where has personal responsibility for ones actions gone?

If someone is duly convicted of a crime, should the media, be obliged to print not only their name and address but also a photograph of the offending person and/or should their photo appear in a public place?

Do we need the introduction of National Identity Cards? Ireland is one of very few countries in the EU that does not have compulsory National ID Cards. For the majority of law-abiding citizens such a card may never need to be presented to

anyone in an authoritative position. Such a card could perhaps double as a passport.

It is time to call a halt to those things or activities that make life more stressful. We should not continue to merely put up with them but rather seek and demand real solutions to the ills of society. For too long now we have listened to too many 'do-gooders' and civil libertarians and those who promote political correctness. Many of these people are cocooned and do not have to deal with the consequences of real life in Ireland today.

One hopes that what has been consigned to paper, in the above, will generate thought and debate, and may re-ignite a willingness to seek real solutions to the problems we all encounter from day to day in our lives.

January

Weather—Climate

for Valentia, Co. Kerry

TEMPERATURE (degrees Celsius) average daily = 6.8

RELATIVE HUMIDITY (%) average = 80

SUNSHINE (hours) average daily duration = 1.41

RAINFALL (mm) average monthly total = 166.6

WIND (knots) average for month = 13.1

WEATHER (average no. of days with...) snow or sleet 1.5; with Hail 5.1

Check Up

Check in on your elderly relations and neighbours at this time of the year. Ensure that they are warm and safe during the continued dark, damp and cold, days and nights ahead. Offer to do some shopping for them if necessary. Encourage your children to take an interest in checking in on

company, if only for a few minutes.

Composting— using a compost bin.

With Springtime only a short few weeks away and the weather having been so mild, the growth rate of plants and grass may lead to earlier cutting and pruning and other garden activities.

Compost bins are reasonably cheap and can be purchased in many garden centres, hardware and DIY shops.

Choose a spot in the garden that is convenient to the house and ensure that you allow for air to pass through the bin. You must also ensure that the bin contents remain damp (not too wet) so as to encourage insect activity and decomposition.

Separate your organic kitchen waste and garden waste from all other waste, place in compost bin and mix with a garden fork at least once every two weeks.

A good mix of 'brown' and 'green' materials achieves the best results. Alternate layers of 'browns' and 'greens' gives the best results—allow 2/3 months.

GREENS

Garden waste, leaves, weeds (without seeds), dead plants and flowers, grass and hedge cuttings, branches and twigs, kitchen scraps, fruit, vegetables (cooked or uncooked), bread, rice and pasta, tea bags and coffee.

BROWNS

Kitchen paper, sawdust and wood shavings, straw, paper, wood, twigs and branches (cut), crushed egg shells and feathers.

There are many and varied uses for compost—top dressing for lawns, mulch around plants, soil fertiliser and improver.

Jerry Daly on Music

Having little time for TV other than for the news, current affairs and some sport, I listen to radio, CD's and tapes a great deal. I choose all the CD's for the background music in the Brogue Inn restaurant.

Elvis Presley made his first record in 1956 and he was the principal initiator of the very best pop. Bill Haley, Little Richard, Chuck Berry, Buddy Holly and the Everly Brothers took up what Elvis started. Adam Faith and Cliff Richard were the first of the British acts in this genre from about 1959.

In about 1962 The Beatles and Rolling Stones started off British pop and ruled the world until the former broke up in 1970. Among the top British performers were The Who, Kinks, Hollies, Manfred Mann, Moody Blues, Sandie Shaw and Cilla Black.

In 1973-'74 the discos were coming to the fore and by 1975 disco music had taken over.

This led to poorer quality melodies and by 1978 pop / rock was really pretty poor.

The music industry has never really recovered since then and every new experiment since has been an abject failure.

Jerry's Favourite Irish Songs:

To Ramona—Sinead Lohan
Heaven Is My Womans Love—Val Doonican

One Day At A Time—Gloria

Those Brown Eyes—Johnny McEvoy

Working Man—Kathy Durkin

California Sun—Royal Showband

All Kinds Of Everything—Dana

Fields of Athenry—Paddy Reilly

The Sea Around Us—Ludlows

Old Flames—Foster and Allen

Jerry's Favourite International Songs

Farewell Angelina—Joan Baez

Love Me Do—The Beatles

Turn On The Sun—Nana Mouskouri

I Love You Because—Jim Reeves

Those Were The Days—Mary Hopkins

Won't Get Fooled Again—The Who

Morningtown Ride—The Seekers

The Last Time—Rolling Stones

Downtown—Petula Clark

Then I Kissed Her—The Beach Boys

Dear Editor,

According to the most recent Comreg report regarding the usage of broadband in Ireland, only 40% of all telephone account holders can upgrade to ADSL broadband. This is because a number of reasons.

1. Not all eircom exchanges are ADSL enabled

2. Not all eircom exchanges can be ADSL enabled

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Caherslee News

with any story, concern or issues that you have for the area in which you live or if you would like to advertise your business, service or trade

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installation cost of €199 inclusive. Normal cost is €275. If interested, readers can contact us via our website,

www.kerrybroadband.com for further details or by phone on 087 - 69 81 960.

Spectacular Views and a Nice Decent Walk

The day was mild and sunny for a Tuesday in the first week of January so I decided to do some exploring and at the same time keep to one of my new years resolutions i.e. exercise plan....again. I don't particularly like walking on flat surfaces. I prefer to challenge myself on some 'steepish' hills and rough terrain. This enable me to pace myself and still get the heart and lung to work hard—vital in achieving optimum exercise levels.

I took the road out of Blennerville and at Toonevane Cross I turned left and then immediately right. I followed the narrow road toward the base of the mountains, past the equestrian centre. I arrived at a bridge over a fast flowing stream and the starting point of my walk.

I had found myself a point on the Dingle Way—but of course I knew that as I was armed with an OS Map.

The day was bright and mild and there was no threat of the usual mist and drizzle commonly found at the base of the mountains, so I duly put on my boots, took my stick from the boot of the car and set off. I walked for a good hour along the path(!), checking the map and the time.. etc...etc...

The view over Tralee Bay from the Canal to the Lighthouse at Fenit was very clear, the water in the bay was as clear as a mirror covered in condensation and not a ripple in the water. As the tide was still on its way out the evidence of deposition in the bay was startling—only from where I was (or in a flying machine) would one see such a narrowing of the channel due to deposition.

Having taken in the view of the bay I proceeded along the path (be advised that due to rain and animals etc. the path is very slippery in a lot of places and one's sense of balance is challenged, frequently!).

Progress is therefore slow but the view of the bay and the scenes on the mountain are well worth it. Rivers and gullies are crossed via footbridges or in some cases carefully engineered stepping stones.

Suffice to say I would have ventured further along the route except that the sun sets rather too early at this time of year.

The gradient of the walk does not vary a great deal with some exceptions and I recommend it as an exercise for those of you with a sense of adventure, but do leave it 'til later in the year.

Do not attempt the walk, or any such walk, without proper walking boots, warm clothing and the optional walking stick As always bring your mobile phone and let someone know where you are going and an indication of your time of return—don't forget to inform them when you do return!

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them This will give the children as sense of responsibility, elderly people will appreciate their

I have since explored this pathway from the Camp end but I will leave that for another edition. There are many great facilities out there and in most cases it is for us to find them. In the past I have walked almost every pathway and hillside in Killarney National Park—I will, in the future revisit these and relate some of the adventures. I do find that OS Discovery Series Maps are a great resource for discovering walking routes. If you have any favourite or even mildly challenging walking routes that you would like to share with us—do let us know.

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Study Skills 04

A Strategy for Reading Novels

A story is a fictitious tale that is written to entertain, amuse, or instruct the reader. A novel is the same as a story but it is longer and more complex. To understand a story or novel, you need to understand the six elements used by authors when they write a story or novel.

Characters

Characters are the first element to look for when reading a story or novel. Characters are most often people but can be animals or even fictionalised beings like those seen in cartoons or movies. The main character plays the biggest role and is often the first character to be introduced. Most often the story is seen through the eyes of the main character. Secondary characters play a smaller supporting role and are introduced throughout the story.

Setting

The setting is the second element you should look for when reading a story, or novel. The setting is the location where the story takes place. A story may take place in a home, countryside, town, school, or wherever the author chooses to have the action occur. The setting is usually revealed very early in a story.

Time

The time when the story takes place is the third element you should look for when reading a story or novel. A story may take place very recently or many years ago. Usually the time when the story takes place is introduced very early in the story.

Problem

The problem is the fourth element you should look for in a story or novel. The problem most often grows out of a conflict between the main character and another character in the story. But the problem can also involve a circumstance such as a hurricane, a war, or one of the many obstacles that produce a conflict in life.

Events

Events are the fifth element you should look for when reading a story or novel. An event is an attempt at

**Be Seen on the road—
wear light coloured
clothing and / or
reflective materials.**

solving the problem in the story. In a story there are usually a number of attempts to solve the problem and these events make up most of the story.

Solution

A solution is the sixth and final element in a story or novel. The solution is how the problem is resolved or brought to an end. Most often the solution is revealed near the end of the story. Sometimes the solution is not revealed until the very last page or even the final paragraph of the story.

Recognizing these story elements will help you better understand and enjoy a story, remember the story facts, and appreciate different writing styles used by authors.

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Third Class Citizens in Third World Conditions.

There is a long list:

Kerry Regional Hospital is understaffed and poor in quality.

There are not enough Gardai for a town the size of Tralee.

The Train Service is in drastic need of improvement.

The road surfaces in town and the county are both a disaster and are extremely dangerous.

Area Plans do not exist for parts of the town where growth and development have been very significant.

There is a need to establish sub-libraries in some suburban areas.

Jobs are and will be lost on a more frequent basis in this area and there have been no significant numbers of jobs created in the past ten years.

CCTV system in Tralee does not function as was intended.

Broadband Internet Connection is not available for everyone, in Tralee, yet.

Anti-Social Behaviour and Public Order Offences are on the increase.

Traffic Congestion and parking problems persist in Tralee.

This is by no means a complete list of the problems. Promises have been given to solve and or improve these issues over the past ten years. Deadlines or due dates have come and gone, many times. Our politicians, managers etc. are not camera shy nor are they ever short of a few words but still the problems persist. It seems that 'It's good to talk', and maybe the problem will disappear. Is there really any

commitment or will to solve these problems. Politicians will either, avoid the questions being asked or give the pre-prepared speech on what they have achieved – usually for the benefit of their own constituents – whom they have looked after anyway. In the meantime we have to put up with third world conditions as third class citizens.

History in January:

1945: Auschwitz death camp liberated

1958: Explorer Hillary arrives at South Pole

Sir Edmund Hillary reached the South Pole.

1959: De Gaulle becomes president of French Republic

1961: John F Kennedy sworn in as US President

1965: Winston Churchill dies

Sir Winston Churchill died at the age of 90.

1967: 'Boston Strangler' sentenced to life

1967: Campbell killed during record attempt.

1970: Gaddafi takes over as Libya's premier

1986: Seven dead in space shuttle disaster

1991: 'Mother of all Battles' begins

GYM Workout

Did one of your new years resolutions include joining a gym? If so and you haven't done so, perhaps you have been wise. Many gyms have, since early January been over subscribed and so it has been difficult to do a genuinely decent workout.

However the good news, for you is that within the next few weeks many people do give up the gym. This frees up space and time for those who genuinely want to workout. So, suggestion, if you still feel that you want to (need to) find a gym, go and do it within the next few weeks.

Ask one of the instructors to help to formulate a specific programme for your needs and get started. Take it easy at first and allow your body to adjust to such activities—as it may not be used to them.

Some weight machines are useful for toning and the bike, treadmill etc. for the cardiovascular workouts. If you are not enjoying the experience then consider something else. There are many gyms and there are many different programmes to suit all ages and types of people. But at least if you have a mind for it give it a go and you won't regret it. Word of warning—you may get addicted to the workouts!

What is Stress?

Stress is any change in your normal routine or health. Stress occurs when bad things happen, as well happy things. Getting a raise or promotion is stress, just as getting fired from your job is stress.

Speculative changes cause just as much stress as veritable changes. Pensiveness or anguish about whether you will get that new job is stress the same as being offered a new position is stress.

Reducing Stress and Improving Your Health...

Eliminating stress completely from your life is impossible. However, implementing some stress management techniques can subdue some of its' harmful effects. Stress management includes following a healthy diet, getting regular exercise, and making time for uninterrupted relaxation.

Golf Society

If you are still interested in joining, do let us know. We would like to have it up and running by late Spring 2006

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The Test

A lawyer, an engineer and a mathematician were called in for a test.

The engineer went in first and was asked, "What is 2+2?" The engineer thought awhile and finally answered, "4."

Then the mathematician was called in and was asked the same question. With little thought he replied, "4.0"

Then the lawyer was called in, and was asked the same question. The lawyer answered even quicker than the mathematician, "What do you want it to be?"

Quotes!!!

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it." - Al Gore, Former Vice President, USA

"We've got to pause and ask ourselves: How much clean air do we need?" -- Lee Iacocca

"If we let the loggers go in and cut down all the trees we wouldn't have a problem with forest fires." - George Bush

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