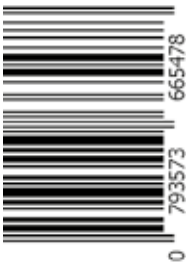


Tirconail

Tribune

Vol. 30 No. 19



The Arms Crisis - 50 years on
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Martin faces hostility on Govt. deal

With talks to form a new three party government due to get underway this Thursday there is speculation that the country could have a new functional administration by mid-June.

By John McAteer

However this belief would appear to be more aspirational than factual given the hostility within Fianna Fail to negotiations with Fine Gael and the Green Party.

But it is not a one way street with senior FG grassroots expressing similar platitudes of negativity to Fianna Fail's handling of the economy between 1997 and 2010 when the nation came under the stewardship of the IMF as we faced imminent insolvency.

The bailout of €64 million continues to hang over the head of Irish taxpayers and this is set to increase substantially in the aftermath of the coronavirus crisis where

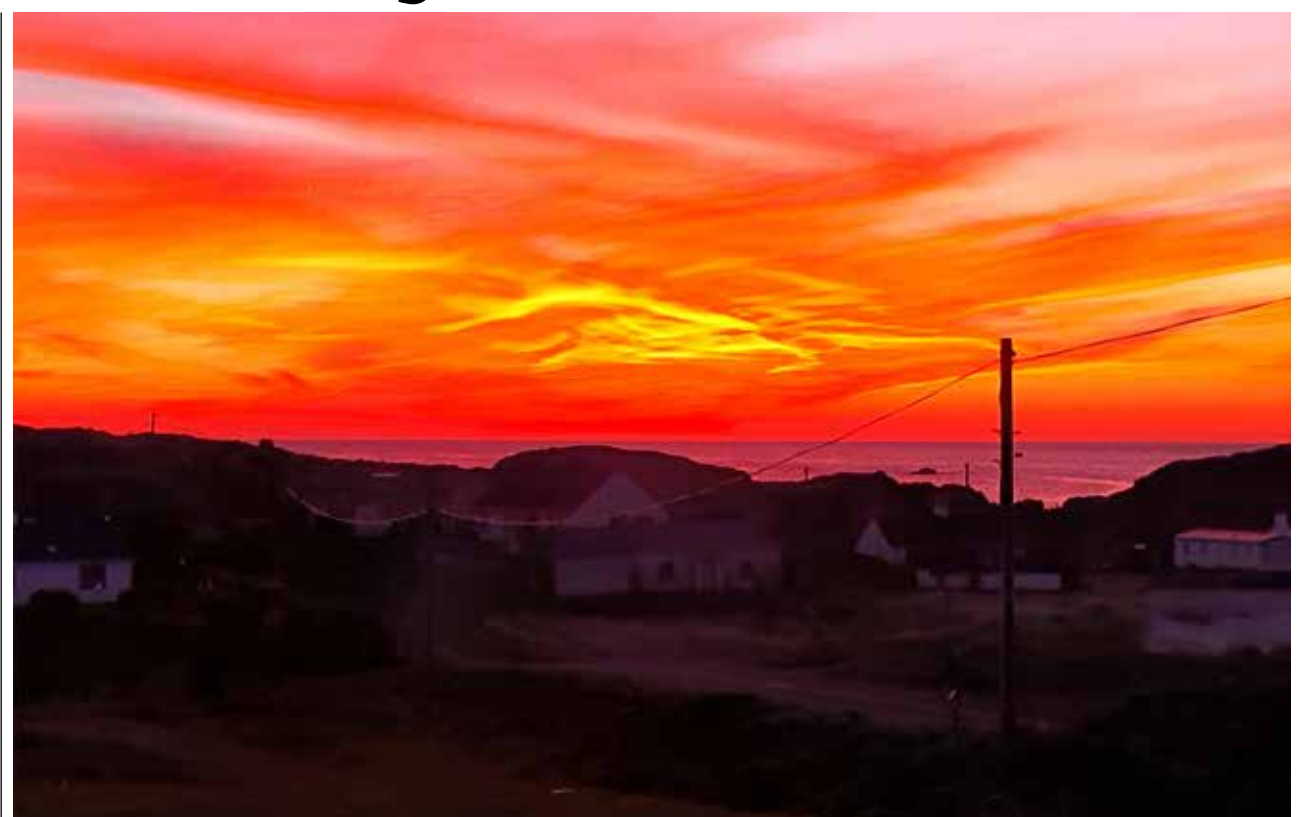
over one million people are now dependent on weekly Government payments as our jobless numbers reach crisis levels.

Meanwhile here in Donegal, the Chairman of the Fianna Fail Councillors Group, Patrick McGowan, and their Whip, Ciarán Brogan, have written to Micheál Martin on behalf of all their colleagues stating that the party would be destroyed in the next election if it entered government with Fine Gael.

Ironically the letter from the Donegal Councillors came on the eve of the 50th anniversary of the '1970 Arms Crisis' that created a rift in Donegal politics that was to last for a generation and continues to resonate. At the same time the FF performance at the General Election in Donegal was one of their worst since the organisation first entered politics in 1927. The Donegal FF Cllrs

made their decision to write to the party leader during a lengthy negotiation process last Monday week in Letterkenny where they concluded that the agenda of the Green Party will be hugely damaging to Donegal where our roads infrastructure, the lack of a rail network and our dependence on farming will all be severely curtailed should Eamonn Ryan lead the third party in the new government.

It is understood that similar demands by other constituency Councillors within FF have also landed on Micheál Martin's desk - but the open hostility to any talks between the party, Fine Gael and the Greens is allegedly being portrayed that all is sweetness and light and social distancing from other parties is for the birds. A senior party figure in the county said last night that a deal for Government is far from being realised and



Atlantic Sunset.... Aodh Mac Laifeartaigh captured this dramatic sunset from his home on the Atlantic Drive, Downings on Tuesday.

a heave against Martin was something that is not being ruled out. In the aftermath of the General Election in early February, FF Councillors to whom we spoke said that Martin was wrong to rule out

talks with Sinn Fein because it is long past the time to be playing 'the politics of exclusion' and democratic recognition was due to SF as a right given that the got the largest share of

Contd. Page 9

McBride queries purpose of Council meeting

Cllr. Michael McBride has called into question the rationale and purpose of the Letterkenny Municipal District Meeting scheduled for next Tuesday because questions and motions have been ruled out.



use of technology and it was agreed that this would be examined, particularly as a mechanism for conduction Municipal District Meetings.

Members were told that the next plenary meeting including the Cllrs, officials

and the press should not proceed in the Council chamber. It was confirmed that where Members are performing a statutory function, this cannot be done by virtual means.

The next plenary meeting is scheduled for May 25th and there are a number of items on the agenda that will require resolution by the Council.

A format to comply with the current regulations will be explored at the next CGP meeting. Councillors have told the Tribune that management will have to explore the possibility of finding a suitable building that complies with social distancing to allow the meeting to go ahead.

The Members relayed their experience of connecting through the



Laika the Siberian Husky relaxing in the sun with the TirconailTribune after finding fame last week on an number of the worlds most famous TV shows. She and her best canine friend 'Henri' were caught on camera enjoying a video Zoom call between their homes in Ramelton and Letterkenny, which made headlines around the world on shows such as USA Today, ABC News, Good Morning America, Fox News and India Today. See page 9.

Tobin's Service Station service celebrates 40 years



Tobin's Service Station after it opened 40 years ago this week. Below, the advert announcing the opening.

Tobin's Service Station on the Port Road in Letterkenny is celebrating 40 years in business. It was built up from a green field site in April 1980 by the late Pat Tobin and his wife Mary (nee McAteer). Tobin's service station opened in April 1980 with 2 pumps and a small kiosk. In the early 1980s fuel was a lot cheaper north of the border and Pat worked the station with Mary 364 days a year on their own as very little fuel was being sold in stations in the south near the border.

Mary did B & B for several years to make ends meet. In the late 1980s the market levelled off and more pumps were added to the site and Pat put in a car wash.

In 1994 Statoil bought out BP Ireland and Tobin's undertook a major expansion adding a shop, 3 additional washes and extending the forecourt to 8 pumps as well as rebranding to Statoil. These car washes were the first in Donegal to be covered in for all weather use. Sadly Pat passed away in August 1999 at the age of 67.

Pat's son, Eddie was working in the business since leaving school and took over the running of the business after his father passed away.

In 2004 Tobin's undertook another major expansion adding the building that houses the current shop and diner and 10000 sq foot of office space. The diner

includes a seated area for 60 people.

Up to 2004 Tobin's had been trading as an independent shop but decided that the way forward was to be affiliated to a brand and chose to go with the Irish brand Gala whose local supplier is Morris Bros in Convoy. This proved to be a very successful partnership with Tobin's winning the National Gala Store of the year competition 3 times in 2005, 2007 and this year 2009.

In 2006 Eddie's wife Annette (nee Brunnick) originally from Dungloe took a career break from her job as Oncology Sister in Letterkenny general hospital to help run the business.

Again in 2008 Tobin's undertook another major uplift with the rebranding of the forecourt to the Irish owned company Topaz. Topaz had bought out Statoil Ireland who were the contracted sole fuel supplier for Tobin's.

Annette helped drive the high standards that Tobin's try to achieve which helped culminate in winning many independent national awards over the years.

In 2009 Tobin's were awarded EIQA hygiene award receiving their Emerald award which is highest achievable. In the years including 2010 to 2017 and 2019 Tobin's has won the overall Nation-

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al award for best forecourt in Ireland for Hygiene and Food safety.

In 2015 Tobin's won the overall EIQA National Hygiene Award across all sectors of manufacturing, hospitality and retail, which was fantastic for a small family owned business. To put this in perspective previous winners of this award are Manor Farm, Glanmor Foods and Joseph Brennan Bakeries, all national brands.

Tobin's currently employs 40 staff (22 full time, 18 part time), over 20 of whom are with Tobin's over 5 years. Their business is built on the same values that the late Pat Tobin always strived to achieve which is providing the best customer service that they can combined with the highest standard of facilities.

Their aim is dedication to providing excellent customer service in modern high standard facilities



Tobin's Service Station, Port Road, Letterkenny.

Letters to Editor

A Wendy House Government

"National Government" sounds great. But it is the "Wendy House" of governments- a child's toy. Wendy Houses are grand and fine for 5 year old children to play in on a Summer's afternoon but they get knocked flat at the first puff of wind and they cannot be left out in the rain.

There has only ever been one "National Government" in British political history and it is, for reasons passing understanding, the touchstone for every proponent of "National Governments" ever since. In fact, that "National Government" was the government of Ramsay MacDonald, Stanley Baldwin and Neville Chamberlain which held office from 1931 until 1940. That government was the author of Appeasement and the dis-

aster at Munich in 1938 which delivered Czechoslovakia into the tender embrace of the Nazis. Many proponents of "National Government" mistakenly devote their nostalgia and reminiscence to the all-party coalition of Winston Churchill et al in the 1940s.

That is sometimes referred to as "a National Government". It was in fact a Coalition Government. There was an Opposition. That unusually broad temporary coalition worked - for a very short time. And it only worked because at the time there was one single eclipsing national policy imperative in Britain. Defeat the Nazis at all costs. In other words, undo the damage done by the "National Government" of the 1930s.

This is not rocket science. Our politi-

cians need to wake from their superannuated slumber. We need a properly elected functioning government. In my view, it should be a Sinn Féin/Fianna Fáil coalition. That would easily attract the necessary coalition partners and it would be far more in line with the results of the General Election. The main obstacle to that, as far as I can see, is the "leadership" of Deputy Micheál Martin. Fianna Fáil is "all about Micheál" these days. All that matters is that he gets to be Taoiseach. Like a child watching the swings in a playground - "tis my turn now".

It is no one's "turn" and this is no way to run a country in a national emergency. The election was 3 months ago.

Michael Deasy, Carrigart

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Proprietor Patrick Durning

When will the Church end the lockdown on clerical sex abuse

While the country is on lock down due to the Coronavirus and if people could only tell the truth to get rid of it, wouldn't it would be great and simple.

Why is the truth in the Catholic Church on lock down for decades when the simple way of telling the truth is the 'key' to unlock it with regards what people had to suffer.

by Martin Ridge

If unlocking the truth on child abuse by the clergy back when it should have been, the virus of covering up of paedophilia would be done and dusted and people could be free to get on with their lives. Fear of revealing should not be used as a strategy and it should not be left to people who were abused as children to fight the war again.

Peace should not come at a price. Children (who were abused) or their parents have not got the unlimited resources as

the Catholic Church has to fight these cases. I believe it is a provocative insult when other excuses are exhausted to say they had 'No Guidelines'. How on earth can such a serious matter matter as child terror be brushed aside is such a trivial manner?

That 'excuse' I believe is a total insult and raises alarms and red flags. The Law of the Land is there for everyone ... they are the only guidelines that are needed. The law does not exempt anyone simply by their profession or any seat of power. To dismiss the right of a child to have a peaceful life as much as can be possible by covering up crimes against humanity is a very grave matter.

Has the clergy a date in view when the lock down on truth could be available so that people could rely on human rights?

While we have a daily update on the Coronaviru there is no update whatsoever of what happened to children under a caring system. Do children not have rights or maybe the Church is not concerned that these people continue to suffer in silence.

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Letterkenny Cathedral Quarter plans for Literary Festival

While most activities are currently in lock-down that hasn't stopped Letterkenny Cathedral Quarter committee moving ahead with big plans for this year's Annual Literary festival which is fast becoming a major tourism attraction. Confirming that it's full steam ahead for this year's event -which will be held on the weekend beginning Friday, October 18 - Cathedral Quarter secretary, Donnan Harvey said he could guarantee the 2020 festival, their fifth offering, will be 'bigger and better' than ever.

To ensure this is so an invite is being extended to all interested individuals or groups to attend a meeting with a difference on Thursday, May 14 starting at 8p.m.

Donnan explains: "Because of the current CoVoid 19 restrictions, the meeting will take place virtually via teleconferencing. We are going ahead with making arrangements for our festival because this lock-down won't last for ever and we'll all need a bit of light relief when it's all over. And we intend to provide plenty of that!"

The theme of this year's festival is 'Historical Fun and Local Creativity' with the main event a Jane Austen theme night in the local Castlegrove House on the opening night. Award-winning writer and Jane Austen expert, Rose Servitova, will officially open the festival. It's only in recent years that the connection between the famous author and Letterkenny has become well known. Three of Austen's nieces - Marianne, Louisa and

Cassandra Knight - lived in the area in the 1800's and are buried in Letterkenny and Ramelton. They were the children of Austen's older brother, Edward and their story is told in Dr. Sophia Hillan's book 'May, Lou & Cass: Jane Austen's Nieces in Ireland'. Dr Hillan's book has been recently optioned for television and this is sure to spark further interest.

Despite passing more than two centuries ago the English author's work has never been out of print and her novels, particularly Pride and Prejudice, are huge sellers. Her works are celebrated in festivals, book clubs and are regularly made into films and television programmes.

On a more local level Donnan Harvey said he wanted to issue a special invite to local talent to make themselves known in the coming days.

He stated: "During the lock-down there was an explosion of so much brilliant local talent performing on social media. It would seem a lot of this talent has been Donegal's best kept secret. We would certainly like to see these artists play a role in the festival."

"Last year's Literary Festival was a tremendous success as it celebrated local talent, explored the literary heritage of the area along with Donegal's strong connection to Jane Austen and we want to build on that success."

If any group or individual would like to participate in the meeting, please contact Donnan Harvey on (086) 345 2457 or alternatively through the Cathedral Quarter social media pages.

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China still cautious on Covid

It was three weeks to the day when I received a phone call that I never expected could be true. It was around 7am Beijing Time when a calling private phone number appeared on my screen, usually I wouldn't answer a private phone number but my gut feeling was telling me that this call was important. Thankfully I answered because a friend of mine, Paul, from the UK had just informed me that he was on his way to the hospital after his plane has touched down in Shanghai and his body temperature had read 39.2 degrees Celsius. When I answered the phone, I said "Hello, this is Shane speaking" and to my disbelief I was greeted with "Shane, you are never going to believe what has just happened....."

It's been about a month since I wrote my last piece for the Tirconaill Tribune and since then China has decided to completely close their borders to any incoming flights into the country. Just before they decided to close their borders a plane from Russia had 65 confirmed cases in which everyone on the plane had to self-isolate for three weeks, this seemed to be the tipping point for the authorities. Just before that happened it was taking passengers hours just to leave their planes. Once passengers arrived into the terminal they all had to be put through a stringent body examination. A colleague of mine informed me that each continent was separated into different areas of the airport to be tested.

If you were tested negative then the process took about 12-15 hours from the time you got off the plane to the time you arrived in your apartment. If you unfortunately tested positive for the virus then you were escorted directly to a local hospital where you were further examined and requested to serve three week quarantine in a nearby hotel. I would imagine closing the borders wasn't an easy decision as hundreds or even thousands of working professionals were unable to return to the life they once had

just a few months previously. Ultimately it is seen as the correct decision as the cases was on the rise and the government wanted to avoid a second wave at all costs.

We have seen a big change in the dynamics in recent weeks; 3-4 weeks ago more bodies were starting to appear on the streets but with big caution. Nowadays, recreational buildings such as restaurants, cinemas, museums and shopping malls are filling up like the good times are back again.

It important to note that safety precautions are still in measure, for example if you want to enter any recreational building firstly you need to wear a face mask and secondly you need to download a specific Covid-19 App which automatically tests your temperature and if it is below 37 degree Celsius then you will be allowed entrance into the building. I would say it's quite inconvenient to check your body temperature each time but nobody is taking any chances or responsibility for their premises to be exposed or for anyone to point fingers.

The two biggest concerns for the residents at the moment are the economy and education and industry. China has just witnessed its lowest GDP figures in over a decade and most people I have spoken too are worried about holding on to their jobs and possibly taking pay cuts due to this invisible inconvenience. Residents are starting to feel the heat of the virus as multi-



From Shane Quinn in Shanghai

pected to observe several recordings per subject each day while completing three times as much homework as they usually would.

Parents are concerned this method of study is having a negative psychological effect on their children, but fortunately for them it has been confirmed that schools will reopen at the end of May. When I received that call three weeks ago, I was in complete shock. When I heard Paul's voice on the phone. I knew this was something serious. "Shane, you are never going to believe what has just happened....." When his plane touched down into Pudong Airport he was left traumatised as he tested positive for Covid-19. Firstly, on the plane, his body temperature read 39.2 degrees so the authorities took him to the local hospital directly. His wife and young child tested negative so they went through the regular procedure in the Airport. Little did Paul know that from that moment he wouldn't see his family for three weeks!

national corporations have started to lay-off workers or given workers the conundrum of taking a 20-30% pay-cut.

The second biggest concern is the future of education, here in China, Education means everything and most parents I have spoken too are not only concerned about the academic side but also the social and mental side of students being asked to develop knowledge in a way that has never been tried or tested before. Students are expected to observe several recordings

While he was in hospital he wasn't seen for several hours as the queue of people was never ending, the doctors took blood samples and after several scans it was indeed confirmed that he was positive for the virus.

It's important to note that Paul and his family went back to the UK not knowing that the virus would spread at such a rapid speed. This is a warning for everyone back home to take nothing for granted. Once all the tests were finalised, Paul had to self-isolate in a hotel for 21 days without seeing his family during that period; thankfully he had minor symptoms and is back on the mend again. As he said to me, "Shane that was one of the darkest moments of my life".....

I have been keeping a close eye on events back home during this pandemic and I am very proud of the collective efforts from everyone to comply with the guidelines and regulations set by the officials in power. Most of my neighbours know I'm from Ireland and whenever they see me they are always complementary about how my country is setting such a good example to the rest of the world and working together as one! Looking from the outside it seems the emerald isle has hit the peak and hopefully the numbers of deaths will decline in the upcoming days and weeks.

After listening to the briefing from the government, there seems to be light at the end of the tunnel. It's essential that people have some optimism and hope, but it's also important to note that this virus will not be leaving us any time soon. so keep obeying the guidelines is important for long term normality. The summer is rapidly approaching us so let's make all this hard work worthwhile and when this lockdown is uplifted we can approach our friends and neighbours and give each other a pat on the back for working as one united nation.

Stay Safe! We are thinking of you all.

Guidelines issued for re-opening churches

New guidelines for the reopening of Catholic churches for private prayer and limited services have been issued.

In a letter to diocesan priests Bishop Alan McGuckian has asked that measures including social distancing and remaining vigilant regarding hygiene as the country looks to emerge from lockdown on a phased basis.

He said the guidelines for the "gradual relaxation" are being rolled out but gatherings for services such as funerals will remain restricted. He stated he has asked to ensure the guidelines are in place before reopening. This will include steps like creating signage, roping off benches, assem-

bling rotas for hygiene before taking the step of opening by Wednesday 13th of May as suggested date.

On funerals he said: "As we move towards having a service in the church we must work with Undertakers to ensure that families are fully agreed in advance about those who can come into the church and cemetery. The Government guideline is very clear: 'Phase 1 foresees continuance of the restriction on attendance at funerals to a maximum of ten people and only members of the household, close family or close friends if the deceased has no household or family members.' Other relatives and friends may follow the ceremony on webcam or Facebook live. It is very important that peo-

ple who have been exposed to the Corona Virus should not attend."

There will be no ceremonies of Reception of Remains the evening before and people standing along the road or near the graveyard as the funeral cortege passes should observe social distancing. Guidelines for opening of Churches for private prayer include signage upon entry to the church. Entrance door should be left permanently open where possible with hand sanitiser at all entry and exit points.

One-way systems for entry and exit where possible and pews cordoned off to one in every three and the possible use volunteers to oversee the numbers entering the church.

Funeral of Thomas Gallagher

The Funeral took place at Overdale Crematorium Bolton, England on Tuesday of Thomas Gallagher. Thomas, a native of Claggan, Carrigart passed away on Monday 27th of April. He is survived by his wife Eileen; sons Paul and Aidan; daughter-in-laws, grandchildren, great grandchildren; four brothers and a sister. Deepest condolences are extended to the family circle

Death of Dennie Roughan

The death occurred on Thursday at the Donegal Hospice of Deenie Regina Roughan (née McDowell), Glencar Road, Letterkenny and formerly Dublin. Dennie is survived by her husband Barry; sons Colm (U.S.A.), Gavin (Letterkenny); daughters Siobhan Roughan (Bangor, Co. Down) and Neasa Roughan (Edinburgh); sisters Gale Menzies (Roundwood) and Caro Tulloch (Edinburgh); daughters-in-law Niamh and Louise; sons-in-law Mick and Richard, grandchildren, relatives and friends to whom deepest condolences are extended. Cremation took place at Lakelands Crematorium Cavan.

The late Kathleen McShane

The death took place at her home on Thursday of Kathleen McShane, Oaklands Park, Gortlee, Letterkenny. Aged 88, Kathleen was formerly a member of the Doherty family from Carndonagh.

The late Mrs McShane's Funeral Mass was streamed via the Church of the Irish Martyr's Facebook Page on Saturday. Fr. Brendan Ward, C.C. officiated and he was assisted by Fr. Brian Quinn, P.P. Burial took place afterwards in New Leck Cemetery. Kathleen was predeceased by her brother Neil Doherty, Manchester.

She is survived by her husband Danny; daughters Sheila Moore, Lurgybrack and Fiona Bridgeman, Rowan Park, Lismonaghan; son Paul, Clonakilty, Cork; daughter-in-law-Teresa; sons-in-law John Moore and Peter Bridgeman; grandchildren Jack, Thomas, Ben, Ellen and Charlie.

Kathleen is also survived by her sisters Mary McCallion, Muff, Anna McElhinney, Manchester, England, brothers John, Manchester, England and Joe Doherty, Mayo, sisters-in-law, brother-in-law, nieces, nephews and a wide circle of family and friends to whom deepest sympathy is extended.

Funeral of Breid Doherty

The Funeral took place on Friday of Breid Doherty, Cloncarney, Trentagh. A well known and highly respected member of the local community, Breid was a native of Glenswilly. She passed away on Wednesday of last week at the family home in Cloncarney.

Fr. Pat McHugh P.P. celebrated the Funeral Mass on Friday in St. Columba's Church Termon and was streamed via parish Facebook Page. Burial took place afterwards in the adjoining cemetery.

Breid was predeceased by her husband Charlie. She is survived by her daughters Roisin and Catriona; sons John, Seamus, Cathal and Ciaran; 17 grandchildren; brother James Gallagher (Glenswilly), relatives and friends. Deepest sympathy is extended to the family circle.

The Asian Flu Pandemic should be remembered

The current restrictions are sometimes frustrating. The public, though, is aware enough to know they are needed. Overall, people are willing to obey – even without any threats from law enforcement.

If we need reminding why restrictions are needed, we should look back at the Asian Flu Pandemic of 1957-8. That was comfortably within living memory. I know about it from personal memory. At the time I was a small child. My father caught it, and at one stage it was thought he might die.

In all, the pandemic killed an estimate 1.1 million people worldwide. It killed 116,000 in the United States.

Because travel then was slower, it took longer to spread. Unfortunately it did spread, though. As to the current situation, I am critical of the response of government internationally. There should have been more preparations for pandemic. Just because an event is very rare does not mean it will not happen. There have been three major pandemics in 102 years.

I do accept, though, that there has been a better response than in 1957. I hope that will be reflected in the death toll. What happened then shows why we need lockdowns, social distancing, and closures of certain businesses. Economic disruption is far better than widespread death and suffering.

As in the current situation, the infection developed quickly. Those with underlying conditions and the elderly suffered most. Beforehand, the authorities in Europe had been relaxed. They were relaxed in the same way they were until now. It had been nearly 40 years since the last big pandemic, the 'Spanish flu' of 1918.

To further build up complacency, in Britain there had been a low incidence of flu during the winter of 1956-7.

That was while the first infections were occurring in Guizhou Province in China in late 1956 or early 1957. China was then fairly cut off from the rest of the world. Guizhou was even more so, being a mountainous and remote inland province.

Then in April a report appeared in the 'Times' of London of some new strain of flu having hit Hong Kong (then a British colony). That was a time when air travel was extremely limited. However, within five months the virus had spread round the world.

First it moved to Singapore, then also a British colony. From there a passenger ship brought it to Chennai (then Madras) in India. In June the Irish Times reported that in Kolkata (then Calcutta) "almost every home in the city was affected. Ambulances toured the streets, taking severe cases to over-crowded hospitals."

It reached these islands in June, starting in England.

By early October, there was a major outbreak in Belfast. Sixteen thousand children were off school, either ill or because their teachers were ill. Many adults were off work. Very quickly the pandemic moved on to Donegal. St Patrick's Boys' School in Carndonagh was closed, because two-thirds of pupils were ill. The Convent of Mercy in Buncrana was also closed.



By Anton McCabe

By the middle of the month the pandemic had hit Dublin. Seventeen schools were forced to close. I have been unable to find any reliable estimated for the numbers who died in Ireland. There was a significant number, though.

In the United Kingdom many schools had to be shut. Factories and mines had to close also. So did hospitals, because so many staff became ill. At least 14,000 died there. That is about half the current death toll there from the Coronavirus/Covid 19. However, significant under-reporting has been established in the current pandemic. Thus we are

best to assume there was worse under-reporting then. Remember, there were only a handful of computers then and compiling statistics was much more difficult.

There were political aspects too. Because Trump is so brashly obnoxious, we can ignore that he was not the first grossly insensitive leader of a major country. As the pandemic was beginning to rage in the UK, then Conservative Prime Minister Harold MacMillan showed an insensitivity equal to Trump at his best (or worst). MacMillan told a Conservative Party audience: "Indeed let us be frank about it most of our people have never had it so good. Go around the country, go to the industrial towns, go to the farms and you will see a state of prosperity such as we have never had in my lifetime - nor indeed in the history of this country."

What happened subsequently should make us pause before we take things for granted. As the Coronavirus epidemic rages, the American Presidential Election is due in November. Donald Trump has grossly mishandled the epidemic in his own country. That does not mean automatically that he will be defeated. The UK General Election did not occur till two years after the flu pandemic there.

The Conservatives were comfortably returned to power with a 100-seat majority. That is 20 more than they have now. It would be wrong so simply blame the Labour Party. That was a time of rising living standards, and a significant economic boom.

At that stage, the Labour leader was the supremely 'moderate' Hugh Gaitskell. He did everything which we are told Labour leaders have to do to win elections. He did not significantly query the Conservatives' handling of the pandemic. In fact, he did not significantly query the Conservatives' handling of everything, but was 'responsible' and 'statesman-like.' Labour lost 20 seats.

There are causes for relief in looking at what happened. A vaccine was being tested in the United States by July 1957. By October large-scale production was underway. The vaccine slowed the progress of the disease.

From today, we should soberly look at the 1957 pandemic in Ireland. That happened at a time when Ireland was much poorer. There were, though, no patients lying on trollies for days. There were no massive waits for treatment. Yes, there was still massive inequality. In ways, though, that inequality has worsened rather than lessened. Is that not a criticism that Governments must face up to?

Reflections from Rome by Fr. Eamonn McLaughlin

'Eyes on The Prize'

What a painful laugh! On Monday, like horses, we bolted for the outdoors. For the most part, everyone was very respectful of the regulations for this tentative reopening. The next two to three weeks will tell the tale and determine the rest of 2020 in Italy. On 9 March last, a few days before the annual city marathon, national quarantine was imposed on the nation, restricting the movement of the population for the foreseeable future. The expiration date for that future was Monday, and what a sight that was to behold.

As I anticipated in last week's article, it would be both memorable and entertaining. Imagine a cycle track and walkway along the Tiber River. Now imagine a sizeable percentage of the city centre's inhabitants descending upon that route. Picture the following scene: most of the men had shaved heads, whilst most of the women had, well, unusual hairstyles, certainly uncharacteristic of Italians, who have a certain propensity for the 'bella figura' (looks matter... an awful lot at that); interestingly, many were on bicycles, most were sauntering and some were running, albeit sluggishly; everyone was very curious to see who fared best through quarantine; truth be told, few were slim – most were well-mended; we all looked in shape – a round shape at that; in short, no one from Monday, myself included, will be running a marathon anytime soon.

I have no one to blame but myself. If I indulged less in people watching, or rubbernecking as they say over the west, I could have avoided the inevitable embarrassment. I am reminded of advice I often received, but seldom heeded, on how to start a diesel engine: apparently, you should let your engine idle for a few minutes to warm up before getting underway, as this allows the oil to circulate. Well, needless to say, being out of practice, I forgot to warm up, so thrilled to be outdoors and eager to get running.

If nothing else, I looked the part, or so I thought. About twenty minutes into my awkward looking jog, reminiscent of Forest Gump running with the leg braces on, I decided to take a breather, or rather catch my breath, as my fellow athletes were doing, and enjoy the fresh air. As I set off once

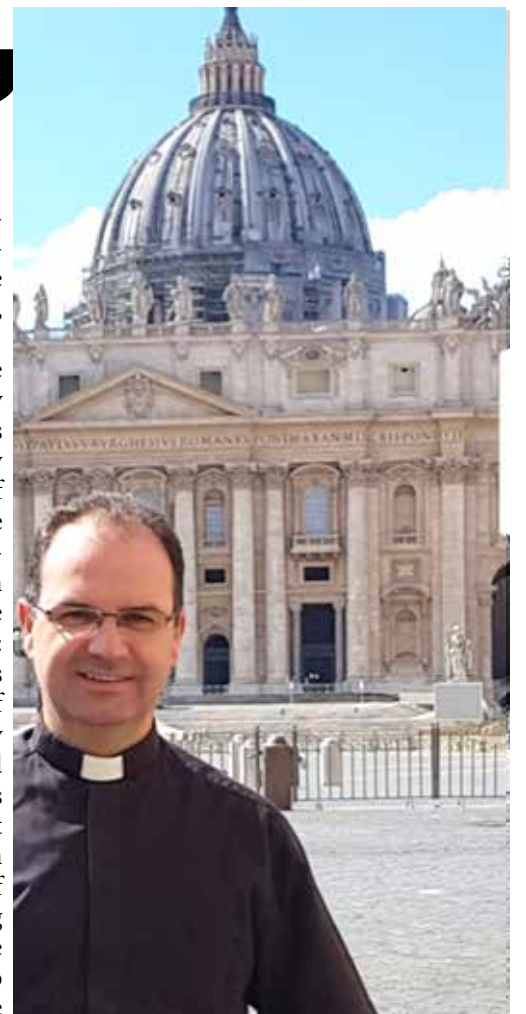
more, I was hit by the most excruciating cramp in the front of both thighs, leaving me incapacitated.

What ensued was a mixture of pain and laughter. As I looked about me, not wanting my situation to be too obvious to passers-by, vanity and all that, I was greeted with laughter. One young couple stopped near me and said: "Perhaps you should consider walking today and leave the running for another time". They were right. I was reminded of a quote from William James who said: "Most people never run far enough on their first wind to find out they've got a second". Or, to coin a phrase by Franklin Jones: "The trouble with jogging is that by the time you realise you're not in shape for it, it's too far to walk back". At any rate, I eventually got moving again and slowly made my way back to the house. It was a humbling experience, even more so when I informed my parents of the incident later that evening. They are probably still laughing at my expense.

In conversations with family and friends over the past week, this period of confinement and restriction can appear somewhat like a marathon: When will this all end? Are we there yet? When will we get back to school or work again? Is the finish line in sight? While people may not be experiencing muscular cramps, they are certainly undergoing psychological and spiritual cramping. Young people are fed up at home, with not being able to meet their friends or go to school; Parents are getting frustrated with home-schooling their children; Everyone is missing somebody; Patience for social-distancing is wearing very thin; People want to have their Churches open again; They want to get back to Mass or Service in person; Some want their children baptised; Others are anxious about wedding plans; Some are concerned about the death of a loved one and subsequent funeral plans. This too is a sort of cramping. This too will pass, as painful and unsettling as it is in these weeks. Plans are well underway to have a progressive return to family, ecclesial and social living once more and for this to happen we have to maintain a co-responsible and altruistic attitude. We can see

these days and weeks as a sort of 'warm up' to safer, healthier and happier times ahead. If we prepare well today, for the journey that lies ahead, we will reap the rewards of our labours and sacrifices, thus avoiding any unnecessary cramping.

Bruce Springsteen has a song entitled 'Eyes on the Prize' that goes thus: 'Freedom's name is mighty sweet, and soon we're gonna meet; keep your eyes on the prize, hold on'. Centuries before the New Jersey boss appeared on the scene, Saint Paul of Tarsus, in his Letter to the Corinthians, used the analogy of athletes running for the prize to emphasise that our ultimate goal in life is to win that wreath that never withers, namely the prize of eternal life with the Lord in Paradise. I quote: "Do you not realise that, though all the runners in the stadium take part in the race, only one of them gets the prize? Run like that - to win. Every athlete concentrates completely on training, and this is to win a wreath that will wither, whereas ours will never wither. So that is how I run, not without a clear goal" (1 Co 9:24-26). Similarly, in his Letter to Timothy, Paul, now in the evening of his life, writes: "As for me, my life is already being poured away as a libation, and the time has come for me to depart. I have fought the good fight to the end; I have run the race to the finish; I have kept the faith; all there is to come for me now is the crown of uprightness which the Lord, the upright judge, will give to me on that Day; and not



only to me, but to all those who have longed for his appearing" (2 Tm 4: 6-8). Keep your eyes on 'The Prize'.

Pramerica Junior Writing Competition

North West Words have launched their annual Short Story & Poetry Competition for Young Writers and its sponsored by Pramerica. Entries are invited by writers for 3 categories... Primary Schools; Secondary Schools Junior Cycle and Secondary Schools Senior Cycle. The competition judge is Deirdre Hines
Short Story: Can be on any theme, maximum 1,000 words per story.
Poetry: Can be on any theme, maximum 40 lines per poem.
Entries must be your own original work and not previously published.

The winners of each category of each competition will receive a prize sponsored by Pramerica. A 'Young Writer of the Year 2020' prize will also be awarded to one of the shortlisted finalists.

The closing date is 6pm Monday May 18th 2020. Presentation of prizes will be subject to Government Guidelines on Public events during Covid -19 in June. Postal Entries to Pramerica Young Writer Competition, North West Words, 54 Thornberry, Letterkenny, Co. Donegal. F92Y76W. Email Entries: northwestwords@outlook.com Entries sent by email must be enclosed in the body of the message.

Staying the Course for Phased Reopening from 18th May



Coronavirus COVID-19 National Programme

The COVID-19 pandemic has been hard for everyone – and tragic for many. We have suffered loss of loved ones – and loss of contact with family and friends. By working together, lives have been saved. The situation would be so much worse were it not for the huge effort made by everyone. For all that you have done, for your patience and sacrifice, resilience and solidarity – **Thank you.**

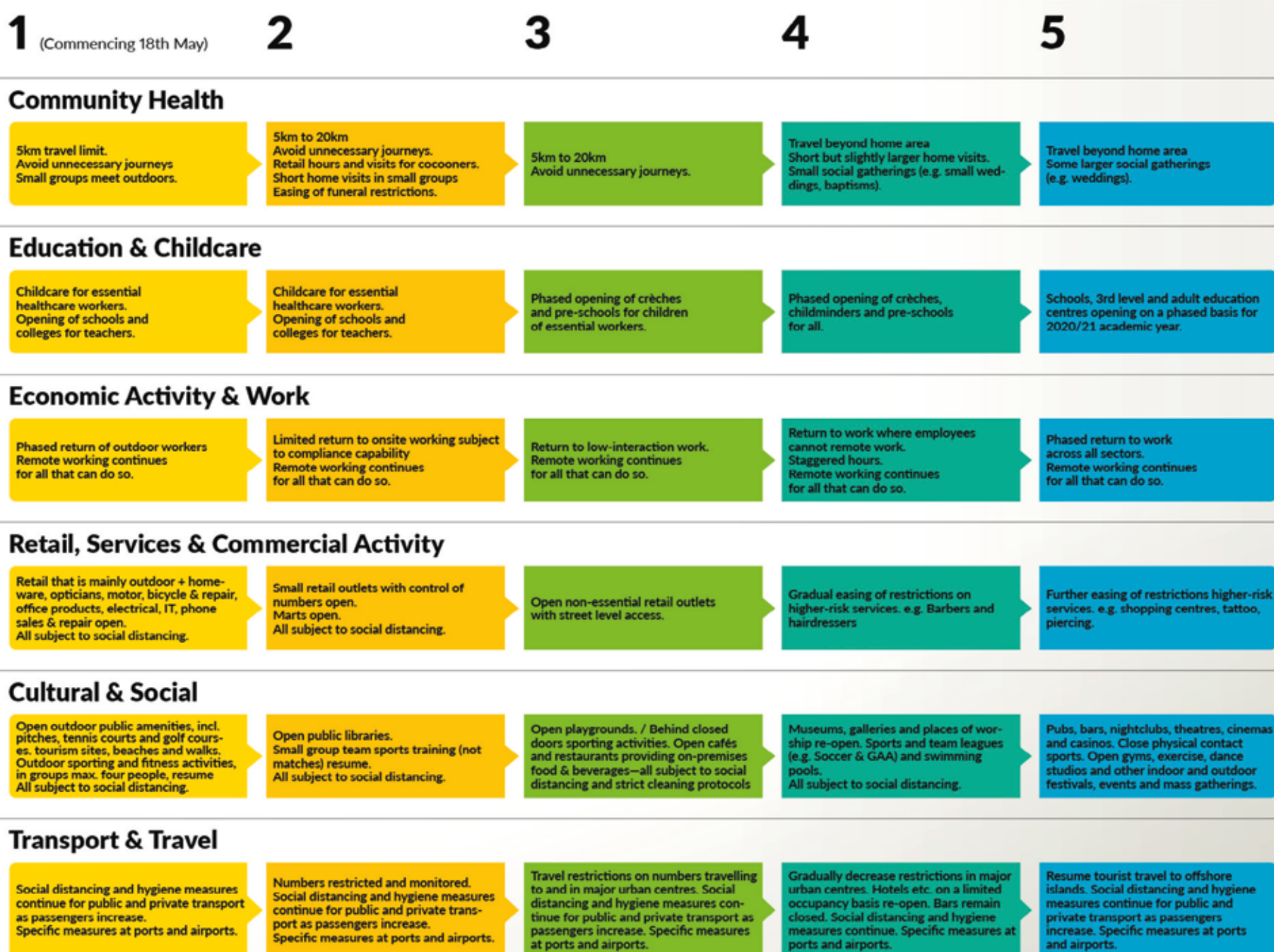
As we move through this crisis, there are now six key things that you should know:

- From Tuesday, 5th May, the 2km restriction on movement is extended to 5km and there is new advice on physical exercise for the over 70s.
- From the 18th May we expect to begin the re-opening of our country on a carefully managed, phased basis.
- We now have a phased flexible roadmap for re-opening businesses, retail, transport, education, sporting, social and cultural activities, and a return to social activity over the coming months.
- We also have a plan for easing restrictions on social visits, allowing families and friends to meet each other.
- We have a clear way for deciding when we can move from one phase of re-opening to the next, and the priority is always to minimise the number of people who will get the infection, and the number of deaths as a result
- The social distancing, two-metre rule will remain in place – even as we re-open. Don't forget handwashing, good cough and sneeze etiquette and social distancing are the most important things we can do.

Advice for those cocooning if going for a short walk:

- Keep at least 2 metres (6 feet) away from other people while outside.
- Avoid physical contact with people.
- Don't touch surfaces with your hands.
- Clean your hands when you get home.
- If you are living in a residential facility talk to your carer about what is safe for you.
- If you are worried speak to your GP.

Phasing Overview



- Criteria for progressing from one phase to the next are:
- Progress of disease
 - Healthcare capacity/resilience
 - Testing and contact tracing
 - Shielding at-risk groups
 - Secondary morbidity and mortality

The details of this phased re-opening of our country are now available on gov.ie Please stay the course, and please continue to save lives by staying apart.

Supported by the Government of Ireland.



Rialtas na hÉireann
Government of Ireland

No sign of Lord Wallscourt waltzing along in the nip

Sunday 3rd May, after being more or less cocooned for the past 5 weeks or so we decided to go for a long walk down around the sea and have a picnic on the rocks, all within the 2k restriction zone.

It's been a long few weeks what with the Irish Government's 'sweeping restrictions' in reaction to COVID-19, it's a worldwide Pandemic, and nothing like we've ever seen before, the most poignant moments are just before Six each evening before the RTE News when they show photos of those who have passed during the virus, people of all ages, mostly elderly who had spent their last years in nursing homes, but not all so, it's like during a war and the photos of those who have fallen, there's something forlorn and melancholic about it, when will it all end, they are talking of easing restrictions on Monday 18th and then a phased relaxation, will the world ever be the same again.

One great consolation for us with a penchant for the little white ball game is that golf courses are part of the first trance of activities that are being allowed on a staggered basis from Monday week, Members only and just if you live within 5k of the golf course, limited to 2 balls and every 10/12 minutes, no competitions, just casual golf, but at least it's a start, tbh I haven't really missed it and we live virtually on the course but maybe it's the seriousness of the situation and the desire to stay alive and healthy that has taken paramount importance, but at least we are still alive, so many are not, when we get through this there will be so much sadness for elderly grandparents who passed and there was no wake or proper funeral for them, it's an Irish thing and so much part of our culture, I think of everything that has happened, that is the saddest aspect of all! Sunday 3rd May more than a century ago we had other problems rather than a Pandemic, although that was only a couple of years away as well, no, on this morning 104 years ago, Padraig Pearse, Thomas McDonagh and old Tom Clarke were executed by British troops in the Stone Breakers Yard in Kilmainham, they were the first of the executions and another 13 would follow. It was a tumultuous time in Irish life as indeed it would be two years later when the country was hit by the Spanish Flu, a Pandemic of all Pandemics which took the lives of between 50 and 100 million, to put in context 'just' 20 million were killed in WW1!

The majority of those who lost their lives during the 'war to end all wars' were obviously working-class cannon fodder, but there were also many who came from a landed class which existed in Ireland and it was traditional for the sons to serve in the British military down through the centuries, for them, the end of the war didn't bring glory but the realization that they were coming home to a changing society, they were essentially on the wrong side of history!

Which brings me to writing about the 'Big Houses' as they were termed, is that today we took a stroll within our 2k restriction zone, around by the sea and over towards Ardfry, one of the original 'Big Houses', on land by the sea near Maree just outside Oranmore, Ardfry ironically is still standing if derelict whereas it's estimated during the War of Independence and Civil War nearly



By Paddy McMenamin

300 'big houses' were burned to the ground by Republican forces. Ardfry for whatever reason was never attacked during the revolutionary period, it had originally been built in 1770 by the Blake family on land which had belonged to their ancestors, one of the famed Tribes of Galway. Like all Landlord families of these great houses or castles, they were also involved in British political life and the title of Lord Wallscourt was bestowed on Joseph Henry Blake, he lived during the first half of the 19th century so was a child after the Act of Union in 1801 and died quite young at 52 at the end of the Great Famine, his life story is fascinating, a friend of mine, John Cunningham who is a History Lecturer at NUI Galway has published work on the life of Lord Wallscourt and he actually led to my interest in the old Lord especially as we live so close to the 'Big House'!

Lord Wallscourt wasn't your average person of that class, or on the other hand maybe he was. If anything he was slightly eccentric, the stories go that he had a penchant for activities that he had brought from his regular sojourns in radical France after the Revolution. Apparently he liked to walk around the house 'gan eadai ar bith' and his wife made him hang a bell around his neck to warn the chambermaids he was coming down the corridors!

Another fad he brought from France was 'fresh air baths', hardly a common thing in rural Galway or anywhere else for that matter? Wallscourt also had a liking for the good life and as well as hosting great parties with his wife he would also disappear to the trendy fleshpots of Dublin during the 1830s, mixing houses of ill repute with casinos of the era where he would splash the cash and engage with the beauties of the night, a lifestyle which would eventually lead to his downfall!

Blake was the 3rd Lord Wallscourt, he inherited the title at the tender age of 18 after a unique series of events, heirless marriages and early deaths, his predecessors had been MP's at Westminster but this Wallscourt's Catholic religion precluded him, he did attend Eton and joined the Royal Regiment of Foot as a Military Cadet, he was fast-forwarded for promotion like his modern-day peers, Harry and William, and pulled the pin when his inheritance arrived at 21, nice job if you can get it? Interestingly during his short military career, he became aide de camp to the General Officer Commanding British forces in Ulster, but at 21 he pulled the pin and waltzed off to Ardfry for a life of drink, drugs and debauchery!

The new Lord Wallscourt had inherited a 'Big House' and considerable farmlands, there were about 100 tenant farmers living and working on the land, but there were also massive debts built up by the previous Lords of the estate and this prevented the new man taking up his seat in the Westminster Parliament. Wallscourt took to travelling around Europe, for awhile he was ensconced in Malta staying with an Aunt, the Countess of Erroll, Malta at that stage had just come under British control and they were part of the establishment, one of their coterie was the famous poet who became Lord Byron and other elites, they all lived around Sliema and it was the centre of British rule and the local elites who aped their foreign masters,

I know Malta well having lived and worked there, Sliema is now the economic centre and also the place which became the most British part of the island and where English was the vernacular and still today, whereas the majority all speak Maltese and the language has survived despite the British presence, a lesson for us!

Wallscourt during this time became associated with many Italian intellectuals, the poet Rossetti, and others like Percy Shelley, his young wife, Mary Wollstonecraft Shelley author of 'Frankenstein', and the future Lord Byron, they were all free thinkers but also were part of the British aristocracy in the Mediterranean! But despite colonialist thinking prevailing Wallscourt started to embrace very differently an interpretation of life probably from his time in France after the revolutionary period, it would have a major effect on Ardfry in the future, they were radical ideas not to the liking of his peer group, this is what caught my attention to Ardfry and Wallscourt! He got married to Elizabeth, Bessie to her friends, in contrast to a future Elizabeth aka Lizzie Battenberg, she was apparently the Grainne Gallinagh of her time, Dancing with the Stars and now staff nurse in LUH, still equally 'beautiful, vivacious, large eyes, wild curls, parted lips!' As the royals do she came with a large Dowry, Bessie that is not Grainne, £8000 in 1824 was 'not to be sniffed at' as Fr Fitzgerald once said to me after his retiring 'do' with Rev Eugene in Termon and it cleared the debts for Ardfry, interestingly Wallscourt also owned property in Prospect Hill in Galway city, still to this day a prosperous area, Its probably akin to the Malone in Belfast, Ballsbridge in Dublin, Bearsden in Glasgow and the golf course road at Barnhill!

In the late 1820's, early 1830's tension was rising in Ireland again with the cause of Emancipation under Daniel O'Connell, there were also tensions on the land, rising economic depression after the Act of Union and the Napoleonic wars led to agrarian conflict, as always there were secret societies, in this case, 'the Ribbonmen' probably the Provos of their day! The initial response from the establishment was to use threats of violence, gaol and death to end the disturbances but Wallscourt and others who had more advanced thinking thought it might be prudent to adopt a new way of tenant farming that was gaining the momentum throughout Europe and coming to light in Ireland, the Co-Operative Movement.

Robert Owen is recognised as the man who developed the Co-Operative system of working within the UK and then brought it to Ireland, it was a far thinking concept, a form of socialism way before it became a recognised philosophy, Owen believed that workers deserved to have a share in what they produced rather than being exploited by a ruling class, he set up a Spinning Mill at New Lanark in Scotland and it was extremely successful, workers shared in the profits, well paid, good working conditions, and with a healthier diet were living better. This was the time of the Industrial Revolution and of course these ideas didn't



Paddy outside the ruins of Ardfry.

sit well with those erstwhile capitalists who see the working class as mere pawns in their ability to create wealth for themselves! Owen brought his ideas to Ireland and in Clare another advanced thinker, John Scott Vandeleur, set up a Co-Operative at Ralahine, copying the New Lanark plan. At the same time Lord Wallscourt was having difficulty again on his land near Oranmore. There had been lots of agrarian violence locally, Landlords threatened, agents killed, and the profits from the land slowly diminishing. So Wallscourt decided to follow New Lanark and Ralahine and set up a Co-Operative on his land or about 100 acres of it anyway. It worked well for a few years but Wallscourt had more problems than land, two of his children died young and his marriage to 'Bessie' was on the rocks, partly due to his slightly eccentric ways but also his adventurous lifestyle as he had a taste for the good life?

The Co-Operative movement thrived for a time but as we are all aware of the business class had no intention of sharing the wealth, which was produced by the workers, with the workers, capitalism doesn't work like that, it's the obnoxious, disgusting, greed for wealth that sustains the system, the Robert Owens, John Ormsby Vandeleur or Lord Wallscourt of this world are few and far between? Two other interesting facts about the Wallscourt story is that he was sympathetic to the Young Irelanders and was friendly with George Gavan Duffy, it was during the revolutionary period throughout Europe and change was in the air? Now if you're the sceptical type or the conspiracy theory sort, there are suggestions that Wallscourt was a shade worried that during the period of fomenting revolution and socialist agitation, with agents and landlords attacked, so he might have been encouraged to set up the Co-Operative as an ulterior motive to self-preservation, who knows?

The final days of Lord Wallscourt fascinating life also coincided with An Gorta Mor, hunger and death were all around although it appears that within the estate at Ardfry the tenants were fairly well catered for with the influence of the co-operative ideas, there are no exact figures for deaths in Ardfry during the famine but enough evidence exists that the workers survived the worst effects of that great unnatural disaster created by the British who continuously exported food from the country to Britain while millions starved! Lord Wallscourt didn't survive the Famine, while on a trip to Paris he suddenly died, now

that's the official line but there are also suggestions that he had been spending a weekend in Dublin in casinos with a lady friend when he kicked the bucket, another theory is that he faked his own death and disappeared leaving massive debts, and indeed one last assumption that he was indeed killed in Dublin by some gangster types hired by some fellow Landlord who was aghast at the activities of Wallscourt.

There is a bit of modern history to the story, Ardfry was destroyed several times by fire over the decades but the facade exists, also back in the early '70s, Ardfry was used in the making of the film, 'Macintosh Man', Directed by John Huston and starring Paul Newman, ironically it was re-roofed for the film but burnt again afterwards!

Whatever the truth of it, the sudden death or disappearance of Wallscourt led to the collapse of the Ardfry Co-Operative, initially the Tenant/workers thought as they had a stake in it and that they owned the estate but that was never going to hold sway with the Landlord class and led by Lady Wallscourt and enforced by the military the workers were evicted off the land and the concept of sharing the wealth of the Ardfry estate came to an end! While walking around the lake and the little winding road up to Ardfry there are lots of houses around nowadays, I would imagine that they might be descendants of those evicted in 1849, not unlike our own Derryveagh? We spent a pleasant few hours down by the rocks and sea close to Ardfry, the beautiful early summer heat and breeze coming off Galway Bay, we enjoyed a picnic of Prawn salad and Chardonnay amidst the seals and otters swimming in the sea together with a few humans, not sure who was practising social distancing from whom, but sure we were dining nearly as good as Lord Wallscourt!

A fascinating little piece of history and just down the road from us, today as we strolled by the derelict historical building at Ardfry, you can almost feel that history close to you, the place all lit up in 1840, the guests all arriving in their finery courtesy of a horse-drawn coach from surrounding 'big houses' and small castles, the Lords and Ladies dining and dining on the roast pig and champagne, dancing the night away, of course, there was always a chance that Lord Wallscourt would come waltzing along in the nip with a bell ringing around his neck 'upstairs', while in the workers quarters 'downstairs' they anticipated sharing in the spoils of the co-operative, for a short period in the 1840's it was a unique experiment!

Ramelton woman leading aid mission

by Declan Kerr

The new Executive Director of Mary's Meals in Ireland is appealing to the people of Donegal and across the nation to continue their generous support for the 1.6 million children that the charity feeds daily in 19 countries.

Ramelton woman Patricia Friel who just took up her new post in January says the Covid-19 pandemic has definitely posed new challenges for Mary's Meals. But, it has adapted quickly and has been able to deliver 85% of its food programme to the children's homes following the closure of the schools which had always been the hub for the hot meals.

And Mary's Meals hope to get the home delivery project up to 99% in the short term. The post of Executive Director for Mary's Meals was advertised last autumn. While Patricia hadn't been actively seeking a career change, she did have a very close relationship with the charity having been a volunteer for seven years. "I had been a volunteer with the Mary's Meals group in Donegal for seven years. It was a charity that I had really fallen in love with. They had raised a lot of money. It is a beautiful, simple idea with the aim that almost all the money 93% goes to the place it is meant to go. The opportunity came up for the Executive Director job. I hadn't been thinking about a change but I decided to do the interview. I am a person of faith. I went for the interview thinking that if I get it well and good. If I don't then I was still happy where I was."

Patricia got the word in December that she was successful and accepted the new post offer. She had joined the board of Mary's Meals in 2018 so that experience coupled with the volunteer work on the ground is useful as the Ramelton woman begins her new role of creating further public awareness of the charity across the country. "I have a lot of learning to do. I do bring lots of skills to the job and the aim for me is to bring an awareness of what Mary's Meals does into every county in the country."

Fr. Eamonn Kelly has been arguably the biggest driving force in making the charity known in Donegal and Patricia says the Raphoe based Parish Priest has been a great support to her. "Fr. Eamonn is Chairperson of the Irish Board of Mary's Meals. He has one aim and that is to feed as many hungry children as possible. He's a wonderful man that has done so much. My goal is to spread awareness of what we do and how we do it. I have responsibility to ensure that the money raised is looked after for the purpose of feeding the children."

Covid-19 has scuppered Patricia's plans to travel the country on the awareness mission. "I was raring to go and full of enthusiasm but Covid-19 means I am housebound as well. I was to have been in Cork and would have been due to go to Wexford this month to raise awareness about Mary's Meals. But, I'm still working. The office in Dublin is closed and the phone is diverted to me in Cavan. I am talking to lots of people on the phone like donors and others. People are still giving. The support and generosity is overwhelming. On the plus side I have been able to get important work done on governance, regulations and data protection matters."

Mary's Meals is working in 19 countries and feeds 1.6 million children daily. In Zambia alone 150,000 youngsters are fed every day. A report published last week by the UN talks specifically about the need to find ways to reach children who rely on school feeding programmes for their nutrition. It warned that around 265 million people are forecast to be facing acute food insecurity by the end of this year, a doubling of the 130 million estimated to suffer severe food shortages in 2019.

Of the ten nations predicted to be worst hit, Mary's Meals operates in four - Hai-



Patricia Friel with children in Zambia.

ti, Zimbabwe, Ethiopia and South Sudan. At their own cost, last November Patricia and a couple of colleagues travelled to the Southern African country of Zambia to see at first hand how the programme was being delivered on the ground. And it is a very impressive operation from the local farmers who grow the grain to the end of the chain when the very nutritious porridge is handed out to the children.

"It was a really good experience to just see what is going on in a country like Zambia. We visited six different schools. Each one of them was 50km apart. So we managed to get two of them per day. It was over 30 degrees and we were travelling in buses with no air conditioning. You just had to keep the windows open. The suspension on the bus was probably 20 years old and no springs on it either. But we weren't complaining. It was part of the real experience of what it is like there. What struck me was that the parents and children were happy even though they had nothing. It was the same as if you were in a school in Milford or Letterkenny. The children were wide eyed and giddy" Patricia said.

She added: "We keep everything in the community. So it starts with the local farmers growing the grain. It then goes to the milling companies and we have negotiated a price with them for the job. Importantly it is putting money back into the local economy. It has to be nutritious with all the minerals to cook a complete meal. Two weeks stock of food is delivered to a secure location in the schools and it's under double lockdown. There are always security issues. Also how much food is cooked and how many are fed is all recorded" Patricia said.

The food is also tailored to the differing cultures so for example in India it would include rice. As well as delivering the programme through the schools, Mary's Meals also provide a service in the prisons where there are lots of children also. The final stage of the process is cooking the ingredients and that is done by volunteers in the schools. Big

pots are used that can hold a 100 litres of water and 25kg of porridge meal. "That has to be stirred for three hours before it is ready to give to the children who are lined up and waiting. It is hot and there are no spoons so they often just dip their fingers in it or it can be drunk out of a cup. We very much encourage hygiene so there is soap and water provided to keep the hands clean. When the children get the food the noise and energy levels go up right away. It's just like any primary school here" the Mary's Meals Executive Director said.

While in Zambia, Patricia met many people but one mother in particular stood out. "This mother just came and thanked me for feeding her child. It's not an easy thing to come up with ways to get food rations out to more than a million children during a global pandemic that is restricting movement and physical contact, but in extraordinarily difficult circumstances we are continuing to find new ways to keep our promise; the promise I made to that mother that I would never stop." The Covid-19 has posed major problems for the food delivery programme in all countries. The schools are closed so it took some time to develop a home delivery system. Now 85% of the 1.6 million are being fed at home. And Mary's Meals plan to reach a target of 99%. Sufficient water is available to cook the porridge and thankfully enough volunteers have the knowhow now to prepare the meal. Plenty of soap is available and families have been provided with an infographic on good hand washing practices. Due to the pandemic the Mary's Meals volunteers are curtailed for the time being.

A lot of fundraisers are not possible at the moment like the table quizzes, raffles, and concerts that would have been done by the various branches of Mary's Meals in Ireland. However, donations are still coming in by cheque, bank draft and postal orders. It is a grassroots movement and is especially strong in Donegal with groups operating in Letterkenny, the Finn Valley and Raphoe. "We started a group in Cavan about a

year ago. There are also branches in Galway, Of-faly and Monaghan. Donegal is well recognised for Mary's Meals because it has been going for ten years" Patricia said.

Last year 850,000 euros was raised for Mary's Meals in Ireland. "This year we just hope that people continue to help us to feed the hungry children in these countries. 18 euros and ninety cents feeds one child for a whole school year. The International school feeding charity has plans in place to reach more than one million chronically hungry children with daily meals despite schools being closed globally as part of the Covid-19 response.

In light of the school closures, Mary's Meals has had to adapt quickly to ensure those who rely on their programmes can still eat. Plans are now in place to deliver food to more than a million children in Malawi and Zambia by inviting their parents to collect rations to cook at home - plans that will see staff and community volunteers distribute food to around 4,000 villages in Malawi alone.

Similar distribution models are already proving successful in Kenya, Haiti and India as Mary's Meals staff and long-standing partners ensure vulnerable families can provide a daily meal for their children. "Our many years' experience of working with some of the world's poorest communities and in challenging environments is helping us develop new plans and activities which will enable us to do all this and the strong relationships of trust we have built with the communities we serve are crucial at this time because, as always, our efforts are founded on locally-led solutions that often depend on community volunteers", Patricia says.

Volunteers also play a vital role fundraising for the charity, and supporters in Donegal have continued to be extremely generous, even in these uncertain times. "Of course, getting the food out to communities is just one part of this mission and it wouldn't be possible without generous support from people all over the world who agree that no child should face a day without a meal", Patricia says. "We are amazed at the level of support that has continued from the people of Donegal through these difficult times and are extremely grateful for their generosity and kindness".

Patricia is a native of New Mill, Ramelton. The daughter of the late Patsy and Mary Friel, she has a sister Margaret O'Connor who is the Principal at Loreto Community Milford and her brother Terence works with Murphy Plant Hire in Letterkenny. After completing her second level education at Loreto Milford, Patricia studied agricultural science in both St. Patrick's College, Monaghan and St. Mellows, Athenry. Married to Joseph Shannon, the couple reside in Co. Cavan.

Patricia worked in the agricultural sector in Co. Meath and in quality control in Dublin before returning to Donegal to take up employment with the Pramerica Company in Letterkenny as one of the Help Desk Team Leaders. After that she spent over 12 years with Junior Achievement Ireland. Covering five counties - Donegal, Sligo, Monaghan, Cavan and Louth - the job spec involved linking schools with companies which had mutual benefits for both. "In Donegal I would have been working with the likes of Optum, Pramerica and Marine Harvest. It was about promoting positive role models, bringing staff into the schools to do presentations. The students learned and the staff picked up skills in presentation. For example for Marine Harvest it would have been about promoting science in the classroom."

Mary's Meals is owned and run by local communities in the countries in which it operates. Where possible, meals are prepared using food that has been grown locally. This helps to support families and boost the local economy. It all began in 2002 when Magnus MacFarlane-Barrow visited Malawi during a famine and met a mother dying from AIDS. When Magnus asked her eldest son, Edward, what his dreams were in life, he replied simply: "I want to have enough food to eat and to go to school one day."

Coronavirus (Covid-19)

Cllr. Jimmy Kavanagh

FINE GAEL

- Stay Safe
- Stay Healthy
- Stay Home

"If I can help with anything please contact me at 0866690423 Email: JimmyKavanagh@donegalcoco.ie Whatsapp JimmyKavanagh Facebook Cllr. Jimmy Kavanagh"



Lordy Lordy Mary the Hairdresser is 40



The Irwin Agri Mechanic turns 30



Happy Birthday David

Those involved in the first Mary's Meals projects were all people whose lives had been changed by pilgrimages to Medjugorje. They chose, therefore, to name the organisation in honour of Mary, the mother of Jesus. There is a Mary's Meals support centre based in Medjugorje.

Patricia Friel is looking forward to the big challenges that are ahead for her in the new post of Executive Director of Mary's Meals in Ireland and is hoping for the continued support from the people of Donegal. "On behalf of Mary's Meals I would just like to thank the people of Donegal for their generosity and we hope that it can continue into the future. Please visit our social media sites and website to see the work that we are doing and make a donation so that our volunteers can keep feeding the 1.6 million children and more that are hungry every day" Patricia concluded.

To find out more or to donate, please visit www.marysmeals.ie

Martians visit Ramelton



The Captain of a spaceship from Mars visiting Ramelton, Co. Donegal is making his report to headquarters in the current CV19 times. Music by 'Captain' Leslie Buchanan, lyrics by his First Officer, Mervyn Hutton and it is proving very popular on Youtube at the moment.

To the air of the 'The Mountains of Mourne' Leslie sings to the Martians about the strange times in the country and Ramelton where people are hiding themselves and their face; they don't go shopping to restaurants or bars but stay in their houses and don't use their cars. At least they have telly and Facetime and Skype and keep up with gossip and constantly gripe; their hair all needs cutting and some lose their jobs. And the wife is no longer the childhood sweetheart.

The Leaders do struggle making sense of it all and the Press give them hell over nothing at all. 2 metres apart is what they say and the Guards are enforcing by night and by day. At least we

are not spending that's what Leslie has been told. And without makeup TV stars look old.

The streets are alive with animals wild. Home schooling is the meaning to the lovely child. In the town of Ramelton there's a wonderful group of oldish/young men who make up a fine troop. Their painting mending and gardening too, moaning and groaning with too much to do. Watching old cup matches and Ryder Cup and dreaming of holidays when things pick up. But for now they are doing what has to be done and keeping in contact with everyone.

So Martians remember when you get 19 be like the Men's Group and keep yourself clean. Don't let the boredom wear down your soul. Keep busy with projects and make it your goal. To live and to love and to strengthen your life and overall things look after your wife. For when it's all over and good times return, remember the people who did the good turns."

Connor's coaching classes

Young Ramelton man Connor Gormley is now looking forward to offering his coaching services to the next generation of footballers when the Covid-19 Lockdown ends.

It is something that Connor has been thinking about doing for the last couple of years and he's now decided to give something back to the community and help young players develop their game.

"I'm very fortunate that I've always had a huge passion for sport and football in particular since I was in Junior infants class.

I have been playing football since I was no height and always loved it."

A former Swilly Rovers underage player, Connor went on to represent his county at Donegal Schoolboys level and subsequently he got selected for the FAI Emerging Talent Squad. From there he went on to play for Derry City FC in the underage Airtricity Leagues at three age levels and captained the team. He is currently playing with Ulster Senior League side Letterkenny Rovers.

Connor also had the honour of representing the Republic of Ireland at Schoolboy level earning four caps. He is currently doing a degree course in Sport & Exercise at the LYIT, gaining coaching qualifica-



Hairy Hounds Dog Grooming Service

Pick up and drop off service available

Tel. 087 2386575

Contact Francie Gallagher

tions by completing both Kick Start courses run by the FAI. And the coach education is continuing with an on-line course during Covid-19 Lockdown.

When the Lockdown ends Connor will be offering 1-1 and small group coaching to anyone, of any age looking to do that extra bit of training to improve technique, become sharper, better their mental approach and become fitter.

Care of the Aged help

The Ramelton Care Of The Aged Committee hope that all the seniors in our community are keeping safe and well. If there is anything or if you know of anyone that might need help contact Chris 0749151799 or Patricia 0861618687.

Fr Sweeney's Masses cancelled temporarily

As part of the diocese-wide recommendations, Father's Sweeney Masses are cancelled until further notice. The cancellation includes his evening's Mass which is usually attended by people who travel quite long distances, and therefore if you can pass on the news of the cancellation, he would be very grateful.

Ramelton SVP conference

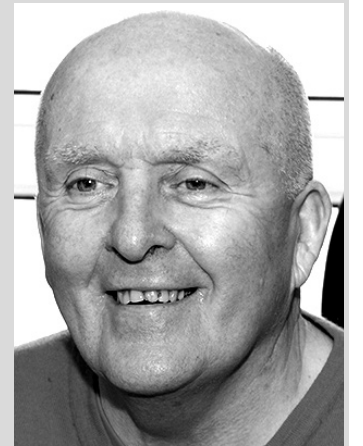
Anyone requiring help especially in the current climate due to Covid 19, can contact St Vincent De Paul Ramelton on 087 143 6640, and your details will be dealt with in a confidential manner.

Live Streaming

Ramelton Country Singer Malcolm Fisher will hold his next Live Streaming session on Facebook this Thursday from 9am to 10pm. Anyone with any requests just message him beforehand and he will do his best to accommodate you.

Here and Now - Again with Brian Smeaton

From psychoanalysis and sex to dreams



New every morning is the love/ Our wakening and uprising prove; the first line of the John Keble hymn (1792-1866) which is included in my 1960 copy of The Book of Common Prayer and Church Hymnal combined.

Keble was a close friend of John Henry Newman until Newman left the Church of England and joined the Catholic Church. Newman was ordained in Rome and established the Order of Oratorians in Birmingham in 1849, and was rector of Dublin University (University College, Dublin) from 1854 to 1858. Both Keble and Newman had been intimately associated with the Oxford Movement which had profound influence on the religious life of England, and Ireland.

At this stage the Church of Ireland was still part of the Church of England in Ireland, and would continue as such until 1871, when it was established as an independent member of the Anglican Communion. The aforementioned Oxford Movement defended the idea of the 'Via Media'-that is, the belief that the Church of England held an intermediate position against Roman Catholicism on the one hand, and modern Protestantism on the other. These arguments from the past remain as monuments as to how the religious academia was hanging on desperately to its place in a rapidly changing world. However, those first lines of the Keble hymn still echo in my mind as the hope of goodness.

Lockdown continues, albeit extended from May 18th to 5 kilometres. So reading Freud: The Key Ideas, from psychoanalysis and sex to dreams, the unconscious and more- by Ruth Snowden has whiled away some of the hours of extended in-action. The book looked interesting sitting among recent acquisitions in the David Faughan Universal Books emporium in Church Lane, Letterkenny. The book joined the home library and did not get read until the lockdown encouraged a closer

A recurring dream I had as a child related to my experience of my actual birth which for me was difficult. The dream is based on my struggle to be born, and how only after struggling to exhaustion, and being on the point of giving up, the process took its own course. My mother later told me she was in difficulties with my birth and she received a dose of a drug which was common in those days.

interest.

Ruth Snowden is an internationally acclaimed author and artist with more than 15 published titles, translated into 12 languages. Many of her books are about Freud, Jung and dreams. She also writes fiction and poetry for adults and children. She lives in Cumbria, UK, and loves the outdoors. Editee and nature. Before becoming a writer she ran a therapy practice exploring the role of the unconscious in healing and inner transformation. She has kept a journal and dream diary for many years, finding it useful for personal and spiritual growth, alongside daily yoga and meditation.

She is a mother and grandmother, and knitting for the family keeps her out of mischief. She enjoys gardening on the rare occasions it stops raining in Cumbria!

She notes that Freud was an atheist, and basically dismissed the whole idea of there being a god, saying it was an illusion created to protect people from their insecurity when they have outgrown their parents. His hope was that eventually people would be able to abandon religion and that the intellect would reign supreme. According to her, Freud seems (she writes) to base all his ideas on patriarchal, monotheistic religions and very much emphasizes the idea of God as a father figure. Because he sees religion as an illusion, he suggests that ideally it should be abandoned altogether. He admits (she notes), however, that this would be difficult in practice because religion

forms the basis for our rules of law and order, and the human race is not sufficiently advanced to cope without it. (Page 148).

For me the interest in her theses lies in her being female and declaring her interest in Freud. The usual written discussions of Freud and his ideas are mainly carried on by men, and these are all, more or less, either violently opposed, or totally ignore his ideas. As Ruth Snowden notes (Page 89) - As (Freud) expected he caused uproar when he suggested that people needed to take a much broader view in order to study sex scientifically. And, of course, his ideas about religion added fuel to the fire.

Freud had other ideas about the capacity of children to think. From my own time in boarding school the process of education involved in treating children as empty vessels, devoid of personal thinking capacity, and that the job of education was to fill these supposedly empty vessels with the knowledge acquired by adults. Ruth Snowden relates, Freud refers to what he calls infant amnesia, which, according to him, refers to the absence, in adults, of childhood memories.

She adds that while studies in the past have tended to focus on adults, recent research has shown that very small children do remember events, but that these memories are not always retained into adulthood. Indeed other research has proposed that memory is actually in opera-

tion for the child in the womb. A recurring dream I had as a child related to my experience of my actual birth which for me was difficult. The dream is based on my struggle to be born, and how only after struggling to exhaustion, and being on the point of giving up, the process took its own course. My mother later told me she was in difficulties with my birth and she received a dose of a drug which was common in those days.

Speaking to my mother long afterwards she told me about her difficulties with my birth, and how the drug had been administered in order to facilitate into the world. Of course Freud knew something about what is called infantile amnesia, referring to the absence in adults of childhood memories. Presently there is much more known about the state of the development of minds of children. Snowden's opinion of Freud's theories of childhood memories tend to fall down for two reasons: In fact, (she writes) traumatic or disturbing memories of early childhood are just as common as in later periods of life. Further she goes on to wonder what happens to all the neutral or pleasant memories about everyday events?

Watching television programmes on new ideas of teaching children in Ireland there are fascinating glimpses of how the minds of children are much more advanced than adults generally understand. Instead of telling children how and what to think, teachers are beginning to realise that children do have the ability to think and relate their own ideas of themselves and the world- if they are listened to- and this is the important element.

Listen!

Donegal doggies go viral with lockdown 'Zoom' call

While the lockdown has opened up a new communications landscape for many using video conference apps like 'Zoom' to stay connected with family and friends - one unique online chat between two best friends in Donegal has made headlines all over the world.

By Eamonn McFadden

Like many others, members of the Howard family began using the technology to maintain contact with each other during the Covid 19 lockdown and one of their calls between Letterkenny and Ramelton saw their two family pets get in on the conversation; the result was a howl. The call was set up by Jeremy Howard in Ramelton to his parents, Fitz and Maria Howard in Letterkenny, and was intended to give their two beloved pets, Laika and Henri, a chance to catch up after weeks apart from each other. The result was a heartwarming interaction between the two best friends who were clearly glad to see and hear from each other with plenty of howls and barking.

The footage filmed by Jeremy was posted online via Facebook and before long the story was making the headlines around the world.

The story was being reported as far away as Arizona to India.

Among them was TV station "Fox 10 Phoenix" in the US who aired the clip of the pair of canine friends deep in doggie conversation on their website under the headline: "Dog buddies 'chat' on video call during COVID-19 lockdown".

They reported: "Just like humans, dogs have been missing interacting with their furry friends in person amid the COVID-19 pandemic. But two pooches named Laika and Henri were able to keep in touch via a Zoom call."

"Jeremy Howard, Laika's owner, set up the video call between his pet and Henri, who is his parents' dog. On April 6, the Ramelton, Ireland man captured footage of the two dogs having a lively 'chat' with one another via Zoom.

They added: "While FOX does not presently have a dog translator on staff, amateur analysis of the canine convo indicates that Laika and Henri likely discussed Renaissance literature, Golden Age Hollywood movies, and optimal locations for burying (and digging up) bones in one's backyard."

Jeremy stated: "Laika and Henri are best friends ... they miss each other quite a bit but are getting



Laika and Henri on their Zoom call.

pretty handy at the video messaging".

He added: "She was on Good Morning America on Saturday. ABC News Today. USA Today. In-

dia Today. Fox News. All for a wee video made mostly for my parents to see how much she's missing their dog".

Martin faces challenge on Govt. talks

From Page One

the popular vote on February 8th. The Green Party's demand on carbon cuts of 7% a year over the next decade has been put in context by Deputy Denis Naughten of the Regional Independents Group who says 'it is simply not possible'.

He said: "If we banned every single private car in the country and everyone walked to work every single day. We'd reach that target for 14 months of the next five years. If we slaughtered every animal in the country we would not achieve the five year target that the Greens are setting out."

Eamonn Ryan said that the Green Party received clarifications from the two main parties over the weekend that both are committed to the seven per cent reductions in emissions target over the course of the next decade.

According to the clarification given to the Greens, both Fine Gael and Fianna Fáil say they are "happy to confirm that a new government comprising our three parties will commit to developing measures to achieve this reduction in annual emissions for the next decade".

However it does seem somewhat odd that in the FF and FG election manifestos for government, the issue of reducing emissions hardly featured to any degree. In fact one of FF's big priorities was increased spending on the national roads structure. And for most of the electorate, global warming was a very low priority on the nation's agenda.

On election day the Greens got 155,700 votes and a share of 7.1%. At the same time there seems a glaring irony in the fact that Sinn Féin got 535,595 and the highest vote on election day have been cast aside amid claims from the grassroots that being treated as second class citizens is a throwback to the bad old day of gerrymandering in the Six Counties when Unionism thrived on the same mindset of exclusion for a full generation.

The Green Party target in their 17 point strategy for Government is an annual reduction of 7% in carbon emissions that has been described in more polite political circles as BS and is not possible even if every bovine animal in Ireland was slaughtered overnight.

Ryan said that FF and FG want to discuss with the Greens through talks on a Programme for Government, the measures that will be required to achieve such a target and to put these policies in place. "It is important that there is clarity about how our targets will be met".

New carbon taxes from May 1st

The talks, expected to take around six weeks, come as a new set of carbon taxes came into force on May 1st. These new taxes were announced in the budget last October with immediate increases on petrol and diesel.

But other measures were deferred until last week. The new carbon tax will see an average increase of 14cents on a bale of peat briquettes and the overall carbon take on this fuel is now 59cents. At the same time a 40kg bag of coal increases by an average of 63cents while the extra levy on a 900 litre fill of home heating oil rises by €15. The total carbon tax on a fill of home heating oil is now €65.

Last year an ESRI study found that increasing carbon tax on fossil fuels disproportionately hurts low-income earners, single-parent families and rural dwellers unless the revenue generated in

careful shared out.

Mr. Ryan said: "The two parties 'fully accepted' that reducing emissions would provide better air quality, a better future for all our people and improvements to our quality of life right across the country. It will create jobs and allow for economic opportunities to develop across Ireland as a result of deep retrofitting, renewable energy, peatlands management and green technology. Fine Gael and Fianna Fáil also said they would seek to improve farmer incomes and protect the family farm model as part of a European Green Deal and a revised Common Agriculture Policy."

The Green Party leader received fierce criticism on social media following the party's decision, though there has also been significant support for the measure. Tuesday's meeting followed a vote by the Green parliamentary party on Sunday to enter formal talks, and takes place against differing background noise in the Fianna Fáil and Green Party organisations.

The membership of all three parties will be asked to approve a final deal, if one is agreed by negotiators in the coming weeks.

The Green party membership, believed to be around 6,000, must approve any potential deal by a margin of two thirds. It is also expected that Fianna Fáil will ballot its estimated 18,000 membership by post; however their views are also quite mixed if this week's letter on behalf of it's Donegal Cllrs is a yardstick of national opinion.

While there has been a major undercurrent of opposition within local FF circles to any merger with FG, there is a serious disconnect between the party leader and the membership in the farming community who believe that if adopted, Green party policy would force the shutdown of farming and the countryside.

The Fianna Fáil members of Donegal County Council have written to Mr Martin to express their opposition to any coalition with Fine Gael and the Greens and have called for a national government as the best thing for the country and the party.

The group also said it was opposed to a coalition with the Green Party. Senior Fianna Fáil sources acknowledge that there is opposition to a coalition with Fine Gael and the Greens throughout the organisation, but say there is little evidence that it represents a majority view in the party.

The Donegal Councillors said they wanted to express their opposition to the plans to form a national government through a detailed piece of correspondence running to 2,292 words.

The FF Cllrs. Letter

The details of the letter to Micheál Martin include a highly cryptic analysis of their future - "We feel that our membership should have been consulted prior to any formal formation talks with Fine Gael. Clearly, this did not occur. However, we implore you to ensure every member of the party, using the OMOV process, has an equal input to the formation of any government, including the one suggested in this communication."

Critically, we have formed the deeply held view, which we hope you will acknowledge and appreci-



Cllrs. Ciaran Brogan and Patrick McGowan of FF.

councillors here in Donegal on the proposed FF/FG coalition. It is hoped that you, as Uachtarán Fianna Fáil, will take our genuine and deeply held views on board and act accordingly.

The recent engagement between Fianna Fáil and the Green Party around government formation also raises some further extremely highlighting aspects worth highlighting here, given the anti-rural agenda of the Green Party. As you know, Fianna Fáil has always advocated for rural Ireland and farm families. The demise of rural Ireland and the agricultural sector under the last government has created unprecedented levels of rural-urban division lines in our country.

For instance, the fabric of rural Ireland has been decimated over recent years with an anti-rural national development plan (Ireland 2040), the lack of adequate support for small farmers, the inadequate provision of universal broadband, and steps to prevent local people obtaining planning permission for houses in their own townlands. Additionally, the lack of adequate investment into the rural County and Regional road network and

rural towns has been crippling. Therefore, any move to include the Green Party and their urban-based and climate-centred agenda would further exacerbate the urban-rural divide and create further devastation to rural counties like Donegal.

As you know, Ireland and most of the countries worldwide are facing recessionary periods in the immediate future due to COVID-19. Therefore, those who enter the next government will have to introduce measures to bridge the fiscal gap.

As you will know, the current job losses far exceed anything we have seen before in Ireland. Unfortunately, this means unpalatable fiscal policy measures will have to be taken...

The next government will have to focus on how to pay for this outlay in the long run, while such fiscal corrective measures will come with highly negative electoral consequences for the prescribers. Contrary to the suggested "fairytale" giveaways contained in the rather abstract published framework document, taxes are most likely to rise, especially if expected demand for more spending post-COVID materialises."

Clarity sought on local Pieta House services

Calls have been made for Pieta House to clarify its position about alleged plans to significantly scale back the level of service at Pieta House North West in Letterkenny.

Donegal County Councillor Ciaran Brogan claims almost all staff at the Letterkenny centre for the prevention of self-harm or suicide have been put on notice in recent weeks as part of Pieta House's plan to restructure its operations.

"There are six therapists employed at Pieta House in Letterkenny on a sessional contract basis. The plan is for this to be reduced to just one full-time therapist. The Letterkenny manager has been put on notice, two part-time administration staff were let go in January with two more due to be laid off in June. The therapists have also been told not to schedule any more appointments after June. It's my understanding that similar reductions in staff numbers at other Pieta House centres throughout Ireland are also planned for June," Cllr Brogan said.

"I have made a number of attempts to contact Pieta House at national level this week. Unfortunately I have yet to be contacted by them in response to my queries and concerns," Cllr Brogan added.

"I think it is quite disingenuous of Pieta House nationally to run an ad campaign appealing for people to donate to help maintain the services it provides, yet it isn't being up front with the public about what is happening to these services. The public have been extremely supportive of Pieta House and I know well just how kind the people of Letterkenny and Donegal have been in helping Pieta House set up its North West centre in Letterkenny in 2017."

He continued: "I am calling on Pieta House to clarify its position. There is a huge amount of

good will towards the Pieta House model. Joan Freeman, who set up Pieta House in Ireland in 2006, was a therapist herself and knew exactly what was involved as that was her passion.

"To make something like Pieta House work was always going to be challenging. We all know that we live in very challenging times as a result of Covid-19. We need to look at how best we can maintain the services with a dedicated team currently in place through Pieta House. But the latest restructuring plan is going to have the biggest impact on the service and the clients are going to be the biggest losers."

"I am aware that changes have already taken place in the organisation since the appointment of the new CEO. But I think Pieta House should be working closer with government and the HSE. Ultimately, it's all about meeting the needs. If the need is there, then we need to get the supports in place for those who need the service," he commented.

"I know the staff in Letterkenny were well on top of their work, are busy and were expecting to be even busier. The Darkness Into Light Walks, which were due to take place this weekend but have been cancelled due to the Covid-19 restrictions, were adopted and rolled out into so many different areas locally. Pieta House are still asking people for donations through a number of fundraising campaigns, and I am asking Pieta House to give the public some truth about its intentions regarding the services."

Pieta House provides free counselling to those with suicidal ideation, those engaging in self-harm and those bereaved by suicide. Pieta House North West works with clients from Donegal, Tyrone, Derry, Fermanagh, Leitrim, Cavan and Monaghan.

Milford Vintage Rally Cancelled

Due to the coronavirus the annual Lennon Vintage Rally due to be held on Sunday 28th June at the Milford Mart grounds has been cancelled. Organiser Billy Blaney and his committee are disappointed with the cancellation.

Death of Michael Dobbs

The death occurred on Monday 27th April of Michael Conway Dobbs, Rosgarrow, Milford. Michael was aged 95 years and lived in Rosgarrow on the Carrigart road for many years since his retirement and taking up residency in the town. He was born in Malawi, Africa and brought up in Omagh. Michael spent many years in the Royal Navy, before becoming a patent attorney and then a solicitor in England, finally retiring happily to Milford, with his wife Corinne. Deepest sympathy is extended to his wife Corinne and family members. In compliance with current HSE and Government guidelines, the funeral and burial will be strictly private to the immediate family only. Interment in St. Canice's Churchyard, Eglinton, Co. Derry, on Saturday 9th May at 12.00 noon. **Mass Times**
Mass in St Peter's Church, Milford is available online on the Parish Webcam mrparishes.ie or on mcnmedia.tv

Confirmations and First Holy Communions

Confirmations and First Holy Communions have all been postponed in the Parish until further notice. It is hoped that when the schools reopen that a new date will be set.

GAA Lotto

Milford GAA Club have frozen the lotto jackpot for €1,250 for the duration of the Covid-19 Pandemic. All tickets purchased will be held over until the lotto resumes.

ALONE Covid-19

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus).

The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Care of the Aged Help

The Milford Care of the Aged would like to extend a helping hand to the more vulnerable or isolated in the community at this difficult time and if anyone needs help or assistance of any kind please contact Milford Care of the Aged representative Bridin McMahon on 086 8283153.

Holy Rosary

Bishop Alan will be praying the Rosary and leading an Examen via the Cathedral webcam and Raphoe Diocese Facebook each evening at 9.15pm. Visit St Eunan's Cathedral website to find the link for their webcam.

O'Rourke's last SOR broadcast this Friday

RTÉ broadcaster Sean O'Rourke will present his popular mid-morning show on Radio 1 for the last time this Friday, May 8th.

The journalist and presenter announced recently that he would be retiring on that date having reached the age of 65.

Mr O'Rourke is well-known to many in locality having owned holiday residence in Downings for many years where he was a familiar face when he visited along with his family.

He presented his popular 'Today with Sean O'Rourke' show on weekdays since 2013 when he took over the slot from Pat Kenny.

He announced recently: "For nearly seven years now it's been my great privilege to sit in the best current affairs chair in Irish broadcasting. But nothing is forever. I'm going to be 65 in May. And that'll be as good a time as any to end the great adventure of Today SOR."

Criminal damage in Letterkenny

Gardaí in Letterkenny are investigating two incidents of criminal damage that happened in Letterkenny recently.

The first occurred in the Ashlawn area of Letterkenny on Thursday April 30th between 6am and 7am.

Gardaí stated: "An upstairs front window in a house was smashed during this time. We are appealing to anyone who may have witnessed the incident to contact us or anyone who was in that general area who may have seen any people/ve-

hicles that arose suspicion to contact us."

Gardaí are also investigating a separate incident in the Meadowbank Park area that happened between 9pm on Friday May 1st and 2.45pm on Saturday May 2nd.

They stated: "A window was smashed on a house in that area between those times so again we are appealing to anyone who witnessed the incident or to anyone who can assist us in any way with the investigation to call us on 074-9167100 in Letterkenny."



Irish Wheelchair Association, Donegal, Service Support Officer, Nicole Sheridan, receiving a box of Face Masks, from Robert Brown, North West Truck Fest. These masks were donated to NW Truck Fest by RAP, Gweedore.

Plant Hire and Groundworks

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- Groundworks including site clearance, drainage, lawns etc
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Planning Notices

Donegal County Council Magherablad, Creeslough

I, Denis Rohan am applying to Donegal County Council for planning permission & retention permission, the development will consist of 1. Planning permission for change of use from a domestic garage to living accommodation ancillary to existing dwelling house. 2. Retain extension & minor alterations to existing domestic garage. 3. All associated site development works at Magherablad, Creeslough, County Donegal in the townland of Magherablad. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council Middle Dore, Bunbeg

We Emma Sweeney & Conner Murray are applying to Donegal County Council for permission to relocate & upgrade existing septic tank system currently serving existing neighbouring dwelling & planning permission to erect a dwelling house with septic tank system & domestic garage and

Kilmacrennan Tidy Towns clean up

There will be a clean up on the 245 Milford Road on Saturday the 16th May. Assemble at the chapel car park at 9am. Gloves bags and pickers will be supplied.

These are difficult times for Tidy Towns due to the restrictions but we would ask that the community come out and support us to keep our environment clean and tidy.

Finn Harps 500 Club

The latest Finn Harps 500 Club draw has taken place and the result is as follows:
€300 - Ivan Harvey, Letterkenny
€100 - Kathy Taffe, Stranorlar
€100 - Mary Henderson, Stranorlar
Thanks to all members of the 500 Club - you are making a real difference!

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all other associated site works at Middle Dore, Bunbeg, Co. Donegal in the townland of Middle Dore. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council

Faugher, Portnablagh, Dunfanaghy

I, Jonathan Stewart am applying to Donegal County Council for permission to erect an extension to the side of my existing dwelling house to provide ancillary accommodation with all other associated site development works at Faugher, Portnablagh, Dunfanaghy, County Donegal in the townland of Faugher. The planning is accompanied by a Natura Impact Statement. The application and the Natura Impact Statement may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council

Ballyraine, Letterkenny

I, William John McGinley am applying to Donegal County Council for planning permission for alterations & extension to existing dwelling house and construction of a new garage with a carport at Ballyraine, Letterkenny, Co. Donegal. The Planning Application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the Offices of the Planning Authority during its public opening hours and that a submission or observation in relation to the application may be made on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.



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Ricky's Fun Day raises €4,930



Gerald McGinley and Ceara Devine and family along with Jay Devine of Party Line Bouncy Castles presenting a cheque to the staff of the Neo Natal Unit at Letterkenny University Hospital for the Ricky's Fun Day in September which raised €4,930. Gerald, Ceara and family would like to thank everyone for their donations which are going to help so many children with new equipment and also acknowledge the nurses and doctors of the unit who are amazing at what they do and are often forgotten about. Thank you all so much for your support and kind donations and to everyone who took time and effort to help out. Thanks also to the businesses that donated prizes and to Party Line Bouncy Castles for providing all inflatables. The event would not have been a success without everyone's help, the community support and hard work in organising the event.

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Watch on your computer, tablet or phone!!

Marathon PB for Boyce

Milford Olympian Brendan Boyce has maintained his fitness and competitive edge despite the disappointment of the cancellation of the 2020 Tokyo Olympics when he completed a marathon (26miles) in a training session last weekend, walking the distance in 3 hours 8 minutes and 27 secs. His coach former Olympian race walker Rob Heffernan congratulated Brendan on his achievement on social media on Sunday tweeting - 'Huge congrats to #brendanboyce today who walked 3.08.27 for a marathon (solo) at the end of a block of training in isolation. He was due to race World Cup today in Belarus but we decided to drive on with the plan and test him today PBS at 30/35/40 marathon distance - #bringontokyo2021'.



Milford AC mile challenge

Milford AC organised a 1 mile challenge over the last four weeks beginning Easter Week, then two weeks ago and to add to the excitement last week everyone had to run the mile in the opposite direction. 55 people completed the three miles and their times were:-

	Reverse Mile	Easter Mile	Last Week	Difference
Trisha Nulty	6.22	7.21	6.54.	-32

John Pollock	6.53	7.17	7.02	-9
Kevin Logue	5.58	6.37.	6.07	-9
Anthony Doherty	5.06	5.15	5.14	-8
Colette McElwainne	6.29	6.48	6.36	-7
Gerard Marley	5.16	5.27	5.23.	-7
George Kelly	7.11	7.18	7.17	-6
Patrick McHugh	5.33	5.38	5.36	-3
Paul Gallagher	7.34	7.48	7.37	-3
Philip McGovern	6.15	6.23	6.17	-2
Martin Kerr	6.02	6.31	6.04	-2

Francis Diver	6.40	6.40	6.39	+1
Eoin Sheehy	5.32	5.39	5.29	+3
James Whoriskey	5.44	5.44	5.39	+5
Danny Logue	10.49	11.30	10.44	+5
Darren Murray	5.38	5.30	5.20	+8
Shaun Boyce	5.39		5.31	+8
Eoin Fogarty	6.32	6.28	6.24.	+8
Aine Whoriskey	7.11	7.07	7.03	+8
Gillian Marley	5.58	5.51	5.50	+8
John McClafferty	5.18	5.11	5.08	+10
Peter McBride	5.58	6.03	5.48.	+10
John Whoriskey	5.39	5.25	5.28	+11
Noel Friel	7.01	6.47	6.47	+14
James Gibbons	7.57	7.42	7.33	+15
Frank McTaggart	6.23	6.08	6.26	+15
Michael McHugh	5.58	5.52	5.43	+15
Marty Lynch	5.00	4.51	4.45	+15
Aine Gibbons	7.49	7.45	7.33	+16
Eamon Kelly	5.17	5.05	5.00	+17
Barry Coyle	5.19	5.01	5.04	+18
Hannah McCloy	6.50	6.59	6.31	+19
Kieran Murray	6.59	6.46	6.39	+20
Mary McDaid	6.55	6.44	6.34	+21
Siobhan McHugh	6.10	6.09	5.49	+21
Damian McBride	5.54	5.23	5.36	+21
Paul Murray	6.42	6.20	6.27	+22
Conal McFadden	6.43	7.29	6.20	+23
Terry McFadden	6.30	6.27	6.06	+24
Danielle McNamee	6.28	6.04	6.15	+24
Harry Boyce	5.55	5.44	5.30	+25
John Fealty	6.02	5.58	5.37.	+25
Joe Gallagher	5.57	5.31	5.42	+26
Daragh Kelly	5.37	5.13	5.06	+31
Geraldine Burke	7.43	7.45	7.12	+31
Noel Kilpatrick	7.32	7.00	6.58	+32
Liam Doherty	5.22	5.14	4.50	+32
Terasa Winston	6.37	6.05	6.02	+35
Eamon Ferry	7.40	7.17	7.03	+37
Daniel Cullen	6.55	6.17	6.02	+38
Joe Gibbons	5.46	5.07	5.07	+39
Seamus Ferry	6.45	6.42	6.04	+41
Peter O'Donnell	5.30	4.42	4.35	+55
Bernie Gallagher	7.52	6.57	7.07	+55
Debbie Houston	8.53	7.56	7.49	+1.04
Tara McFadden	6.47	6.20	5.26	+1.21



May Eve at Doon Well..... The traditional May Eve Ceremony at Doon Well was conducted via Social Media on Thursday. Fr. Patrick McHugh PP lead the celebrations and blessed those who came along and thanks are extended to all who made the evening possible.

RNLI/Lifeboat Fundraising Fanad Coastal Walk cancelled

Due to ongoing restrictions in relation to the Coronavirus Covid 19 there will be NO Fanad Coastal Walk (July) or Sea to Summit Run (August) being held this year. While these events are very popular and a huge showcase for the magnificent scenery in the Fanad Peninsula, unfortunately it is just not possible this year, as the safety and well being of our volunteers and participants is paramount. We look forward to having these events back on the schedule again in 2021.



Anne Callaghan, Fanad pictured on her recent retirement from Swilly Mulroy Credit Union. Anne was a member of staff for more than 15 years and is wished every happiness, success and good health for the years ahead.

Tribune Weekly Quiz No. 7

Win
€50

For the duration of the Coronavirus we will run a weekly quiz with one winner of €50 chosen this week. Entries close for Quiz No. 7 on Friday 15th May. Just answer the 50 questions below drop your entry into the Quiz 7, Tribune Office, Main Street, Milford or post it to Quiz No. 7, Tirconaill Tribune, Main Street, Milford, Co. Donegal F92 X6TR.

Name _____

Tel. _____

Address _____

- Who said "writing is like getting married. One should never commit oneself until one is amazed at one's luck"?
Answer :- _____
- Basil Rathbone, Jeremy Brett, Robert Downey Jnr and Ian McKellen all played the role of which character in films?
Answer :- _____
- Who is the lead singer with pop group Blondie?
Answer :- _____
- Brown Thomas Department store is located on which street in Dublin?
Answer :- _____
- What video game character celebrates his 35th anniversary this year?
Answer :- _____
- Who succeeded Adolf Hitler as head of state in Germany?
Answer :- _____
- Cill Mhantáin is the Irish for which county?
Answer :- _____
- Patek Philippe is famous for making what?
Answer :- _____
- In the 1970s, what fashion designer popularised the 'Anne Hall' look, made famous by Diane Keaton?
Answer :- _____
- What does the acronym FAQs stand for?
Answer :- _____
- What is Boucle?
Answer :- _____
- In the 2011 general election, only one FF TD was elected in Dublin. Name the TD?
Answer :- _____
- What is the only one-word anagram of 'English'?
Answer :- _____
- In 2006 Belfast City Airport officially changed its name to honour an icon. Who?
Answer :- _____
- In the story of Jack and the Beanstalk, what did Jack exchange for the magic beans?
Answer :- _____
- The state agency for Further Education and Training SOLAS used to be known as?
Answer :- _____
- Which of these is least like the other four? Brook, Lake, Creek, Stream, River?
Answer :- _____
- In the Milford electoral district, where would you find the town-land of Stragraddy?
Answer :- _____
- The character Gar O'Donnell appears in which one of Brian Friel's plays?
Answer :- _____
- In Monopoly, what colour are Bow Street, Marlborough Street and Vine Street properties?
Answer :- _____
- In the nursery rhyme 'As I was going to St. Ives', how many were going to St. Ives?
Answer :- _____
- How many number 9s would you need if you were numbering doors 1 to 100?
Answer :- _____
- Hilary, Easter, Trinity and Michaelmas are all what?
Answer :- _____
- What is the name of the current affairs programme broadcast on RTE Radio 1, Monday to Friday beginning at 10am?
Answer :- _____
- Where in County Donegal would you find the Shuggling Stone?
Answer :- _____
- What is the German word for 'woman'?
Answer :- _____
- What famous race takes place annually between Putney Bridge and Mortlake on the River Thames?
Answer :- _____
- What did Hansel & Gretel's father do for a living?
Answer :- _____
- What kind of books does Publishers Folen's deal with?
Answer :- _____
- Where would you find a queen, a drone and a worker?
Answer :- _____
- What is a False Martingale?
Answer :- _____
- Which political party had the slogan 'Hope for Better. Vote for Better' during the Irish general election this year?
Answer :- _____
- What major educational facility is located in Glasnevin in Dublin?
Answer :- _____
- What are the county GAA colours of Carlow?
Answer :- _____
- Cosmhuintir is the Irish word for what?
Answer :- _____
- How many perches in an acre?
Answer :- _____
- What year did the 9/11 attack on the twin towers in NY take place?
Answer :- _____
- John Carpenter, Judith Keppel, David Edwards, Robert Brydges and Pat Gibson are members of which exclusive club?
Answer :- _____
- In Dingbat or word puzzle terms, what is CCCCCC?
Answer :- _____
- Name the group that have recently become the first Irish Band to reach one billion plays on YouTube?
Answer :- _____
- Who played the lead role in the TV medical drama Dr Kildare?
Answer :- _____
- Who said "Professionalism is a conspiracy against the laity"?
Answer :- _____
- The Piri Piri dish is a native of which country?
Answer :- _____
- Collective term for a group of crows?
Answer :- _____
- Which fashion brand has a crocodile as its logo?
Answer :- _____
- What was the name of the purple Teletubbie?
Answer :- _____
- What do you call the branch of mathematics that is concerned with shape, size and relative position of figures?
Answer :- _____
- Name the make of car manufactured in N. Ireland that appears in the film 'Back to the Future'?
Answer :- _____
- What two instruments, depicted on the USSR flag represented communism?
Answer :- _____
- KK is the car registration number of which Irish county?
Answer :- _____

Answers to Quiz 5 1. 4, 2. Open-ended garden shed, 3. Irish Times, 4. Hawaii, 5. Five-eights, 6. Characters played by Clint Eastwood in films, 7. Apples, 8. Toby, 9. 360, 10. Black & White, 11. Drambuie, 12. 4, 13. Sandals, 14. Shilling, 15. Rotten Eggs, 16. Telling fortunes, 17. 5, 18. Borstal, 19. Thomas the Tank, 20. Ulster Defence Regiment, 21. 7 (Clement, Cathal, Mary & Neal, Neil, Harry, Niall), 22. 27, 23. Ash, 24. Mickey Mouse, 25. Gary Glitter, 26. Australia in 196, 27. Q, 28. Fauntelroy, 29. High Jumping, 30. Barbara Stanwyck, 31. Sugarcane, 32. Gweebarra, 33. I Got Rhythm, Nice One if You Can Get It & I'm About to Become a Mother, 34. Ballybofey, 35. 94, 36. Samantha Power, 37. Ingrid Miley, 38. 9, 39. Martin Farren, 40. Fionnan Sheehan, 41. A Labrador and a Poodle, 42. Michael, 43. Andrew Cuomo, 44. Fell from a ladder and broke his skull, 45. Pillbox, 46. General Dwight Eisenhower, 47. Dominic Rabb, 48. Pink, 49. Twins, 50. Tommy Makem.

Congratulations to Vera McElhinney, Rathmullan (pictured right) who won Quiz No. 5



Optum supports Blood Bike NW

Blood Bike North West has received a very welcome €22,500 from the Optum Company in Letterkenny to help it with a voluntary service that has become much busier due to the coronavirus crisis.

Optum is delighted to be providing the money to support the transport services for Covid-19 test kits and samples going to and from Letterkenny University Hospital and other health care facilities over the past six weeks. Blood Bike North West have thanked Optum for their support at this very difficult time. "It's a timely boost to our funds during this pandemic. Thank you Optum Ireland for your generous donation."

Optum's partnership with Blood Bike Northwest is part of an initial \$10 million commitment from UnitedHealth Group to fight COVID-19 internationally. Optum has committed €22,500 to provide urgent assistance to Health Service Executive hospitals during the COVID-19 pandemic. The partnership with Blood Bike Northwest is part of UnitedHealth Group's previously announced initial US \$10 million commitment to fight COVID-19 internationally in countries where the company's businesses operate. "I am delighted that Optum is able to make this generous donation at a time when people are impacted most and charities are finding it difficult to fundraise. Blood Bike is doing critical work across the country," said Padraig Monaghan, chief executive officer of Optum Ireland. Optum is pledging €22,500 to Blood Bike Northwest to provide



Letterkenny man Peter McLean on duty with Blood Bike North West at a handover of hospital samples destined for Dublin to his colleague Damian from Cu Chulainn Blood Bikes

transport services for COVID-19 test kits and samples to HSE hospitals and medical centres, hospices and other medical facilities.

"Blood Bike Northwest is committed to providing free, rapid response medical transport services to HSE Hospitals, medical centres, hospices and other medical facilities," said Andrew McGovern from Blood Bike Northwest. "Our health care workers need us now more than ever, so we can't thank Optum enough for their generous contribution."

Blood Bike North West (BBNW) was formed in 2013 by a group of motorbike enthusiasts. They provide an out of hour service to the HSE transporting medical files and products between hospitals in Dublin, Galway and Altnagelvin. BBNW works closely with BBW and BBE creating a link to these hospitals. The service is 100% voluntary and depends solely on fundraising and sponsorship. We are currently included as a subcontractor with the HSE during this time of the threat of COVID -19.

BBNW Facebook have been involved a lot with the HSE since the start of this crisis including the transportation of Covid swabs from Letterkenny university hospital to the virus lab in Dublin with the help of fellow Bloodbike groups namely Cu Chullian and Bloodbike east. While the group has been busy over this period all the members have stepped up to the mark and done their work in a professional manner. A few people have expressed an interest in helping out which has been greatly appreciated but a decision was taken in the short term to at least only call on ex members to help out if it is required. This will help maintain the highest possible continuity of the service that is currently required. However, Blood Bike Northwest says as this crisis is changing on a daily basis they may have to review that policy.

Haircare during covid 19, stay at home

A little bit about myself, I've been hairdressing 23 years and I've owned my salon in Churchill 15. I enjoy all aspects of my job, I participate in a lot of training and dedicate a lot of my time away from the salon floor doing same.

Today I'll give you some tips on how to care for your hair at this time when salons are closed and you have to deal with your hair at home!

First of all I'll start with washing your hair, it's really important to use a shampoo that's suitable for your scalp and hair type. Not just the one that's on sale or is the cheapest in the chemist or supermarket! What I mean by this is reach out and ask your stylist what they recommend for you to use at home and invest wisely with professional products! The same goes with a conditioner.

Now is a good time if your staying at home and not going out to work each day to stretch out the amount of times in the week that you wash your hair, this allows natural oils to come through and will help the condition in the long run. I normally wash mine every day but I am doing it once a week now and it is reaping the rewards for it!

Health care workers and frontline staff are currently washing their hair every day and maybe more often than normal for most so this is where the right products come into play! Correct Shampoo (Wella), Conditioner, treatment and maybe even an oil...

I always shampoo twice. Wet, apply shampoo, rinse and then apply more shampoo, rinse and then condition. If possible leave the conditioner on a few mins to let it enter the hair and then rinse thoroughly! Only apply conditioner to the mid lengths and ends, never at the roots! As this will leave the hair feeling heavy and almost greasy from the start!

If your hair is naturally curly or naturally dry a treatment or a hair mask is a good idea every 2-4 weeks!

Also an nice oil will help! (Alfa parif semi De lino or Wella reflections)

If you have dandruff or problems with any kind of dry scalp I would suggest a scrub and a dedicated shampoo. (Alfaparif Scalp Rebalance Dandruff Purifying Low Shampoo and Alfaparif gentle exfoliating scrub)

If you find your hair is very fine and

your struggling to add any volume the Alfaparif volume range is the shampoo for you. It comes in a shampoo, mousse conditioner and a volume spray.

Honestly there's a shampoo for everything now a days (sensitive scalp, greasy scalp, dandruff, dry hair, over processed hair) it's just getting the correct one to suit you.

Moving on swiftly if your biggest struggle is looking in the mirror at the minute and seeing grey roots and your entering an unknown world of hair colour as you normally go to the salon to have it done! My first suggestion would be the Loreal retouch spray. It's almost fool proof, you wash and blow dry your hair and spray it on. It lasts only until you wash your hair again but the coverage is amazing.

If you have gone beyond this stage and you are thinking you have no other choice but to home colour your hair with a chemist or shop dye then please don't think you will be judged when you return to your salon. Desperate times equals desperate measures. My advice would be let this be your last resort but also when choosing a colour pick one that looks lighter than your hair as these "box Dyes" have been known to turn out darker than anticipated.

Blondes please don't try this at home if at all possible, please sit tight as most blonde chemist colours will be more brassier than the highlights that you would be getting in the salon! Use dry shampoo on your dark roots it will make them less dark looking.

My suggestion for you is spend your time and money wisely now and buy the best products on the market and get your hair into the best condition possible for your salon visit in July or August.

Cutting your hair or someone else's hair is not really advisable either but if your fringe is sitting at your chin and you can't see through it, well your not really going to have a choice. One size definitely won't fit all when it comes to cutting hair but please feel free to contact me and I'll do a video call to help you as best I can. Obviously it won't be to salon standard but with a little professional guidance we will hopefully get a better result than some of the online home video I've



by Breda Doherty, hairDOS, Churchill. (074) 9137100



seen lately.

Last but not least I want you to know that I'm only a phone call away, I will help you with any hair questions you might have so please don't hesitate to contact me even if it seems like a silly question I'm happy to give you the best possible advice.

All the products I have mentioned above I have in stock in the salon so please feel free to contact me if you want to give your hair some TLC.

We look forward to many happy hair days in the future at hairDOS!

Where's Shanagh?!



If you can spot Shanagh hiding in one of our Adverts this week text us on 086 2147088.

You could win a €50 voucher for Whoriskey's of Ramelton She can be hiding in either a black and white or colour advert on any page... just txt us your name and address and the advert she's in before Monday at 6pm to be in with a chance to win...

This week's winner was Susannah and Sarah, Carr, Moross, Fanad, Letterkenny who found Shanagh in Ripples advert on Page 23 and wins a €50 voucher for Whoriskey's of Ramelton.



'Paddy' wants to know the truth about Covid

UN Secretary General, António Guterres: "The world was not able to come together and to face Covid-19 in an articulated, coordinated way. Each country went with its own policy, different countries with different perspectives, different strategies. And this has allowed the virus to spread," he said. Calling the impact of the virus "devastating", he said that it was "obvious that we lack leadership".

Now that the country has got a roadmap for reopening business and returning to work in the shadow of coronavirus there were no real surprises when the news came late on Friday evening. However, despite much optimism that the cattle marts, so vital to the beef sector would have been allowed to open on a limited basis, this was not to be. Live auction marts were not being demanded just yet but the beef farmers seemed assured from farm sources that marts would have been allowed to reopen, albeit on a limited basis because the industry is in absolute crisis with farmers being forced to hold onto cattle, perhaps until next year. So on Friday the beef sector farmers were given the grim news that the marts would not be reopening for a further five weeks on June 8th when demand will be far too low to have any real impact on sales value.

The irony of this is that the marts across the Border have already reopened last week. But of course, we will be told in yet another hype driven piece of news that the North is a different jurisdiction.. but remember the stirks still have four legs and are a vital component in the rural hinterland. Perhaps, it is even possible that there is more recognition in the north around the needs of farmers at this crucial juncture in our history!

On the medical front the good news over the weekend was that the numbers in ICU being treated for the virus had fallen below one hundred people. Somehow this news was a welcome given the huge sacrifices the people of this country have made since the middle of March – suddenly we could rejoice, perhaps for the first time that those under lockdown had played a key role to ensure that the country has been seen to have the virus under control.

In shadows of long, empty summer evenings developing into the darker days of autumn in mid August seems a long way off – but that is the view of our medical experts of what it will take to ensure our wellbeing. How the country can handle that reality and how the economy can become functional once again with these restrictions in place is

one we cannot contemplate since that will be in the hands of the politicians and the European Union?

The harsh reality of the EU package is revealed in the hard hit farming sector. An EU wide budget will have precious very little impact on the beef sector that is in dire financial debt right now in Ireland. The EU package of €76 million to assist the farm sector can be best measured against the situation in the USA where the farmers have been given a package amounting to €17.5 billion.

The result for our farming sector will be a disaster because the EU aid is so dismal as to remove our ability to compete in global markets. Yet, despite the EU scheme falling a million miles short of expectations and demand there seems to be distinct reluctance on the part of our big political parties to fully acknowledge the huge pressure that coronavirus has created for rural Ireland's most vital industry. This reality must also be measured against the almost certainty of the UK crashing out of the EU leaving our farm sector with a huge shortfall in the order of over €1.7 billion per year.

And in this sector the marts had anticipated the Taoiseach might have given the green light to reopen business, however limited on Tuesday of this week. Much preparation and safety measures in full compliance with the virus precautions had been put in place. It was evident to rural deputies including those on the government benches that some urgent action was required in this vital sector because movement of stock has proven to be a huge challenge and the concept of on-line selling and matching buyers was non-effective with trading down by at least 20%.

Farm bodies understood that meetings with their representatives and Dept of Agriculture officials were constructive with Tim Cullinane, President of the IFA highlighting the importance of having marts reopened to a more measured degree than at present to establish the value of stock and to assist sellers in coping with their diminishing cash flow crisis.

In the event, the martmen and women are

now forced to wait until June 8th... 34 days too late and this is one issue where the Farm Minister must explain the necessity for this delay that will cost the beef sector dearly. Seventy-eight of the 84 licensed marts have been approved to operate under certain guidelines. Any further relaxation of restrictions at marts across the country will be guided by public health advice, Minister for Agriculture Michael Creed said.

He said the Department has worked closely with marts to develop "imaginative solutions" to permit trade to continue on a limited basis, while the wider restrictions are in place. Standard operating procedures submitted by marts permit sales to proceed without compromising HSE guidelines...

"But what was the point bothering in the first instance when the system was ineffective as originally planned," queried angry farmers who believe they had as strong a case for reopening than beaches or construction sites. These were always going to be hard calls to make and I do not blame farmers for feeling they are being left behind all over again.

The new guidelines set out the long slow march towards the reopening of the country. Yet there are no certainties that Covid-19 will not continue to pose a major health risk into Christmas and 2021. We do not have the experience or scientific knowledge to make full analytical judgements on what the future holds or how far away is the development of a vaccine that can protect mankind from this killer lurking in our midst.

The economy needs full buoyancy and 'house-full-notices' to break even and the kind of stimulus package required to see our hotels and industry running at full pace is something that nobody can guess.

Against that reality does it not seem rather odd that when this virus first emerged our government only set aside a figure of €3.1 billion to get us over the crisis?

In the meantime much of the country will be encouraged to return to work.... many will no longer have jobs and will wonder where their income is coming from. Nevertheless we can only live in hope that the EU and Government incentives will play a major role in the future health and wealth of this small nation of under five million people. Too many people have lost their lives and too many more have had to deal with the infection. Families have been pinned to their collars in coping with the isolation and not being in a position to leave their homes. The toll on mental health and well-being has had a major impact and that aspect of life seems to have been conveniently ignored.

We are now learning about the increase in domestic violence and how so many women are captive to their abusers and that quite simply is not acceptable.

If there is one real issue that needs to be addressed post covid, is the almost total reliance on social media. For so many that world of virtual reality does not exist and being connected to social media is not on the agenda. The trusted and ancient old style Nokia dating back over twenty years is the main source of communication and WhatsApp is a question that a large section of the public only sees as a query they cannot answer.

There are no coronavirus experts and that is understandable given that it did not emerge into the public domain until five months ago. Medical science has been baffled by its sudden spread and will remain so for a very long time until the real makeup of Covid is finally understood and a vaccine developed that will protect lives.

There are many realities we must face... social distancing will remain with us for quite some time and there are no disputes with that. However normal life cannot begin until the autumn and that, perhaps is too far distant to be sure that the country can safely get back to a real position of normality... I mean we do not know if there will be a government or if the Green Party will be part of that greater plan.

The country's lockdown regime has been more restrictive than in the UK./ However, Friday night's announcement does offer a clear, step-by-step map out of the lockdown for schools, shops and businesses as well as the global Irish diaspora including more than 300,000 in the UK, many of whom would normally make visits home in the summer. The Taoiseach said while the rise in the death rate from coronavirus had flattened it was still too dangerous to ease the lockdown.

While thousands of lives had been saved, "we have not yet won this fight", he said, adding that two more weeks of

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tight restrictions to weaken the virus further were necessary to ensure it "doesn't have the strength to make a comeback".

The plan will also be of major interest to Irish people living abroad, with the restriction on non-essential travel continuing for some time.

There is no doubt that we've done well in combating the coronavirus in Ireland. However major questions remain about the private care homes and how testing there seemed far too slow to begin.

Major decisions have been made, obviously with a huge cost tag that the medical professionals do not have to answer to the public concerns. These will obviously be addressed whenever we have yet another expensive tribunal to hold an enquiry as to how decisions came to be made... to what extent was the Government led into action without full consultation with all Cabinet Ministers.

A glaring decision surrounds the decision to take State control of the country's 19 private hospitals with a capacity for close to 3,000 beds only to discover that 10% of them are currently being utilised and who authorised the cost of €115 million a month.

The buzzwords we will be searching for in twelve months time are about transparency and political accountability and not about the advice of officials in the Dept. of Health.

There will be a crippling price to pay and as always 'Paddy' will want to know the truth... After all 'Paddy' is always left to pay the bill.

In that respect perhaps we should listen to the views of the UN Secretary General. António Guterres has said that the Covid-19 pandemic was worsened by a lack of cooperation between countries.

In an interview with the BBC, Guterres criticised the lack of leadership shown by countries and said the failure of States to come together in the face of the virus had helped Covid-19 spread across the world.

"The world was not able to come together and to face Covid-19 in an articulated, coordinated way. Each country went with its own policy, different countries with different perspectives, different strategies. And this has allowed the virus to spread," he said. Calling the impact of the virus "devastating", he said that it was "obvious that we lack leadership".

"That can only be possible if the key countries in the world, the key powers in the world, are able to come together and to have a common strategy and then to bring with them whole of the international community," Guterres said.

Asked about Donald Trump's decision to suspend funding to the World Health Organisation, Guterres said: "I believe that it's essential to keep as maximum as possible resources within WHO. Because in the present situation, for the reasons I invoked, it's impossible to replace it in providing support, especially to developing countries." He said that richer nations needed to support developing countries in tackling the virus as a matter of "self-interest". "The global north cannot defeat Covid-19 without the global south defeating it at the same time," he said.

You will already have noted that Guterres did not exclude one single nation in his criticism about a lack of leadership... Ireland was not on his flight path and that is relevant if only to stop the outbreak of hype and self-congratulatory messaging coming from the Government. Guterres said that the pandemic did offer some signs of hope for the future for better international cooperation.

"This is a tragedy, but it could also be an opportunity. An opportunity in relation to climate change, an opportunity in relation to the inequalities that prevail in the world, to the gaps that exist in our social protection systems, an opportunity to rebuild differently," he said Let us hope the UN Secretary General's aspirations on inequalities in our midst are top of the agenda for our new Government. But don't hold your breath because we are about to see the same old...same old lame duck legacy of civil war politics.

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Counselling service will need aid

While almost all fundraising ventures are currently on hold due to Covid-19 a Letterkenny based counselling therapist says that when the lockdown does end local community organisations should be prioritised to benefit financially from charity run events. Liam Cannon is the Director of the Pastoral Centre in Letterkenny which substantially depends on donations to keep their Counselling and Psychotherapy service going. Tusla does give an allocation towards a Child and Adolescent service but there is no specific state funding at all for adult clients.

by Declan Kerr

With 11 counsellors, working around half their hours on a voluntary basis, Liam Cannon says the situation was very challenging for the service even before Covid-19 struck. There is a huge demand from the public to be seen by qualified therapists. In just ten months last year the Pastoral Centre had close to 500 referrals. Mr Cannon says it is absolutely crucial that those undertaking fundraisers in Donegal look first at community organisations in their own county like the Pastoral Centre's counselling service when trying to identify worthy causes.

"It would be a big help to us and other local community organisations if more fundraising events were done that way rather than giving the money to national groups. Some of them are getting substantial state funding that we don't get and are still fundraising locally as well. So again what I'm saying is think of the local community first when charities are doing fundraisers" Liam said.

After being accredited by the Irish Association of Counsellors and Psychotherapists, the Falcarragh native setup his own private practice at the Mountain Top and then in 2010 he was approached to take on a Director role, initially on a short term basis, at the Pastoral Centre in Letterkenny. "Sister Mary O'Donovan was retiring as the Director of Counselling at the Pastoral Centre. They were looking for somebody to take that position for six months until it would be filled permanently. I would have been managing five Counsellors who all were there voluntarily and looking only after adult clients."

10 years later and Liam Cannon is still in that position but the service has been significantly expanded. "I looked at the needs of the community and the services that were being provided to the public by us. The first thing that I developed was the 'A Changed Life' programme for families that had lost a loved one to suicide. It runs for 10 weeks every year. We also set up a 10-week annual bereavement programme. The big difference between the two is that suicide can often be more complicated grief whereas bereavement can be more straight forward to manage."

Drama helps teenagers low in confidence

Liam was always interested in some form of a project for teenagers low in confidence and self esteem. "Rather than one-to-one counselling I was looking at something different. So, I developed a drama programme through some secondary schools for teenagers. The aim was to improve their self-esteem and confidence through drama" Liam said. Well known local actor Dessie Gallagher came on board to help deliver the programme in the schools. "Dessie has been doing great work with it and it is going very well. The schools select the students they feel that it would benefit. There is a workshop first and students are then invited to take part in the drama." St. Eunan's College, Loreto Convent Letterkenny, Errigal College, Coaliste Ailigh, Loreto Convent Milford and Mulroy College are taking part in the programme which has been going now for six years. "Dessie works with the students to come up with ideas on issues that are challenging them. They put the material together for a drama and at the end it is performed on stage for the schools and parents. It results in the self esteem and confidence of these students being boosted without them actually realising it. One of the dramas that was done was on suicide which was very powerful" Liam said.

Four years ago the Pastoral Centre added another service, aimed at counselling for children. "In November 2016, I was approached by a woman from Carndonagh after one of her children had sadly died. She raised 853 euros which she presented to the Pastoral Centre. So, I launched a Child & Adolescent counselling service in memory of that woman and the child she lost. It is called 'Hughie's Corner' which was the name of the boy and it is held in the Pastoral Centre. We had 48 children, from 5 to 14, on our list within four weeks of the launch. The service has grown and now there are five counsellors who see children from 5 to 18."

Liam's vision is to expand the service through the schools. "We are already in some schools but I would like to see that increased." TUSLA, the Child & Family Agency were tracking the development of this new service and committed funding for one day a week at the two Outreach Centres in Stranorlar and Bunrana which is very welcome. And there is now an Outreach Centre in Carndonagh thanks to the woman who first prompted Liam to pursue



Mary Bonnar who presented a cheque for 1,500 euros to counsellors and staff at the Pastoral Centre for the Child & Adolescent Service. Mary raised the money after running the Dublin Marathon last October

the delivery of a child counselling initiative. "The funding from TUSLA is only for this child service. It's one-to-one with the children and some of it is by creative means when they are very young. We're dealing with anxiety, depression, stress, maybe acting up at school, parents separated or other things that are going on in the home."

The counselling service in general had 466 referrals from January to October of last year. That can be by self-referral, G.P. or a school. A breakdown of that referral figure seen Stranorlar with 69, Bunrana (57) while Carn which is a more recent service having between 15 and 20 children being counselled. And finally the Letterkenny Pastoral Centre was 340 but that includes both adults and children.

Currently there are 11 Counsellors working at the Pastoral Centre. There is no direct payment for the adult service which can involve a lot of complex therapy work with clients. Funding is a hugely challenging issue going forward and it is something that Liam Cannon is having to look at on an on-going basis. "At the moment the only funding we actually get is from Tusla for the Child Adolescent Service. That gives a Counsellor one paid day each in the week. We have five Counsellors doing a total of 25 hours in this service. There is an Area Management Fund that does help to cover some costs." However the demand for the child and teenager service is much greater than that but the funding simply isn't there to match that demand.

"In Bunrana the Counsellor can only see five clients but there are 50 on the waiting list. There is no funding at all for the adult service. So all we can

do is ask the adult client for a donation per session and that is used just to keep the service going and doesn't pay the Counsellor. So I do have to look all the time at how I can access funding. We have made applications for state funding and there is a huge amount of paperwork involved but we haven't been successful as of yet. It is very challenging to keep the service going and at the same time ideally look at growing it. Apart from the money from Tusla we are totally dependent on fundraising."

Liam also points out importantly that all the counselling to both adults and children is avail-

able to all religious denominations and none. "We're based in the Pastoral Centre and welcome both counsellors and clients from all denominations to be part of what we do." Last November Letterkenny woman Mary Bonnar donated the money from running the Dublin Marathon to the Pastoral Centre. Others that have helped keep the service going include Dance Addictions at the Mountain Top who raised 10,000 euros and Sinead Black donated proceeds from a concert.

Prior to going into the counselling and psychotherapy field, Liam had worked in a variety of jobs including window manufacturing, the fast food business with the 4 Lanterns and he was 17 years with the Kirchoff, making metal structure parts for the automotive industry. "I was a Union rep in Kirchoff's for 14 years. It was there that I picked up an interest in counselling. There was lots of stuff going on when you were looking after 130 staff. I was learning different skills and it all started from there. I went back to College and did a certificate course in counselling in Derry. After that I went on

a four-year degree programme in Counselling & Psychotherapy. That was done at the Personal Counselling Institute in Dublin through Middlesex University."

Liam's education didn't end there as he completed a Post Graduate Diploma and Masters in Clinical Supervision as well as two Diplomas in Medical Hypnosis. "During the course in Dublin, I had to do 100 hours of clinical practice. For every five hours of that you had to have an hour of clinical supervision. Even, when I had that all done, I was not licensed to practice by the professional body. I had to do another 450 hours of voluntary practice. And 45 hours had to be supervised before I was able to apply for accreditation and be accepted as suitable to practice."

And indeed continuous supervision is part of the career of a professional Counsellor & Psychotherapist. "I supervise others and I am supervised myself. As well as that we all do 50 hours of personal therapy so that you are aware of your own patterns of behaviour that can then be beneficial when you are working with a client."

Public urged to check qualifications

It's important, Liam says, to note that it takes seven years to be a fully qualified Counsellor & Psychotherapist. "The training is seven years and it's important for the public to fully check the accreditation of the therapist and that the qualification is with a professional body, before making an appointment. It is an unregulated profession. So there are a lot of short training courses and then there are individuals setting up to practice. People wishing to access these type of services need to be sure that they are going to properly accredited therapists."

The process of attempting to regulate the whole area of counselling and psychotherapy has been going on for over 10 years. CORU is Ireland's multi-profession health regulator and it has been tasked with setting the criteria to regulate the profession. CORU's role is to protect the public by promoting high standards of professional conduct, education, training and competence through statutory registration of health and social care professionals.

It currently regulates dietitians, dispensing opticians, medical scientists, occupational therapists, optometrists, physical therapists, physiotherapists, radiographers, radiation therapists, social workers and speech and language therapists. On its website, CORU says the professions soon to be regulated include Counsellors and Psychotherapists along with Clinical Biochemists, Orthoptists, Podiatrists, Psychologists and Social Care Workers.

Counsellors and Psychotherapists deemed suitable to practice would then be accredited by the Irish Association of Counsellors and Psychotherapists. Liam Cannon's qualifications are holistic, integrative and totally person centred. There are various more specifically focused disciplines like Cognitive Behavioural Therapy that also require a high level of training and skill in order to practice. "I practice Integrative Psychotherapy and it is very beneficial in that it takes into consideration a client's early learning, attitudes and the environ-

ment they grow up in. And it's how that all impacts on the person's current situation. We look at the past, present and the future. For example, if you have negative experiences as a child with things that are going on at home. You can think that is normal and repeat it as an adult. Integrative Psychotherapy covers all that."

As well as Counselling and Psychotherapy the other main specialities in the care of people with mental health issues are psychiatry and psychology. A psychiatrist makes a diagnosis and then prescribes a treatment usually medication but other therapies like CBT also get referrals. "You also have psychology which has a wide remit. There is occupational, educational and child psychology. They do a lot of assessment and report work. But, there are not many counselling psychologists who are actually practising therapy."

There is a difference between counsellors and psychotherapists, Mr Cannon says. "Counsellors usually do shorter term work, whereas the psychotherapists take a long time because they are trying to help the client uncover unconscious material and that can involve taking them back to early life experiences. Making sense of abnormal experiences from the past, now in the present is part of the therapy. An example would be a child living in an environment where there was a parent who was always anxious. That abnormal level of anxiety can be transferred to the child. They are then anxious through their teenage years and into adulthood."

Clients prefer face-to-face meetings

The Coronavirus crisis has resulted in the effective shutdown of the Pastoral Centre's Counselling & Psychotherapy service. However, an emergency service is being maintained. Liam Cannon says it had been intended to continue engaging with clients on-line via Skype but interestingly he found that even the younger generation much preferred being physically present for the one-to-one sessions. "Actually, none of the young people wanted to have their one-to-ones by Skype which I didn't expect because a lot of them virtually live their lives on-line. I was asking myself what could be the reason for that. And to me it's really down to the quality of the relationship that the client has built up with the therapist in the one-to-one situation for an hour in the same room. So we didn't go down the on-line way of trying to continue the service."

The Raphoe Diocesan Pastoral Centre is a place of welcome for all people. It serves as a resource for all individuals, families and communities through support services and educational programmes. The main areas are Counselling, Family and Bereavement Care, Pastoral Development, Support Services, Support Groups, Personal Development, Health and Education.

The Centre offers one-to-one counselling to individuals. On occasion the Centre does have a waiting list due to the large numbers of clients seeking therapy. However, counsellors endeavour to keep the waiting period for counselling to a minimum. The Rainbows programmes run each autumn/winter for 9 weeks. This programme is for children experiencing loss through bereavement or separation.

The Raphoe Diocesan Pastoral Centre is under the patronage of most Rev. Alan McGuckian, SJ, Bishop of Raphoe. The Pastoral Centre works in partnership with the Child and Family Agency, Tusla, the Donegal Education Training Board, the Department of Social Protection, the Probation Services and the Letterkenny Town Council. The aim is to develop courses and support programmes in response to the real need of individuals, families, parishes and groups.

Due to Covid-19 all the centres are closed but an emergency service is available by calling 083 311 3343. Monday - Friday 10am - 1 pm

"We are taking emergency calls but really the demand has been low. But, I can see a surge coming after the Covid is over. I would especially expect to especially see more people coming with O.C.D. [Obsessive Compulsive Disorder]. With all the hand washing their anxiety will have increased 10-fold. The traditional bereavement with the wake and funeral has not been taking place. So, some people will be coming with complex grief problems. The public can also go to the Pastoral Centre website and Facebook Page for further information."

Liam and his wife Isadore almost got caught up in the Covid-19 travel clampdown. They went to Australia in February to visit their daughter Laura who had given birth to her first baby. "We flew back home from Perth on March 20th. That was a Thursday night and the following day there were big restrictions on flights. While we were there life was going on as normal. Then all of a sudden there was a complete lockdown. Even sending mail from here to Australia was restricted" Liam said.

Laura Cannon, a nurse in Perth, was a contestant in the Rose of Tralee two years ago. Her cousin Ciaran Cannon was a Rose of Tralee escort last August.



Liam Cannon Director at the Pastoral Centre

50 years on since the 1970

On the morning of May 6th 1970 two of Ireland's leading Government Ministers were sacked by Taoiseach Jack Lynch saying they did not subscribe to Government policy on Northern Ireland. For many people it was a huge shock and for others the real shock was around their lack of knowledge of any Government policy on the North.

By John McAteer

I got the first inkling of the headlines on the BBC World Service, while working the night shift along with late Con Bradley at St. Conal's Hospital in Letterkenny at 5.00am. Looking back from a distance of fifty years it still remains a sensational piece of news that was almost too surreal to comprehend.

It was a decision that would lead to a highly divisive period in Donegal politics and within Fianna Fail. It became an agenda that would dominate elections within the grassroots in both camps for the best part of two generations.

The Arms Crisis with allegations of illegal importation of guns; the subsequent dismissal of charges against Charles Haughey and no evidence whatsoever against Blaney that saw him discharged of any wrongdoing in a district court hearing has never been fully clarified, and perhaps it never will.



Niel T. Blaney with Charlie J. Haughey outside the Four Courts during the 1970 Arms Trial.

No evidence against Blaney

Shortly after the Ministers were sacked, the Dublin District Justice ruled that there was no evidence on which to send Mr. Neil Blaney for trial before a judge and jury on arms conspiracy charges.

Four other men including former Minister for Finance Charles Haughey, retired army officer Captain James Kelly, Belfast IRA member John Kelly, and Belgian businessman Albert Luykx, were sent to trial to the Circuit Criminal Court.

District Justice Kearney said that after having read the book of evidence and listened to counsel submissions, he concluded that there was no evidence to associate Mr. Blaney with any conspiracy.

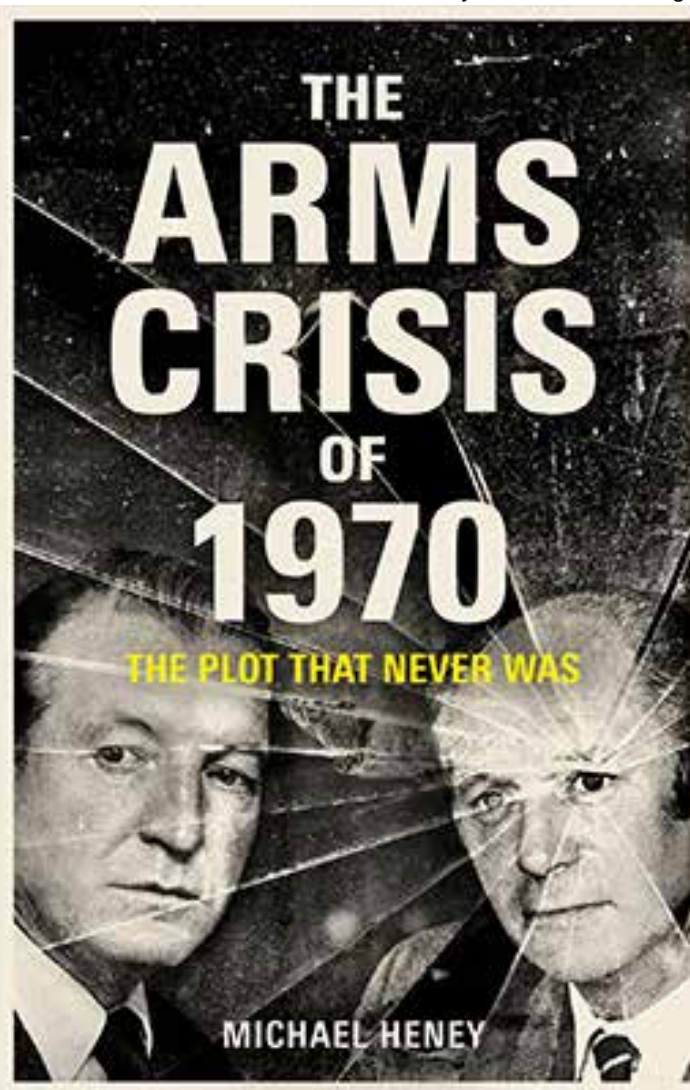
For the sake of a historical record it is worth looking at where it all started, in what was described as a major conflict between Neil Blaney and Jack Lynch. In later times Blaney would say in public and otherwise that he voted for Lynch as a compromise leader and lived to regret it for the rest of his career.

But was it really a bitter rift, particularly from a political perspective? Ever since Jack Lynch sacked Blaney the reality was that for the following 36 years no IFF Deputy, given there were four of them, ever voted against Fianna Fail on any issue in the Dail.

Bertie Ahern got his facts wrong in 2006 when the split ended in a haze of spin and his own confused logic when he passed on to historians the task of making their own judgments - which they've consistently failed to do. And he talked about "ending a long division in our shared history."

Bertie Ahern said Neil Blaney was acquitted of all charges. This is patently untrue because it never happened. Blaney was not acquitted of any charges at all. On Thursday, July 2nd, the charges against him were dropped.

From the time of his dismissal by Jack Lynch, on May 6th, Blaney was categorical in his denial that he had never "run" guns. He denied any dealings with subversive organisations and in three recorded interviews with this paper and many others, his views and intent of his message never changed. He was always clear in outlining his views about the use of



"The Arms Crisis of 1970" by Michael Heney which has been just been published and right, "The Donegal Mafia" book by Paul Sacks.

force. He did not favour it for reunification; he did, however, believe that it was legitimate in the defence of "Nationalist people", "our

THE DONEGAL MAFIA An Irish Political Machine

PAUL MARTIN SACKS



people" against "murderous assault" and he made the statement: "We in this part of Ireland cannot stand idly by in these circumstances." As in all historical and political agendas, hindsight will give different perspectives of what exactly happened, why it did and what if both Irish and UK governments did not move to bring about a more just society in the North and the gerrymandering that was allowed to dominate the Stormont landscape ever since Partition gave Unionism absolute control of all they surveyed?

Good men's reputations tarnished

The vast majority of the key players both north and south of the Border are long since dead and it is hard to believe how the march of time has robbed us of so many great names and perhaps too many of them have had their political vision blackened and tarnished for opportunistic reasons. Neil Blaney always claimed this to be the truth and pointed to his record in his Dail speeches and on numerous other occasions that he never sought to imply or impose a military solution across the Border. His record and his speeches, effectively make this absolutely clear and he made it a central tenet that any solution to partition could only be achieved by peaceful means.

His views were clearly amplified in speeches in 1969... firstly at a Fianna Fail function in Tralee and again in December when he was honoured for his 21 years as a TD.

It was obvious from both Blaney speeches that Jack Lynch was not going to tolerate such comments in public whatever about behind closed doors in the Cabinet room.

Charlie Haughey and Neil Blaney were seen as future leaders of the Fianna Fail party and Lynch's decision to remove them from his Cabinet and consequently from the party, would have far-reaching implications for all concerned.

Neil Blaney was born in 1922 into one of Donegal's most republican of families His father, Neal Blaney, had been in the IRA during the Independence struggle and in 1927 became a Fianna Fail TD when it was formed by Eamon de Valera, after splitting away from Sinn Fein..

The fact that Neil Blaney's name became synonymous with an unyielding republican viewpoint was entirely consistent with his back-



Neil T. Blaney with Charlie Haughey leaving the Four Courts. Also included is former Letterkenny Senator Bernard McGlinchey.

Arms Crisis

ground and he never needed to apologise to anyone for his honesty.

Neil Blaney took the Donegal seat vacated by his father's death in 1948 and emerged as one of the party's finest organisers. By his mid-thirties he was serving as a cabinet minister, first under de Valera and from 1959 under the reforming Sean Lemass. By the mid-sixties Blaney had emerged as one of the four most dynamic members of the government.

As Local Government Minister he was responsible for urban redevelopment programmes, moving inner-city slum tenement dwellers to new Dublin estates, in the process erecting Dublin's first high-rise housing. He was also behind schemes that made big improvements in rural water supplies. At by-elections he was the party's organisation expert, backed up by a mobile army of canvassers. Dublin based media reporters dubbed them "The Donegal Mafia".

In 1966 Blaney entered the Fianna Fail leadership contest, but withdrew under pressure from Lemass, who backed the eventual winner, Jack Lynch. Such was Blaney's presence by then that Lynch was unable to move him from Agriculture to another department.

When the Northern Ireland conflict erupted in 1969, Blaney made a series of forceful speeches attacking the British handling of the crisis, repeatedly underlining Dublin's warning that it "cannot, and will not, stand idly by" in the face of wide-scale attacks on Catholic areas.

Blaney was credited with planning the importation of arms for relief of Catholic areas in Northern Ireland - an idea strongly urged by Northern nationalist leaders fearful of their community's future amid the burning of Catholic areas in the summer of 1969.

Blaney and Haughey, as Finance Minister, were members of a cabinet sub-committee set up to monitor events in the North while Haughey was put in charge of funds for the relief of distress among Northern nationalists.

Though some involved in the planning were against giving weapons to people outside the control of the Irish army, the differences over the policy were clear from the fact that Northern Catholics were by September 1969 being given training at Irish Army camps in Donegal.

Arms from Antwerp came unstuck

The importation of weapons from Antwerp to Dublin was set for April 1970, but it came unstuck when the Irish Special Branch intervened to block it. Lynch was told two days later and on the 6th May it emerged that Haughey and Blaney were sacked from the Cabinet.

Blaney and Haughey denied knowledge of the arms importation part of the venture and were acquitted after Ireland's trial of the century. Their stance was problematic for their three co-accused, who maintained that they were cooperating with Government policy.

The affair led to Blaney's departure from the party in 1971, and he brought his trusted 'Donegal Mafia' with him. Besides Blaney's Dail position the new party retained a number of local council seats across Donegal.

He declined to join moves to form a new national party, but carried under the "Independent Fianna Fail" label in his native Donegal, which took a second Dail seat in 1976.

Blaney's victory in the 1979 European elections, drawing an enormous 81522 first preferences, showed his undiminished strength. In 1982, in a fiery speech in the European Parliament, he strongly objected to any endorsement of Britain's Falklands policy which he denounced as a continuation of Britain's colonialist past.

From 1982 Blaney gave Dail support to Fianna Fail governments. But despite almost annual calls from delegates to the party's annual fheis, Fianna Fail never invited the most unbending of republican voices back into the party.

Lynch decision under scrutiny

Jack Lynch's decision to sack his two powerful ministers have come under

much scrutiny down the years: did he dismiss them because they posed a threat to his leadership - how much did he actually know about dealings behind the scenes to assist the citizen defence committees in the north and what role did Liam Cosgrave and a leading civil servant, Peter Berry play in entire politics of those crucial days in the politics of Dail Eireann?

Following his sacking, Blaney returned to a heroic welcome at Letterkenny's Market Square on the following Saturday night and soon afterwards he went on to lead the Independent Fianna Fail organisation for the rest of his life.

IFF became a well-oiled party machine and for a period it had two deputies in the Dail and Blaney served twice as an MP in the European Parliament.

Blaney was undoubtedly one of Ireland's new generation of political communicators with a skill that shone brightly before the national microphones and on television. He was a gifted speaker, a straight forward thinker who communicated his vision of politics with consummate ease and he was a huge driving force in the promotion of Fianna Fail... it was his passion and his desire to drive an original agenda for a new Ireland. He created many fine policies in his ministerial roles and those are now largely forgotten. He thrived on the challenges in his brief on Local Government and in Agriculture and served as a senior Cabinet Minister between 1957 and May 1969. Often controversial and a man in a hurry, he would have ruffled some of his more senior colleagues in Cabinet and was portrayed as brash but history will judge his record in pro-active policy lines on housing construction, on the farming landscape where he leant heavily in supporting the small farmer with the 19 acres of snipegrass on the mountains of the West of Ireland and his native Donegal.

Speaking at the Golden Grill Letterkenny, on Monday, December 8th 1969, to mark the 21st anniversary of his election as a Deputy for the area, Blaney was in good company and he was in a reflective mood. At this time the events unfolding across the border, less than half an hour's drive away would have been uppermost in his mind.

Looking at his 21 years in politics he noted that he was doing so with a feeling of humility as he considered the trust and confidence he'd received over those years from the people of this constituency.

He said: "There are those among you tonight who stood with my late father in a generation to which all of us are deeply indebted. I recognise faces that belong in the famous by-election of 1948, when I first had the honour of being sent by the electors of this area to Dail Eireann. I have seen them in many famous bye-election elsewhere since, and their acumen and dedication have won the respect of politicians throughout the land. Then there are the young people here, the new generation of Fianna Fail; it is they who will join in the task in the years ahead of continuing the development of the Irish nation.

Looking back as we do to-night, one can see with a sense of real achievement the way that we have progressed in the free portion of Ireland.

In my time in politics, we have made impressive advances in the living standards - in social welfare, health, education, housing, industrial development and agriculture. and it is all the more impressive because it has all been done from a very lowly beginning out of the resources and hard work of our own people.

There are still many major tasks ahead of us.. There is the problem of the under-privileged in our society, and the need to press on with expansionist and growth policies which will create the national wealth to enable us to do all the things we wish for the less well-off sections of our community.

Our basic problem in this regard is that there is a limit to the source - our own people are able to provide at our present stage of development. Another vital problem is the way in which our economy is developing, the growing imbalance between the well-being of our people in the rural and Western areas and that of the population along our East coast, particularly the Greater Dublin region.

The overcrowding of Dublin caused by ex-



Neil T. Blaney at the Bridewell Garda Station after he was arrested.

cessive concentration of industrial growth is becoming more and more obvious every day. If Dublin and the nation are to continue to prosper, then it is vital that rural and western areas be rapidly developed. Not only should we move certain Government Departments to provincial centres, but we must, if only for a limited period, concentrate our development resources almost exclusively on the Western and rural areas...

These are two major challenges facing Fianna Fail and the Irish people in the Seventies. But our greatest national challenge is to end Partition."

Partition: FF's Greatest Challenge

"In the past year we have seen the sham Government of Stormont, propped up as it has been by British subsidy and maintained by a sectarian force for half a century, finally exposed to the world. Impartial judges have freely indicted the Unionist regime and its agencies as rotten and corrupt. We have witnessed the horror of the shootings and the burnings, the open intimidation, the blatant discrimination, and with it all the callous attempts to hush up and stifle the truth. Again we see history repeating itself. Time after time down the past generations, history has recorded the same savagery of mobs warped to hate by their leaders., the same commissions of inquiry, the same washing of hands by the British Governments, and in the end a return to the same bolstering up of a discredited regime. Winston Churchill once said: "The maxim of the British people is 'business as usual'. That is what our people in the Six Counties are now being offered by the Westminster Government. British diplomacy is once more at work. The British Government is once again trying to shirk its moral responsibility towards the people of all Ireland - the people who could be Britain's only real and true friends in the future by giving way to a threat of armed revolt by Unionists.

Unionist extremists, just as it did half a century ago. In the 1920 period it was the bluster and bluff of Carson and Craig and their Tory conspirators that duped the then British Government into setting up the wholly artificial entity that is the Six Counties. Today it is the adroit use by the Unionist leader, of the sabre-rattling of their own extremists - the tail wagging the willing dog that is being used. Harold Wilson and his colleagues, by fear of violence, into draping a mere garb of respectability over the Stormont regime, which the entire British public now acknowledges for the shameful and dishonest institution that it is. The scales may have fallen from the eyes of the British people, but are they allowing themselves to be coerced into a situation in which, once again at a turning point in the history of these islands.

Are they indulging in double-talk to save their own conscience, and evading the responsibility of setting in motion the beginning of the final and just settlement of what they have come to know as "the Irish Question?"

One need look no further than the example of Prime Minister Jim Callaghan's much publicised tours of the North. I respect his sincerity in wishing to undertake reforms in a set-up that stinks in the nostrils of all decent men. But the euphoria of his visits has now evaporated; and the patched-up programme of reforms now emerging is but a pale shadow of the high promise. The measure of Britain's concession under veiled threat from the Unionist junta can now be gauged in the Westminster Government. Its decision to set up the so-called Ulster Defence Regiment. The very name is a perpetuation of the entire sham that is the Six Counties. While to me as a free Ulsterman it is a calculated insult. Regardless of whatever concept the parliament of Westminster may contrive to conceive for it, the Irish people of the Six Counties cannot in conscience accept this private army, which merely puts the B Specials back in business. What we are all being asked now is to forget the recent happenings, the murders of innocent people, the armed attacks by partisan police and Unionist gunmen, the hapless families burned out and forced out by threat from their homes - for all of which the Unionist version of justice has so far failed to produce a single culprit. We are being urged to "get back to normality": in other words to permit the Stormont regime to return to "business as usual".

But normality is fraudulent and business as usual" a myth while the Border is maintained. The people of free Ireland, and those who long for freedom in that portion of our country which is still fettered, are not prepared to accept another 1921 settlement

from the British Government. A united Ireland is the answer. In this connection, it is important to correct some recent misconceptions about the rights of the majority of the people of Ireland in regard to the Partition of this country.

A united Ireland is the answer

We have heard reference in past weeks to the argument that Partition should only end with the consent of the majority in the Six Counties. It should be made clear here and now that the majority in the Six Counties has no moral right to decide on Partition, for the very logical reason that the Six Counties was, and still is, an artificial creation set up against the majority wishes of the Irish people, and drawn up on the sole basis of giving the Unionists as much territory as they could safely maintain, and that only by gerrymander and discrimination.

Carson has told us, for instance, why he did not take in the whole nine counties of Ulster in his conception of an Orange State. The reason was that there were at the time some 275,000 Catholics living alongside 72,000 Protestants in the Counties of Donegal, Cavan and ~lonaghan. These figures would have upset the Unionist majority in the other six Ulster counties. For this reason, Carson (to use his own words) "abandoned them" to freedom. To say that the majority within the Six Counties should have the right to decide on Partition is to accept that Partition was, in the first instance justified. Ireland was partitioned against the majority wishes of her people, and it is the majority of the people of all Ireland who alone have the right to decide this question. That is the primary civil right of all, it is the right that Ireland has constantly sought from the British Government over the past half century of Partition. We have heard much in recent times concerning the use of force, We should be clear about where we stand here. In the discussion on October 22/23rd last in Dail Eireann on the Six Counties situation, the Taoiseach in opening the debate, said: "If the Government in this part of Ireland has no intention of mounting an armed invasion of the Six Counties."

Unity by force is out

"Mr. Cosgrave, the leader of the Fine Gael party, speaking in his turn, went further by stating that his party's consistent attitude was that, "the only way to achieve ultimate unity was by peaceful means and co-operation". Mr. Corish, the leader of the Irish Labour Party, when he came to speak, went still further and stated that as far as he is concerned "force is out".

I believe, as do the vast majority, that the ideal way of ending Partition is by peaceful means. But no-one has the right to assert that force is irrevocably out. No political party or group at any time is entitled to pre-determine the right of the Irish people to decide what course of action on this question may be justified in given circumstances.

The Fianna Fail party has never taken a decision to rule out the use of force if the circumstances in the Six Counties so demand. The situation last August in Derry and Belfast was such that, had the violence continued, the question of the use of force in defence of our own people under attack would have had to be urgently considered. If a situation were to arise in the Six Counties in which the people who do not subscribe to the Unionist regime were under sustained and murderous assault, then, as the Taoiseach said on August 13th, we "cannot stand idly by".

The grave responsibility for the continuance of Partition, and for the violence that flows inevitably from it, rests, as it has always done, with the Government of Westminster. If they fall into the same error now as their predecessors in the past, allowing themselves to be persuaded that compromise will suffice for another fifty years, and that a rag-bag of reforms covering over the real problem will bring peace in our time in Ireland, then they are assuredly sowing the seeds of further violence and bloodshed for innocent people. The Six Counties is now at a vital point in its unhappy history.

That is why our people should stand firm and united in their resolve to see justice finally emerge," he concluded.

As the Blaney supporters departed the Golden Grill in jubilant mood in the early hours of Tuesday December 9th 1969, they were unaware that within five brief months politics would change forever in Donegal.....

(to be continued next week)

McGuinness shades McHugh in highly charged FG convention

The clock ticks past four o'clock as the Fine Gael delegates file into the Holiday Inn for the most talked about convention in this county for ... well, since Fianna Fail washed its laundry in public at their Glenties convention in '97.

This always promised to be a highly charged afternoon with charges of votes being denied and branches being misled to deny certain personalities contesting the convention. While Nora Owen handled the challenges with experience the questions raised have not gone away; there is every possibility that they will return to haunt the National Executive who came in for most of the ire throughout the long afternoon.

At the main entrance to the convention room delegates deemed to be properly affiliated were cleared and given a stamped pass should there be a vote and this put into motion the proceedings as Fine Gael in the constituency set out its stall to win back their much lamented seat.

"Friends in Fine Gael these days are not just strangers you have not yet met," said one irate lady but "they are the blow ins from other parties who never had a chance of winning a seat anyway". "And neither have we, if we continue down this road", added another delegate.

Many are called but few are chosen; that biblical adage held true for one of the legendary faithful. Cllr. Bernard McGuinness the Culdaff father of five is the preferred choice for Donegal North East and his selection at the Holiday Inn on Sunday evening was predictable given his lifelong association with the party.

He defeated Carrigart based Cllr. Joseph McHugh by 149 votes to 101 with Cllrs. Jimmy Harte, Sean Maloney and former constituency chairman Martin Farren withdrawing at the last minute.

The two and a half hour convention which attracted over four hundred of the Fine Gael faithful was marked with accusations over voting rights and a lack of democracy but the party's Deputy Leader Nora Owen held the official party line firmly with a depth of experience and patience. In other words she was having none of it and from the moment the convention was convened shortly after 4.15 until its final conclusion she was in total control and despite many interventions from the floor she continued to stamp her authority on the proceedings thus ensuring that the task with which she was entrusted would be completed according to the agenda laid down.

And top of that agenda was the decision of the National Executive Council to have only one candidate selected by the delegates. Despite many trenchant objections Owen refused to be drawn into any further debate on this matter and the tone of the evening was already set.

It was a difficult convention in many ways and the palpable frustration from members in Letterkenny and Milford were clearly evident from the start. Challenges were posed on voting rights and on the future democracy with allegations that senior officials had earlier misled branches on registration and affiliation regulations. Time and time again Owen laid it on the line that these issues were not a matter for convention discussion and commenting on allegations of faceless men making the rules to suit certain elements in the constituency she said that as deputy party leader she resented those comments. Later Cllr. Jimmy Harte told the meeting that he was not referring to Owen in his own comments as he withdrew his nomination.

Former deputy Paddy Harte was among the crowd as was former Cllr. Joachim Loughrey and many other prominent supporters.

Deputy Dinny McGinley joined Nora Owen along with MEP Joe McCartin and councillors from Donegal SW as the proceedings got underway with much of the focus on Bernard McGuinness and Sean Maloney. Martin Farren and Jimmy Harte withdrew their nominations but Joe

McHugh stayed in the race and later staked his claim to be added to the ticket by the National Executive but the odds on favourite is Maloney who made a powerful speech to the delegates hammering the record of government and its inability to deliver to Donegal and particularly this constituency.

One wondered how the new man would be received given the hostility of the evening but he got rapt attention and his speech went down better than even he might have anticipated.

"Our enemies are outside of this room in FF and IFF" warned McGuinness in a fighting good old fashioned traditional rallying call to his supporters but in one quiet moment, while reflecting on his own public career in politics asked the pertinent question.

"When I came into politics in the sixties Fine Gael in this constituency had 12,000 votes - where did they go It didn't happen at the last election or the previous one.... But they faded away".

That essentially is FG's problem and with less than 20% of the constituency vote they face a massive uphill battle to win back the extra 3% to regain their former position.

This was a crucial convention for the organisation and while the result was predictable it remains to be seen if the longed for unity and intent is there to support the candidates.

Owen leaned heavily on "love and loyalty to the party" to see them through this emerging crisis. Can her objective be seen as achievable in these circumstances?

Sean Maloney is the favourite to be added to the ticket and he is expected to bring along a strong number of former Labour activists and his own personal vote. Many would say that these are returning to their natural political home but there remains elements in FG who are not at all happy with the manner in which Maloney was taken on board. Will this grouping now emerge as the real opposition in FG replacing the Harte factor? Again it is a moot point.

This convention was not a healing process and it never was going to be yet when the delegates and FG grassroots reflect on the future built in Donegal in 27 years and also the Bunrana library.

We delivered £4.5 million to the Letterkenny RTC and we also took it out of the hands of FF when student numbers were down to 1,100 and today with our investment that is now heading for 2000" said Maloney who then asked what Blaney has delivered for the constituency and what has Fianna Fail delivered, he queried. "Nothing" that's the answer, he replied.

Turning again to the current situation where FF has the support of three deputies Maloney wondered out loud why the government has not returned any of that loyalty.

Cllr. Joe McHugh appealed to the delegates to back him as the young candidate and if we are to succeed then we need youth into our party. "We have been a house divided and I am offering you unity as I did in Milford last year and with a unity of purpose we can succeed in winning back our rightful seat in Donegal NE".

The contest eventually came down to McHugh and McGuinness and it was a neat north-south divide. Obviously McGuinness was the stronger contender but McHugh will be back another day and who knows when that will happen.

But this was not to be McHugh's day despite a storming effort across Inishowen and while he polled a highly credible 101 votes only the foolhardy would have placed a bet on him beating McGuinness and the tellers told the story shortly before 6.30 when the result was finally declared. Nora Owen lashed into the record of the government and castigated its failure to address the crisis unemployment situation in County Donegal with Harry Blaney coming in for lots of stick for back-

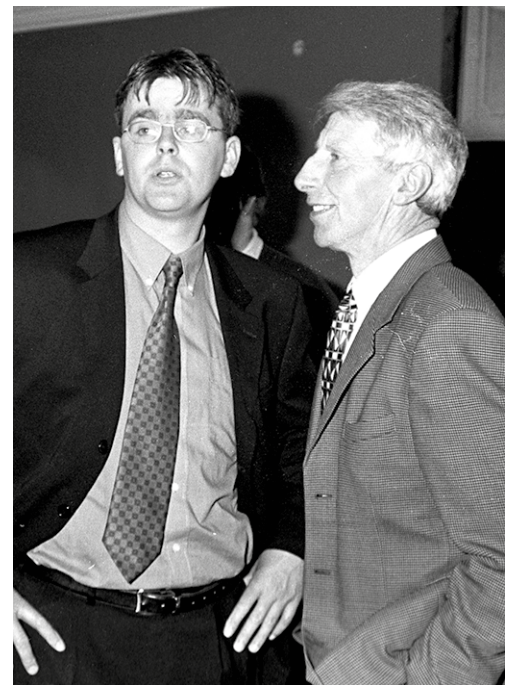
ing the government under all circumstances.

"Seamus Brennan" declared Owen "was the kindergarten Taoiseach caring lovingly for the four Independents and it was his role to keep them happy". "He's the greatest nanny of them all pampering up the Four and asking what trip might suits them next week in case they want to be away from the House when some embarrassing vote is due."

She also deplored the state of the health service and said that the junior hospital doctor's strike threat was well founded and the Health Minister, Michael Martin, was poorly handling it.

As she continued her attack on the record of the government the result of the ballot was handed to the top table and McGuinness was declared the winner.

Proposing Harte, Noel Crossan of the Michael Collins Branch in Letterkenny added the first fire of the evening; he said his task should have been a pleasant one but sadly and unfortunately too many delegates had been disenfranchised and it was quite deliberate. It was particularly evident on one side of the Swilly.



Cllr. Joe McHugh was still canvassing votes seconds before the Convention kicked off.



The answer is still no says Nora Owen to John Kissinger Coyle as he is refused a vote.

"It is a sad day for this party when the sins of the father are being visited on the son - so much for democracy. And it is a long road that does not have a turning" he added.

Martin Farren said as he withdrew that what had been happening over the past ten days was undemocratic and there would be no winners on this occasion. Voting rights had been denied to many people who had been in FG all their lives and he was totally disillusioned at what was happening and he did not wish to be any part of it.

Eamonn McElwaine of the Michael McMenamin Branch in Fanad added similar sentiments saying that Fine Gael was a laughing stock with their antics in recent times.

"Does Fine Gael really want to regain this seat and referring to the decision of the National Executive Council to select only one candidate he said it was a ridiculous decision and his remarks were loudly cheered by some sections of the hall."

Cllr. Jimmy Harte said his decision to withdraw was a difficult one and he complained that some delegates who had paid their subscriptions as long as four months ago. He hammered the Commission's advice to them on registration and described the whole business as a 'debacle'. Castigating the National Headquarters he said he had no time for 'control freakery' and when one third of the delegates were denied the right to vote it was a very sad day for democracy.

Cllr. Bernard McGuinness took a different view saying their real enemies which they had to fight were not at the FG convention; they are outside the door of this hall, in FF and IFF and he had spent his political life battling them. He joined the organisation at twenty years of age, when his father died and he took on the mantle of keeping the flag flying for the party and this he had done to the best of his ability. He had refused tony millions of investment in the tourism industry. He has received half a million pounds for all his efforts and that came from Enda Kenny when he was Minister for Tourism. Why are we slitting each other's throats when we should be attacking our opponents erred to their cronies in Letterkenny, Bundoran and Ramelton. The Holiday Inn has not been given one penny by the Minister for Tourism yet he has been able to deliver to many other projects. Hughie McGee has not got one penny from this government. "And why has Blaney not delivered some of the money that Jackie Healy-Rae has got for Kerry" teased the Culdaff man.

But the main politics came from Cllr. Sean Malo-

ney when he attacked FF for not delivering to the people of Donegal. "But they have deliv the tone for the next general election and it is going to be an all out assault on the record of the government for Donegal NE where unemployment stands at over 20%. Farming and fishing industries are in crisis and where is Harry Blaney? Asked McGuinness. The constituency and the Celtic Tiger had passed us by. Where is that Celtic Tiger? He asked. And in one moment of light entertainment a voice from the floor quipped "He's living and well in Fine Gael Headquarters".

That aside this was McGuinness setting be drawn into the controversy that had erupted ahead of this convention and he called for unity and a more determined to back that was selected to carry the name of the organisation into a general election.

He said three Fianna Fail deputies represented who have delivered nothing to this county? FG in government has delivered for this constituency," added Maloney who said they provided £7 million for the Pollan Dam, the Letterkenny theatre, the Milford vocational school and fire station; the first one built in Donegal in 27 years and also the Bunrana library. We delivered £4.5 million to the Letterkenny RTC and we also took it out of the hands of FF when student numbers were down to 1,100 and today with our investment that is now heading for 2000" said Maloney who then asked what Blaney has delivered for the constituency and what has Fianna Fail delivered, he queried. "Nothing" that's the answer, he replied. Turning again to the current situation where FF has the support of three deputies Maloney wondered out loud why the government has not returned any of that loyalty. Cllr. Joe McHugh appealed to the delegates to back him as the young candidate and if we are to succeed then we need youth into our party. "We have been a house divided and I am offering you unity as I did in Milford last year and with a unity of purpose we can succeed in winning back our rightful seat in Donegal NE". The contest eventually came down to McHugh and McGuinness and it was a neat north-south divide. Obviously McGuinness was the stronger contender but McHugh will be back another day and who knows when that will happen.

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Nora Owen speaking at the convention with Willie Grant and Anne Deeney.



Sheila McGinley, McGinley Motors, Letterkenny presenting the keys of a new Peugeot 106 to Cllr. Niall Blaney, Rossnakill which he won in the Coole/Cranford Community Centre Draw. Also included are committee members, Patrick Carr, treasurer, James Duffy, Chairman and Bridget Wilhare, secretary. The winning ticket was sold by Kevin Logue and Kevin Gavaghan.



Members of the Glenboe Community Action Group who raised 757 punts with a circle of pennies collection and face painting on Friday in aid of People in Need.

EU rules threat to rural post offices - The Cope

Pat the Cope Gallagher has called on the European Commission to give consideration to the social implication of any proposals it makes regarding the Postal Services in the EU. "I am particularly concerned about the challenge to An Post's role in making Social Welfare payments. This is a social service carried out by An Post throughout their network of 1,900 post office and sub post office. In the case of many of the smaller rural branches, it can account for over 40% of their total business and can be crucial in maintaining viability. "Commissioner Bolkestein has already threatened the survival of rural Post Offices with his proposals on deregulation which could lead to cherry picking lucrative urban business by private operators. Any move to take away the Social Welfare functions of An Post

could well be a fatal blow. I will be resisting both of these proposals within the forum of the European Parliament "Certain elements in the European Commission would have the EU become nothing more than a rich man's club. I believe that European policy must be formulated with strong social responsibilities in mind. As far as I am concerned, the payment of social welfare benefits constitutes a social services and not a financial service. The Commission must recognise this fact. "A comprehensive network of rural post offices is essential to the fabric of rural Ireland. There have been many challenges to rural communities in recent years, with a constant drain to urban centre. I will do all in my power to guarantee that Rural communities are assured the same level of basic services as urban dwellers."

Publican's death shocks Rathmullan

The sudden death of Rathmullan publican Gerry McAteer at his home in the White Harte Inn on Monday morning evoked feelings of deep loss and sorrow among the community where he was among it's most popular members. Gerry was 73 and was a successful businessman having established a clientele locally and among the commercial and tourism industry. A visit to the White Harte has always been a must on a visit to the town and the genial host was this most modest of gentlemen? He had a vast knowledge of the area and its people. He

originally hailed from Ray, four miles up the Ramelton road and the family was steeped in history and service to the licensed and vintners trade. Gerry was laid to rest in his beloved Rathmullan on Wednesday afternoon in one of the largest funerals ever seen in the town. As the sun shone on the cortege and the mourners on this saddest of days for the McAteer clan one was left with the feeling that Gerry had, in his own humble and gentle manner brought a ray of sunshine into many people's lives over his many years behind the bar.

He is survived by his loving wife, Mary and a family of nine; Mary, Declan, Anne, Frank, Patricia, Liam, Eithne, Kevin and Kathleen. He is also survived by his brothers, Paddy and Francis; sisters, Sr. May Loreto (Mauritius), Eithna, Nora, Kathleen, Margaret and Bridie; sons in law, daughters in law, brothers and sisters in law, mother in law Mary Kate McMena-min, grandchildren, nephews, nieces and nephews and a wide circle of relatives, neighbours and friends to whom deepest sympathy is extended.



Barry Browne, Browne's Cars Milford presenting a new strip to Peter Doherty, of the Milford GAA Club. Also included are Conor McNulty and Enda McHugh.



Sixth Class pupils from Glenswilly National School who recently raised £500 for Concern with a Cake sale in the school.

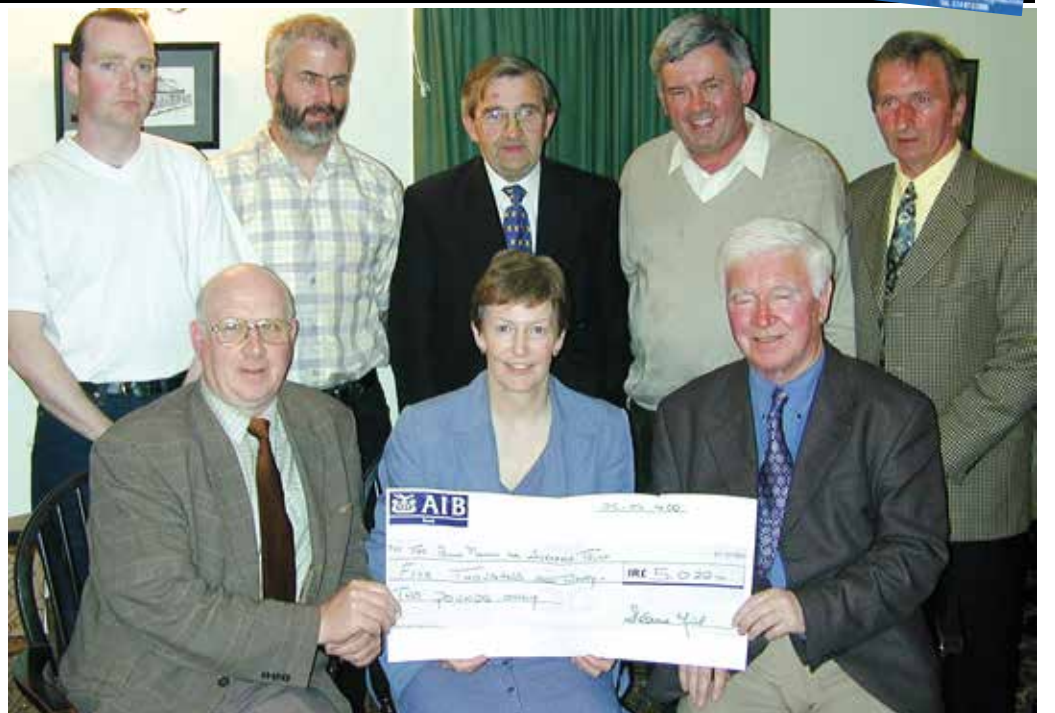


Groups enjoying the lunch in the Mount Errigal Hotel on Saturday.



Members of the Donegal North East Fianna Fail Women's Group pictured with Monica McWilliams of the Women's Coalition on Saturday at their annual lunch in the Mount Errigal Hotel, Letterkenny on Saturday. Also included are Pat the Cope Gallagher, MEP, Deputy Mary Coughlan, Margaret McGinley, Fianna Fail National Executive, Cllrs. Jean Crossan, Rena Donaghy and Rosemary Dunne, Mary Conlon, chairperson, Breege McLaughlin and Sadie Doherty, Entertainments Officer.

Staff from St. Conal's Hospital taking part in the NW 10k for the Patients Comfort Fund.



Barney McClafferty and Kathleen Duggan from the Doe Amateur Swimming Club presenting the proceeds of £5,022 from this years New Year's Day swim at Marblehill to Sean Birmingham of the Bone Marrow for Lukemia Trust. Also included at back are Pat Strain, Noel Brennan, Sean McGee, Willie Sheridan and Brendan McFadden.

Frank Galligan moves to TV

Channel 9 confirmed that one of the North West premier radio personalities Frank Galligan, is to join the local TV Channel in Derry City. Station boss Gary Porter welcomed Frank saying "we are delighted that Frank is coming on board. We firmly believe he will bring a whole new dimension to our programming". Frank said "The many thousands listeners to my programme will finally see me in the flesh along with some of my friends who they would normally have heard as regular guests. I'm very excited and enthusiastic to be in on the ground floor of such an exciting project and important development in the progress of the North West. To quote the week known line

from Pony Express", said Frank, "Every now and then you have to get on a fresh horse, and nothing in broadcasting stays still". Frank will anchor an exciting daily late morning/early afternoon magazine show, incorporating Sky lunch time news and live local news bulletins on the hour. Gary Porter enthusiastically asserted "Having a well known local personality presenting a day time magazine show means that Channel 9 has a unique offering in the Northern Ireland television market. I am convinced Big Frank will attract thousands of viewers and the show will represent an excellent advertising opportunity."

Letterfad mast battle to continue

The battle to stop Eircell from operating a mobile telephone mast on Letterfad Hill near Termon will continue despite Donegal County Council's decision to grant the company retention for their structure. The decision was expected and predictable according to the local action group who have been campaigning to stop the company's planning application for the past three years. The decision is now to be appealed to An Bord Pleanala and it will be several months before a final adjudication is made. The Termon community is to meet later this week to consider the options remaining which they can explore. Council officials have allowed the retention application in the grounds that the contravention does not alter materially the original decision. Concerns in relation to health concerns and environmental issues led the community to submit a petition signed by over six hundred residents last year and it was strongly felt that an alternative location could have been chosen.

Cllr. Niall Blaney expressed his disappointment with the decision saying that once again the opinions and views of six hundred residents have been ignored. Last month he had obtained a further stay on the decision as claims surfaced that the number of household within a one kilometre were not considered by planning officials in their determination of the decision. Eircell had sought retention for the structure when it was discovered they had not acted in accordance with the original site plan. Council officials said they had installed the mast some eighty metres off-site and on elevation twenty metres higher on the mountainside. In a rather hairy and heated discussion in the Council Chamber earlier this year members urged the Manager to refuse the retention application. Phone companies were accused of shabbily treating local authorities amid allegations from Councillors that there are separate planning regulations for different sectors of society.

Doe Swim raises £5022

The Doe Amateur Swimming Club presented a cheque to Sean Birmingham of the Bone Marrow for Lukemia Trust with a cheque for £5022 the proceeds of this year's New Year's Day swim at Marble Hill. This is one of the largest amounts ever raised by the Club and they were justifiably proud of this achievement at the presentation function on Friday night in the Corncutters Rest in Creeslough. Club chairman Brendan McFadden welcomed everyone and announced that they were also presenting certificates to the Adult Class who received Swim 3 and 4 Awards along with Safety 4 Rescue certificates. This group meets every Friday and are known as the Glenveagh Group. Along with the Club they also sponsored presentations to the fourteen instructors who have been training many groups in the Club down the years. The instructors who received presentations were Barney McClafferty, Pat Strain, John McGee, Ann Marie Campbell, Agnes Sheridan, Sarah Kelly, Daniel Kelly, Elsa Friel, Aishling Gallagher, Fiona

Duggan, Ann McFadden, Kathleen Duggan, Willie Sheridan and Noel Brennan. Mr. McFadden said the person who nominated the charity to benefit from this years swim was Kathleen Duggan and there were delighted to raise funds for them. He thanked all Club members for their great effort. Moses Alcorn and the media for their coverage of the event. Danny and Anne Lafferty of the Corncutters Rest for the meal and for meetings during the year, often at short notice. Kathleen Duggan thanked all the members of the Doe Amateur Swimming Club for their help and dedication in the team effort. She said that this was one of the biggest amounts raised over the past twenty four years. Mr. Bermingham said that the Bone Marrow Lukemia Trust was a national charity which was formed in 1980 with the express purpose to give a chance to Lukemia suffers. In 1996 a new Bone Marrow Transplant Unit was opened in James' Hospital in Dublin. He finished by expressing his sincere thanks to the Club for the cheque.



The group of instructors from the Doe Amateur Swimming Club who were presented with momentos for all their work down the years from the Club and from the 'Glenveagh Group' of adult swimmers at the Club (below) on Friday night.



Francesca Kerr, right winner of £2,775 in the Swilly Rovers Lotto receiving her cheque from Dom McFadden who sold the winning ticket. Also included are John Diver, Club PRO and Eunan Gormley, Club treasurer.



Cllrs. rule out Corravaddy and Drumnaboden

Donegal's Draft Waste Management Plan will be published for public consultation - minus any further reference to Corravaddy or Drumnaboden.

The decision in Lifford on Monday was taken without a vote on an amended proposal in the names of Cllrs. Noel McGinley and Sean Maloney with no Member specifically supporting the views of the Manager on the two contentious issues.

Corravaddy and Drumnaboden had already been taken out of the reckoning at special meetings prior to last year's local elections and the new Council strongly resented any attempt by officials to have those decisions brought back on the agenda.

The meeting which lasted for over two hours saw a large attendance in the public gallery with residents of Kilmacrennan and Letterkenny/Drumkeen making their presence felt both inside and outside the Council offices. Petitions and information documents were presented to the Members and the media while a water sampling test carried out by UCG highlighted the pollution levels at Drumnaboden. Placards, minibuses and a huge level of concern and resentment was evident as the communities lobbied the Councillors but they need not have had any fears that the original decisions would be overturned.

Party meetings behind the scenes found few dissenting voices to back the Manager and it was all over bar the shouting long before the meeting finally went into public session.

While, as the Manager later pointed out neither of these sites were meant to be concrete proposals, the opposition was overwhelming and he was obviously taken aback accusing the meeting of misrepresenting the facts.

Winding up the debate and responding to the concerns raised McLoone said he was extremely concerned with the extreme misrepresentations coming from the Members.

"It is the worst misrepresentation I have heard since I came to this Council ... all I did was to put Corravaddy and Drumnaboden down as issues for consideration and that the EIS should be sent to the EPA. I have fully consulted with the people of Donegal for the last twelve months and remember the decision to prepare this draft document was not mine. I was acting on the instructions of the Members who will finally make the decision. For Members to come in here and say that I have ignored political reality shows an ignorance and that

is a complete misrepresentation".

In a mood that surprised the Members the Manager said "I take grave exception to the decisions taken today. The waste management plan of 93 was taken by the Members as was the decision of 95 but that is your prerogative and I will abide by your decision", he added.

Cllr. Noel McGinley who moments earlier had become engaged in a heated debate with the Council Chairman over a point of order warned the Manager that it was not the Members who were letting him down: "it is your own engineers and the sooner you come to realise that the better", said McGinley as he addressed the top table where two senior engineers sat all afternoon.

The meeting had been called to make a decision on the publication of the draft plan to allow for a two months public consultation period.

For weeks the debate had focussed on Corravaddy and in Kilmacrennan where several meetings had taken place to express horror, shock and resentment over the suggestion that Council officials should suggest the mere possibility of reopening the local rubbish tip. Plans went ahead to challenge the decision in the High Court and on Monday this small community did themselves proud with their presence in Lifford. They were there to back up their local Councillors who were equally as shocked that the dump was back on the agenda. Meetings in the Village Tavern had shown anger and frustration and a fair degree of annoyance that the local authority should attempt to overturn last year's decision amid many legal points being raised over the Book of Estimates that allocated a sum of £120,000 for the rehabilitation of the site.

Cllr. Noel McGinley immediately set the tone for the day's debate. He had spent the previous evening in consultation with Bernard McGlinchey who is recuperating in Spain from a recent illness.

McGlinchey had originally spent most of last year attempting to get the Council officials to consider the idea of a thermal disposal method and it had now been finally written into the new plan as the best possible solution for the long term management of the waste mountain.

Proposing that Muckish should be extended, Cllr. McGinley told the Manager that the site had far more capacity than that expressed by the engineers. There were a hundred acres there and it had enough capacity to handle the waste being created



Members of the Kilmacrennan Action Group in Lifford on Monday.

until the new plan was adopted. He castigated the idea of opening the Muckish dump and not removing the peat which he said had created a huge problem. There is no need to have Drumnaboden or Corravaddy in the new proposals and we can manage very well without them but only if there is some imagination used by the engineers.

"We can't have a plan without the agreement of the people and it is evident from the numbers of people here today that we do not have the goodwill of these communities. Of course, the Council has a problem with waste disposal but I have no sympathy for them since they brought this problem upon themselves and they have only themselves to blame. We all know that Drumnaboden will never get a licence and I am sure neither will Corravaddy be passed by the EPA", he added.

Cllr. Niall Blaney echoed similar sentiments and raised fundamental queries over the legalities of ignoring decisions taken by the previous Council. "You are asking us to overturn these decisions and that is not on. Those decisions stand and if they were good enough then there is no reason for us to change them". He raised the legal aspects of any change away from the Estimates where the Council committed itself to rehabilitate Drumnaboden.

Why bring these two issues back again when it is ob-

vious they are causing so much upset and he had already asked the Manager in GP not to reopen Kilmacrennan? He was in favour of the draft plan being published if these two issues were deleted. Otherwise he could not and would not support it.

Cllr. Joe McHugh agreed. A full public consultation had taken place long before the new members were elected and that should be sufficient. He called for more awareness and education on composting and recycling. He said he had established that in Letterkenny where projects were ongoing that the Council had not provided bags for recycled materials and that said it all. Kilmacrennan was taken out of the equation last year and so was Corravaddy and they must not be revisited. It was done and dusted and that should be the end of that, he added.

Cllr. Dessie Larkin raised the sceptre of the flooding at Corravaddy and told the meeting this fact could not be avoided.

"Letterkenny is a sprawling town and in five years it will stretch beyond Corravaddy and so will the developments from the Drumkeen area. Thermolysis is the only way forward and I think it should be a stand alone facility based in Donegal. It is also very unjust to suggest the reopening of Drumnaboden since the community has already been told this would not happen and as a result some houses had already been built in the area".

Cllr. Sean Maloney seconded Noel McGinley's proposal and brandishing a copy of the waste management draft from County Cork he asked if all the county plans were similar. He said that every aspect of both plans were similar and wondered if the consultants employed by local authorities contacted each other prior to making the plans and then came to similar conclusions and charged similar fees for their work.

Letter to the Editor:

Equality for all

We in Ireland see ourselves as a tolerant people, giving generously to deserving causes. Yet, there are various issues being raised about our treatment of asylum-seekers and refugees, economic and otherwise, in this country.

The town of Letterkenny, like most of Ireland, is struggling to come to terms with economic progress after a long period of economic stagnation. However, this progress appears to have somehow highlighted a series of problems which have been with us for years-social exclusion, lack of housing, etc. The area of Letterkenny in which Glenboe Community Action Group exists has some-albeit small-experience of cultural and ethnic diversity and of transient populations. It is this group's belief that resources should be targeted towards providing an infrastructure which will lead to social inclusion. Equality of treatment in all areas of living-and towards everyone-is surely not too much to expect in the year of the two-thousandth anniversary of the birth of the person after whom Christianity is named! We call on you, sir, and on your colleagues in Dail Éireann - Government and Opposition - to set in train a process whereby everyone in Ireland today is treated with the respect and human dignity to which we are all entitled.

TONY CANNING

P.R.O. Glenboe Community Action Group.



Celebration time for the Letterkenny Drumkeen Environmental Group as Donegal County Council takes Corravaddy off the dump agenda - finally.



Pupils of Scoil Mhuire National School, Milford who recently celebrated their Confirmation in St. Peters Church, Milford pictured with Rev. Bishop Philip Boyce and Fr. Colm O'Gallchoir

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We would like to remind everyone to follow the social distancing guidelines & to take care of anyone vulnerable in our community.

Termon Talk with Jamie Gallagher

Name: Jamie Gallagher
Age: 38
Occupation: Civil Engineer
Team you play for: Termon Seniors / Reserves or Hopefully the 3rds in 2020 or 2021
Toughest opponent you have ever faced: Neil Gallagher (Glenswilly) or Martin McElhinney (St Michaels)
Who is the best / worst trainer in the team: I'd probably be one of the worst but Paddy Boots can confirm, I do come up with plenty of good excuses...



Jamie Gallagher with his daughter Emily and son James.

What is the best/worst pitch ever played on: Best - O'Donnell Park. Worst - Bundoran's Pitch
Where do you go to celebrate after a win: At one time the Lagoon, now the Physio!
Any odd items in your kit bag: Always sweets for Stevie McElwaine
Best/ worst quote you have heard from a manager/player: Paul (Jock) McLaughlin: "You're running around out there like a herd of young heifers let out for the first day of spring".
Best manager you have played for and why: A lot of good managers, each with their own positive attributes. Probably think Darren Gibson got the best out of me but.
Best ever performance: Beating St Michaels in the Intermediate final was my first big taste of success and was very well celebrated
Worst ever performance: Losing to Glenswilly and Kilcar in the Senior Championship Quarters were both very disappointing performances.
Who is the biggest joker in the team: Pauric 'Funky' Helferty by a mile
Who has the best/ worst diet: Anthony McGrenra has been fond of the "Mars bars" in his day but he's an athlete now...
Who is the best / worst player to sit beside on the bus and why: Car journey with Funky, Sparks and Tony are hard to beat. Somehow Funky never has to drive....
Who spends most time in front of the mirror after a game: Any one of the current young crop of players... It was never a thing in the past....
Who did you pretend to be when playing when you were younger: Hard question, can't remember....
Which teammate had the best looking other half: I can't look beyond my good wife...
Tell us something no one else knows about you: I'm sure none of my teammates know that I ran a Marathon in sub 4 hours back in 2009... I never mention it or wear any t-shirt...
What makes your club/team so special to you: Playing competitive sport and having the craic with your teammates no matter what age differences exist. You definitely miss it when you're away from it.

Fanad Dunes erosion



Scenes at the Rinmore/Rinboy Beach in Fanad where the sand dunes have been damaged beyond repair. Thousands of tonnes of sand are under further threat as the Marm Grass protecting them has now disappeared. The pictures show the protective wire fencing which was 30metres from the front of the dunes 20 years ago has now been ripped apart in the gales of the early spring. Photos by John McAteer.



Tirconail Tribune

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Murrin Hill gorse fire brought under control

Two fire crews battled through the early hours of Wednesday morning to bring a gorse fire under control at Murrin Hill in Fanad. A crew from Milford Fire Service were first on the scene at approximately 2am after being alerted to the blaze by local gardai. They were joined at the scene by Letterkenny Fire Brigade and both teams worked successfully to stop the flames from damaging the communications mast on the hill top.

The 12 fire crew members worked until 7am when the fire was brought under control. No one was injured in the incident. On Wednesday afternoon fire services, along with help from the local community, successfully contained a gorse fire in Ranafast. While the flames came close to some houses no one was injured and no property was damaged. A status red fire warning for the country remains in place until Thursday afternoon.



Members of the Milford Fire Service at the gorse fire on Murrin Hill on Wednesday morning.

Fanad SVP

Anyone seeking help or support can contact the local branch of the St. Vincent de Paul Society on 0871411200. All matters will be dealt with in complete confidentiality.

Credit Union Draw postponed

The Swilly Mulroy Credit Union holiday draw has been postponed until a later date due to the Covid 19 pandemic. Tickets will continue on sale in the Credit Union offices at €20 each.

The Credit Union have also introduced Lodge-ment Envelopes which can be collected in the local offices and re-

Kerrykeel Vintage Day Cancelled

Due to the coronavirus the committee of the Kerrykeel Vintage Day have announced that their Vintage Day due to take place on Saturday 13th June has been cancelled.

turned through the letter boxes in the doors. The Credit Union offices in Kerrykeel, Milford and Rathmullan remain open for business at the usual hours and members are asked to be careful and observe the social distances procedures in place and only limited numbers are allowed in the office at the same time.

Members are also encouraged to take a look at the various online features which can be used including an app which can be downloaded to your smartphone. Any queries you can call the Kerrykeel office on 9150188.

Cuckoo Comes Calling

Perhaps it is the sound of silence in the countryside, but the sound of the cuckoo in Fanad seems more musical than last year. The calls are being heard around Portsalon and in the

Rosskirk area in the past ten days... the corncrake is also due soon.

Please grant it, Lord

By Olive Borland

There are many souls in Ireland who need to be rescued and won Drifting far from God in heaven, drifting far away in sin.

Heart of Jesus with compassion move upon this heart of mine, So that many souls in Ireland may one day in Glory shine?

Help me share the love of Jesus with people who comes my way. Help me tell of His grace and mercy for each of us who have gone astray.

Help me point them to my Saviour who wants to cleanse all of sin He, who guarantees an eternal home where we can dwell forever with Him.

When it comes their time to meet Him I don't want anyone to hear Him say "Depart from me I never knew you." Rather, "Come, I am so glad you found your way."

In Memorium



O'Brien Pat
Aughadreena
7th Anniversary

Cherished memories today and always of my dear father who died on the 6th May 2013.

"To live is the rarest thing in this world. Most people exist, that is all"

Remembered with love and gratitude by Art, grandsons Shane, Luke and Liam.

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Brendan's "Take a Hike on the Wild Side!"

Brendan Rohan, formerly of Dunfanaghy's Corcreggan Mill is to undertake a hike in aid of Pieta House which is in compliance with the Covid regulation.

Brendan explained his decision: "It's because we're still in lockdown due to the necessity for government restrictions on human movement and physical interaction, which is for our own as well as the nation's safety generally, that the very important 'Darkness into Light' walk to raise badly needed funds for Pieta House (due to take place this Saturday morning, 9th May) has been cancelled.

However, there may be a chink of "light" in the offing. There may be a way of acknowledging the loss of life to suicide and the incredibly important work Pieta House does, while at the same time raising some badly needed funds for this essential service, all the while complying with the necessities of our nation's response to the Covid 19 pandemic.

'Hike for Hope' is suggesting a number of ways in which everyone can help, as follows ...

donate on the Hike for Hope Go Fund Me link: [gf.me/u/xyzn4b](https://gofundme.com/u/xyzn4b) choose a virtual hike (more



choose a trail to do, within the currently permitted 5km radius of your home and, share it on social media using the hash tag #hikeforhope and then complete Hike for

Hope between 8th-10th May.

For more information Email: hikeforhope2020@gmail.com

Then I got to thinking ... what could I do to help, here in the Creeslough area, while recognising the very real threat to human life posed by the Covid-19 pandemic - not least my own health given my cancer and other medical issues and the fact that I managed to persuade the ambulance team who arrived at my home to take me to hospital on Tue morning, that I had recovered sufficiently to be taken care of in the short term by my incredibly professional and compassionate GP, Dr Rory Stewart.

Then I thought ... perhaps if I publicised what I intend to do, maybe a few people (emphasis on "few") might join me? Being a qualified Walking Group Leader I knew that I'd be able to comfortably manage a small group of people, on the rather simple 4km walk I have in mind, while ensuring observance of 2m 'Social Distancing', within the currently permitted 5k radius of where I live.

However, if there were more people who wanted to 'tag along', that would cause a

concern for the Gardaí and others who are "on the front line" ensuring all our safety in the present crisis.

So, I consulted with my local Garda, James Doran, a man who I hope will not be offended if I refer to him as an old-style Garda - a man who epitomises the ethos enshrined in the name of the organisation within which he serves our community, as a Guardian of the Peace.

Here's how the Virtual Hike challenge works, which you can do on the flat, in your garden or by climbing your stairs, if you have either. Chose an official trail which appeals to you..

In summary, here's how to take part in Hike for Hope:

1. Choose your challenge: Mountain or Trail: group or individual. Choose which hiking challenge you want to undertake from the Hike for Hope list.

2. Share your challenge: Share what you are doing on Social Media with the Hashtag #hikeforhope. Gather support from your friends and family.

3. Track and complete your challenge: Hike for Hope between 12pm on 8th May and midnight 10th May. Donate to the GoFundMe when you reach the summit.

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www.ripplesrestaurant.net

Where food matters

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STARTERS

Homemade Vegetable Soup €4.00
Bruschetta of Sundried Tomatoes, Olive Oil & Garlic - Salad €6.50
Oven Baked Brie - Salad & Cranberry Sauce €6.00
Deep Fried Garlic Mushroom - Salad & Garlic Mayonnaise €5.00

MAINS

Take Away Dinners eg Turkey & Ham or Salmon, Vegetables & Potatoes €14.50
Traditional Fish & Chips €12.50
Supreme of Chicken Maryland or Kiev - Creamed Potato, Chips or Garlic Potatoes €12.50
Battered Sausages - Chips or Garlic Potatoes € 8.50
Homemade 8 Oz Steak Burger - Chip or Garlic Potatoes €12.50
(Toppings €1 Extra - Pineapple, Bacon, Cheese, Salad)
Chicken Burger Topped with Bacon & Cheese - Chips or Garlic Potatoes €12.50
Salad and Chilli Chicken - Rice or Chips €12.50
Vegetarian Tagliatelle (Tomato Based Sauce) - Garlic Bread €11.50
Homemade Chicken Curry (Onions & Peppers) - Rice or Chips €12.50
Warm Chicken Salad with Garlic Potatoes and Bacon Bits €12.50
Sweet Chilli Chicken - Rice or Chips €12.50
Chicken and Bacon Carbonara - Garlic Bread €12.50
Homemade Chicken Goujons - Creamed Potatoes, Chips or Garlic Potatoes €12.50

EXTRA SIDES

Chips	€3.50	Sauté Mushroom	€3.50
Creamed Potato	€3.00	Rice	€2.50
Garlic Potato	€3.50	Salad	€3.50
		Sauté Onions	€3.00

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Acknowledgement

Dougherty
Daniel
Carland, Kerrykeel



We, the family of the late Daniel Dougherty, would like to offer our sincere thanks and appreciation to the many people who showed kindness and support during daddy's illness and on his recent sad passing. To our neighbours, friends, extended family and work colleagues who supported us at the time of the wake and funeral, and continue to do so, we are truly grateful. To everyone who sent cards and flowers, thank you.

Thank you to Fr Pat McGarvey for his spiritual support and guidance, and for making Daddy's funeral a lovely celebration of his life. Thank you to Maggie Friel for the lovely music at the funeral, it was much appreciated. Thank you to Sean McAteer, Undertaker, for the very professional service and assistance with the funeral arrangements. Thank you to the grave diggers and coffin carriers. Thank you to Patricia Shiels and Brid Dougherty who provided food after the funeral.

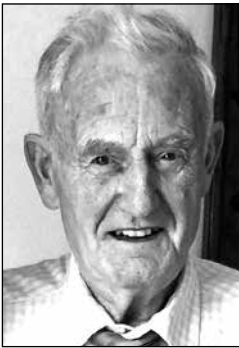
A very special thank you to the Home Help team who assisted us in our care of Daddy at home, particularly Marion, Philomena, Kathleen and Diana. Thank you to Dr Gilligan King and the staff at Tamney Health Centre, PHN Annie Shiels and Diane Doherty and the Palliative Care Team. Thank you to the staff at Murray's Pharmacy, Ramelton and the Dementia Service, Soloman's Court.

A special thank you to Patricia Shiels and staff and Eamon Callaghan at the Day Centre in Trialough, who gave such happiness to Daddy when he attended.

It is impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation.

A memorial Mass is being held on Friday 8th May at 11am, accessible on Facebook at St. Mary's Fanavolty or through Google by typing in St. Mary's Fanavolty Facebook.

Shovelin



We, the wife and family of the late Eddie Shovelin would like to express our sincere thanks and appreciation to all those who sympathized with us during our recent bereavement. Thank you for all the Mass and sympathy cards, flowers, phone calls, text messages and messages sent through RIP.ie. A sincere word of thanks to the wonderful staff at Letterkenny University Hospital, who cared so well for Eddie during his time there.

Also many thanks to Dr. Tom Nunan and to Maria and Sandra, Public Health Nurses, who provided such good care for Eddie at home. Thank you to Phonsie and Liam McElwee, Undertakers for their compassion and professionalism, in looking after the arrangements, and those who prepared the grave. Thank you to Grainne who provided food at this time.

We would like to extend our thanks to our kind neighbours and friends who provided a guard of honour at our home. It was lovely to receive such support when the wake and burial were private, in accordance with Government guidelines. A special thank you to Fr. Martin Collum, who celebrated the funeral Mass which was live-streamed.

As it is impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation.

Months Mind Mass will be offered for Eddie on Sunday, 10th May at 10am. The Mass can be viewed on MCN media, St. Joseph's Church, Rathmullan.

Planning Notices

Donegal County Council

Drumsallagh, Churchill, Letterkenny M.D.
I, Patrick Patterson, am applying to Donegal County Council for Planning Permission to Erect New Double Garage Building to Side and Rear of Existing Dwelling House @ Drumsallagh, Churchill, Letterkenny M.D., Co. Donegal. (The development will consist of one double garage building structure, one garage area for the purposes of domestic vehicle use and one garage area for the hobby purpose of storing maximum 2no. Vintage/Historical Cars ONLY, for the purpose of attending vintage and historical car rallies during the Spring/Summer season.). The Planning Application may be inspected or

Healy
George

Hillhead, Kilmacrenan (Belmullet Co. Mayo)



Sheila, Tim, Daniel, Alice, Catherine, Jules, George, daughters -in-law, sons in law, grandchildren and extended family of the late George Healy wish to express their sincere gratitude to all those who sympathised and supported them on their recent sad bereavement.

To Fr Paddy Dunne PP Kilmacrenan for his prayers and support throughout George's illness, his spiritual guidance and his wonderful funeral Mass which was a great comfort to the family and a beautiful tribute to George. Furthermore, our appreciation to Jimmy Stafford and Joe Dunne for their assistance with the Mass. Also to Fr Desmond Sweeney, Canon Denis McGettigan and Canon James Quinn for all their prayers and comforting words.

Our heartfelt thanks to all those who contacted the family by phone, shared beautiful messages on social media, sent Mass cards, sympathy cards and floral tributes and especially our kind neighbours and friends for their generosity. Thanks to the Doctors, nurses and staff of Oncology LGH, the public health and palliative care nurses who attended George at home, the management and staff of Lloyds chemist and the Ark Medical Centre Letterkenny.

We would like to further extend our thanks to Superintendent David Kelly and An Garda Siochana for their respectful and very moving tribute to George on his final journey.

A special token of appreciation to Patrick Sweeney, funeral director for his professionalism and compassion shown towards the family at a very difficult time. The Holy Sacrifice of the Mass will be offered for your intentions.

May George's gentle soul rest in peace.

Memoriam



Butler

Jack
New Line Road,
Letterkenny
6th Anniversary

In loving memory of a dear husband, father and grandfather and uncle Jack who died on 30th April 2014.

Those we love don't go away, they walk beside us every day, Unseen, unheard but always near, Still loved, still missed and very dear.

Always loved and remembered by your daughter Jackie, son-in-law Martin, grandchildren Oisín, Caoimhe, Bronagh and Lara and nieces and nephews Thora, Martin, Jackie, Lisa, Edwin, Lucia, Michael, Bobby, Veronique, Dwane, John, Elsie, Edwina and Jim.



Doyle

Michael
Meenunone,
Creeslough
3rd Anniversary

Precious memories of a wonderful husband, Gad, Granddad and Great Granddad Michael who died on the 7th May 2017

You left this world so quickly, we still wonder why, For the saddest part of all, you never said goodbye,

You left us many memories, to us you were so dear, No matter when we needed you, we always found you near.

You gave us all you had to give, gifts both big and small, But most of all you gave us love, the greatest gift of all.

Much loved by your loving wife Kathleen, sons - Michael and Marjorie, Danny and Clodagh, daughter Cathy xxxxxx

The world changes from year to year, our lives from day to day, But the love and memory of you Grandad shall never pass away

Always loved by your grandchildren Johnny, Faye, Ciana, Ciara and Michael xxxxx

Sending love and blowing kisses to our Great Grandad up in Heaven, with lots of big hugs just for you.

Lots of love always from your great granddaughters Leah and Aoibhe xx

Wherever we go, whatever we do, memories keep us near to you.

Prayer for Publication

Dear heart of Jesus in the past I have asked for many favours. This time I ask for a special one (mention here). Take it dear heart of Jesus and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for 3 days, promise publication and favour will be granted no matter how impossible never know to fail. **BC**

McVey

Tommy
Carland, Kerrykeel
3rd Anniversary

In loving memory of Tommy who died on the 12th May 2017

No matter how life changes, no matter what we do, A special place within my heart is always kept for you.

Love Nicola and family xx

the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observa-



Duffy

Declan
Murlog, Downings
16th Anniversary

In loving memory of our dear son Declan, who died on 10th May 2004 R.I.P.

Happy and smiling, always content, Loved and respected wherever you went, A beautiful life that came to an end, You died as you lived, everyone's friend.

Will those who think of Declan today, A little prayer to Jesus say.

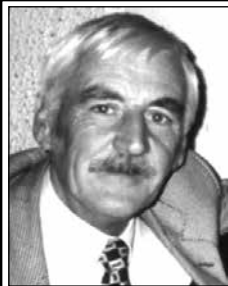
Sadly missed by Mum and Dad

My life goes on without you but things are not the same, It is hard to hide the heartache when someone speaks your name, Your resting place I visit and say a little prayer, But no one knows the heartache when I turn and leave you there.

Always remembered and sadly missed by your brother Con.

Forever loved and remembered by your niece and goddaughter Aoife and all the Coyles, Maghermagorgan.

Anniversary Mass in the St. John the Baptist Church, Carrigart on Sunday 10th May at 11.30a.m. and can be viewed on the Parish of Mevagh facebook.



McFadden
Patrick (Sunshine)
5th Anniversary

Fondest memories of Patrick who died on 12th May 2015.

Silent memories keep you near, as time unfolds another year, from our lives you have gone, out of our hearts you still live on.

Always remembered by Anne, Stephanie, Patrick and Natalie, Letterkenny and Danielle, Toronto and grand children Emma and Patrick.

Mass will be Offered.

tion will be considered by the planning authority in making a decision on the application.



Friel

Sarah Ellen
Falanese,
Kindrum, Fanad
1st Anniversary

In loving memory of Sarah Ellen who died on the 4th May 2019.

Quietly today your memory is kept, No words are needed, we will never forget, Time goes by and always does, But we will treasure the memories we have of you. RIP

Loved and remembered by your son Henry, sister Bridget, Cathal and Patsy, nieces and nephews.



McGeehan
Brendan
Kilmacrennan
1st Anniversary

In loving memory of a dear husband, father, grandfather and great grandfather who died on 9th May 2019.

It isn't what we write or even what we say, It's how we feel inside as we think of you today, As we lovingly miss you each and every day, We miss your smile, your joking ways, we miss the things you used to say, And when old times we do recall it's then we miss you most of all.

Sadly missed by wife Anne and family.



Shields

Jean
Ramelton
1st Anniversary

In loving memory of Jean Shields who died on the 4th May 2019.

In God's own care you rest above, In our hearts you rest with love. Quietly today your memory we treasure, Loving you always, forgetting you never.

Always remembered by your husband, sister, nieces and nephew and extended family.

dml

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purchased at a fee not exceeding the reasonable cost of making a copy, at the Offices of the Planning Authority, County House, Lifford during its Public Opening Hours. A Submission or Observation in relation to the Application may be made in writing to the Planning Authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt by the Authority of the Application, and such Submissions or Observations will be considered by the Planning Authority in making a decision on the Application. The Planning Authority may Grant Permission subject to or without conditions, or may refuse to Grant Permission.

**Donegal County Council
Tullychullion, Newmills, Letterkenny**

We, Patrick & Mary McDevitt are applying to Donegal County Council for permission to erect a dwelling house with septic tank and domestic garage with all associated site development works at Tullychullion, Newmills, Letterkenny, County Donegal in the Townland of Tullychullion. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of

Rathmullan

Death of James O'Hanlon

The sudden death has occurred in Glasgow of James O'Hanlon, son of the late Jim O'Hanlon of Saltpans. The sympathy of the community is extended to his family members and to all James' relatives and friends.

Condolences

The sympathy of the community is extended to David and Beth Deeney, Ballyboe on the recent death of David's mother Deborah, who died peacefully at home in Derry. Deborah was a frequent visitor to the Ballyboe and enjoyed her visits to Rathmullan. Due to the ongoing Covid-19 restrictions, the wake and funeral were private. May she rest in peace.

St. Vincent de Paul

If you require assistance at this difficult time, please contact in confidence, on 087 3343154 or our Regional office on 074 9173933 or gemmaduffy@svp.ie. We wish everyone good health.

If We Can Help

The team at Rathmullan Celtic FC, White Strand United FC and CLG Baile na nGalloglach (Milford GAA)

are happy to help, delivering groceries, essentials, prescriptions etc. to your door. They are also available to assist with any small essential job or emergency domestic repair. Also offering a link for deliveries if you want to contact these local services: Carbery's XL Shop - (074) 9158148 Rathmullan Pharmacy - (074) 915 8492.

Contact numbers: Seamus Gavaghan - 086 8508455 Enda McElhinney - 086 4019256

John T Sheridan - 087 283 3591 Liam Kelly - 085 1043440

Sean Barrett - 087 2938322 Garry McMahon - 0044 77 18703428

Mark Curran - 086 873 2749 Roisin McCormick - 087 9188795

Clean Coasts Update

The dog bin at the beach has been emptied and the bags replenished. Please continue to use them.

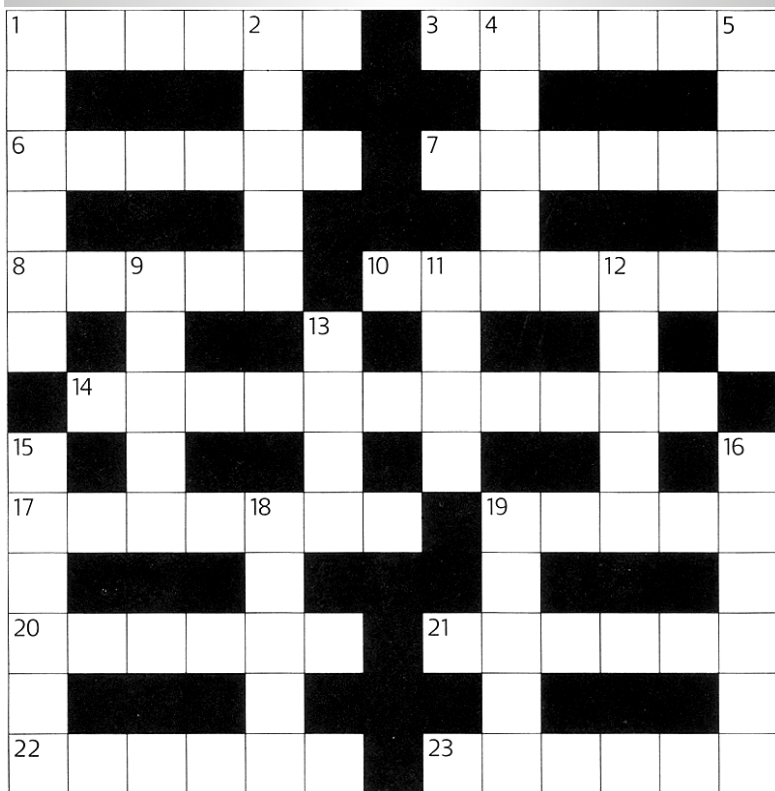
Thanks to Logan Waste for their ongoing maintenance of the bottle and can banks at the pier car park.

Thanks to everyone for their recycling habits but can we remind you to bring your cardboard boxes home and not put them in to the litter bins.

SOLAS supporting Donegal parents with literacy and numeracy difficulties

Many parents in Donegal may find it challenging to support their children's learning, particularly during the Covid-19 lockdown, a time when they may need more assistance. That's according to SOLAS, the Further Education and Training Authority. For more information on the range of literacy and numeracy supports available please contact Donegal ETB, <http://donegalvec.ie/>, or Freephone NALA on 1800 20 20 65 nala.ie.

Tribune Crossword No. 867



Across

- 1. Blustery (6)
- 3. Adage (6)
- 6. One of the Gorgons (6)
- 7. Country, capital Amman (6)
- 8. Dwelt (5)
- 10. Concoct (7)
- 14. Prone (11)
- 17. Endeavour (7)
- 19. Deeper (5)
- 20. British political party (6)
- 21. Remained (6)
- 22. Exhausting (6)
- 23. Join together (6)

Down

- 1. Figure of speech (6)
- 2. Pondered (5)
- 4. Kindled (5)
- 5. Artillery soldier (6)
- 9. Strongroom (5)
- 11. Educating ____, film (4)
- 12. Permit (5)
- 13. Peek (4)
- 15. Woodworking tool (6)
- 16. War film, A ____ Too Far (6)
- 18. Grieve (5)
- 19. Respite (3-2)

The first correct entry opened on Tuesday 12th May will receive a Ball Point Pen. Send your entry to Crossword No. 867 Tirconail Tribune, Main Street, Milford.

Name _____

Address _____

Solutions to Crossword No. 866

Across 1. Montgomery, 8. Paragon, 9. Cater, 10. Lack, 11. Veer, 12. Rid, 14. Chopin, 15. Mosaic, 18. Tun, 20. Toad, 21. Slam, 23. Oates, 24. Bronson, 25. Generation. Down 1. Morocco, 2. Nigh, 3. Ganges, 4. Macaroon, 5. Rotor, 6. Application, 7. Predicament, 13. Distaste, 16. Allison, 17. Zambia, 19. Notre, 22. Gobi

Congratulations to Stephen Treacy, Carrigart, Co. Donegal who won Crossword No. 866.

Healthy Living with Sinead

Asthma and Allergies



Asthma is a chronic respiratory disease - a long-term disease of the lungs. It causes your airways to get inflamed and narrow, and this makes breathing difficult. Typical symptoms include coughing, wheezing, shortness of breath and chest tightness. And it's on the up. In Ireland, more than 1 in 4 children now have asthma, compared to 1 in 18 back in the 1970s.

The question is, why? Most experts agree it's likely down to changes in diet, lifestyle or environmental factors, with food allergies being very high on the list of contributing factors. Yet few sufferers are informed in any detail about the key contributory factors or checked out thoroughly for food allergies. Prescriptions for corticosteroid creams or inhalers are routine when you visit your GP (and, to be clear, you should always visit your GP if you are in any way concerned about your health). There's little doubt that the main anti-inflammatory drugs used to treat eczema and asthma, although they are very effective in providing relief particularly in the short term, can make things worse in the long run and there are often side effects.

Conceptually, the best approach is to consider that an asthma attack is triggered when a person's total load exceeds their capacity to adapt. While there may be a specific trigger (like stress or cigarette smoke) these triggers can be seen as 'the straw that broke the camel's back' rather than the actual cause. Perhaps, then, the goal should be increasing your capacity to adapt and lessening the total load.

As a nutrition professional, I can tell you that checking for allergies and food intolerances, upping your intake of antioxidants, essential fats and other natural anti-inflammatory foods will, at worst, reduce the need for drugs and at best, completely relieve symptoms. It is not a substitute for medical guidance. While there's a lack of good studies to prove the benefits of an all-round nutrition-based approach (which doesn't mean that there's no point in doing this, just that no one has actually studied it), there are plenty of good reasons to give these suggestions a go and see what happens to your symptoms.

NATURAL APPROACHES TO ASTHMA

Find out what you are allergic too, here are two kinds of allergies: IgE and IgG (sometimes referred to as intolerances). IgE (Immunoglobulin E) reactions are what you think of as conventional allergies. People with asthma often have higher levels of IgE, making them hypersensitive to certain substances. You can test your IgE sensitivity and identify specifically what you are reacting to with an IgE blood test. If you have asthma, you may already have had this done. If not, this can be done privately. The test involves taking a pinprick of blood with an easy-to-use home kit and posting it to the laboratory for testing. Most asthma sufferers also have IgG sensitivities to foods. These intolerances are not as obvious (or immediate) as an allergic reaction and may not always precipitate an asthma attack. If they do, asthma symptoms may not occur until 24 hours later. Common foods that cause reactions are milk products, gluten cereals (wheat, rye, barley, oats) and yeast. You can dabble with cutting these foods out yourself but it's much easier and quicker to take a test. Your doctor is unlikely to offer an IgG allergy test.

AVOID YOUR PROVEN ALLERGENS OR FOOD SENSITIVITIES

Once you know what you are reacting to, you need to avoid your allergens. When it comes to IgE sensitivities, these last for life. You can, however, 'grow out'

of IgG sensitivities if you avoid the allergens a number of months and take steps to allow your body to heal.

However, not all allergens are easy to avoid. If, for example, you are allergic to pollen, you won't be able to manage to avoid it completely. So, if you are pollen sensitive, you might choose to cut out all grains (which are grasses) and dairy products (made from grass) during the pollen season as the body can 'cross react' to similar proteins.

If you are allergic to house dust mites, which live in mattresses and carpets, you'll need to go to war on these little creatures by changing your bedding regularly and always washing on a hot wash and dry really well.

House dust mite allergy has increased enormously since central heating became the norm because these bugs love moisture and don't like big temperature changes. If you think you have an infestation, either get a new mattress or put yours out to sunbathe on a couple of extremely hot days. You might also look into having the mattress steam cleaned. Then use a house dust mite proof cover for your mattress and pillows. You can buy them from most big department stores and online.

Invest in a bed base that lets the bed air really well. Although you may love the tidiness of a well-made bed, the best thing to do to prevent mites is to not make the bed and instead leave it to air naturally. You should let the room air as well - don't be afraid to open the windows. In an ideal world, you wouldn't have a carpet in the bedroom either.

IMPROVE YOUR DIGESTION

One of the major causes of food allergies is poor digestion. A lack of stomach acid often means you don't digest protein properly, so you end up with undigested food proteins in the gut. If your digestive tract becomes at all inflamed, for example by alcohol, these food proteins can cross into the blood and trigger allergies.

Once you've identified and avoided your known food allergens, I'd recommend a 30-day digestive rest programme. This means minimal gluten (which irritates the gut), lots of fruit and vegetables, digestive enzymes with each main meal, plus other supplements (as needed) to help restore the integrity of the gut lining.

INCREASE YOUR INTAKE OF ANTIOXIDANTS

There's no doubt that increasing your intake of antioxidants makes a difference to all aspects of health, including asthma. Numerous studies have shown that a high intake of fresh fruit and vegetables reduces asthma severity, and there is a strong implication that it is the high antioxidant nutrient content of fruits and vegetables that does this. The antioxidant nutrients that come out top are vitamin C, vitamin E, beta-carotene and bioflavonoids (which are especially rich in berries).

What will you want to add to your diet? Lots of broccoli, peppers, berries, citrus fruit, apples (all rich in vitamin C), carrots and tomatoes (rich in beta-carotene and lycopene) and seeds and fish (rich in vitamin E).

And remember that old saying about an apple a day keeps the doctor at bay? Here's why. A survey of 1,500 asthma sufferers in the UK found that people who ate at least two apples per week experienced a 22% to 32% lower asthma risk than those who ate fewer. Apart from vitamin C, apples contain the antioxidant quercetin, which reduces histamine and has been shown to have broncho-dilating properties (which is code for the fact they keep your airways nice and open). To have all bases covered, try to 'eat a

rainbow', which means 'have as many different colours of vegetables as you can'. This is because fruit and veg tends to be colour-coded for the types of helpful plant chemicals they contain. What we know is that these plant chemicals have a synergistic effect in the body (their sum is greater than the individual parts), so try to get in as many different colours as you can over the course of a week.

INCREASE YOUR INTAKE OF NATURAL ANTI-INFLAMMATORIES

The actual constriction of the airways happens due to an inflammatory reaction. Allergic reactions can cause a release of histamine that triggers inflammation and consequently this constriction.

Most anti-asthma drugs are acting as anti-inflammatories, the most common being steroid inhalers. These mimic the action of the body's own cortisol hormone that acts as a powerful anti-inflammatory.

Nature's most powerful anti-inflammatories are omega-3 fats, boswellia, curcumin, ginger, quercetin and MSM, which is a form of sulphur. Astaxanthin may also help.

So how can you get more of these into your diet?

Eat a diet high in oily fish (wild or organic salmon, mackerel, herring, kippers, sardines and tuna steak), omega-3 rich flaxseeds and pumpkin seeds to help lower levels of inflammation.

Reduce meat and milk, again to lower inflammation. For the same reason, it can be very effective to supplement 1,000mg of the combined omega-3s EPA/DHA, which usually means two to three fish oil capsules a day with food. (Note: you are specifically looking for omega-3 and not combinations involving omega 6 and/or 9). You may also want to experiment with astaxanthin, quercetin or the herbs boswellia, curcumin or ginger.

The supplement doses here are for adults but, if you have a child with asthma, the rule of thumb is to divide by body weight. So, a 5 stone child needs roughly half the amount. Nutritional therapists can help you find the best natural answers to asthma and test for possible contributing factors such as allergy.

IMPROVE YOUR AIR QUALITY

Most people with asthma are hypersensitive to changes in air quality and do much better in clean air. It's well worth investing in a decent ioniser for the bedroom and/or your major living space. Ionisers take dust and other tiny particles out of the air, including smoke and pollen. In addition to ionisers for your home, you can now buy discreet personal ionisers that you can wear and help protect you whether you are out in the fields or in a smog-filled city street.

WORKING WITH YOUR DOCTOR

Many of the recommendations made here to reduce your inflammatory and allergic sensitivity can be put into action without interfering in any way with medical treatment. And they may well reduce the need for it.

For instance, if you have asthma and you find taking in some of these suggestions makes your condition much better, it is worth talking to your doctor about whether it makes sense to reduce how often you use your inhaler - do NOT simply stop using it, however, without medical advice. One of the most important factors to check for is allergies. Your doctor may be willing to refer you for allergy tests. It is important, however, that you are checked for both IgE and IgG allergies. As few doctors check for IgG-based allergies, you may need to do it using food allergy/ intolerance test.

To find out more about my Wellness Programmes, contact me on 0874191301 or find me on facebook SB Sport and Nutrition Therapist.

Creeslough

Sympathy

The death has taken place of Mrs. Eileen Friel, Ballymagowan, Fannad and sympathy is extended to her sister, Bernadette McFadden and Ben, Ards on their bereavement. Sympathy from the community is also extended to her husband, Dermot, her sons Eamon and Liam and daughter Ann Marie and husband Darren Stewart, Port-na-blagh and all the family circle. Her funeral took place on Friday.

The death has taken place of Mrs. Rita Hunter 3 Mulroy View, Carrigart wife of John Hunter formerly of Massinass, Creeslough. Following Mass, burial took place to Doe cemetery. Sympathy from the community is extended to John and family and the family circle.

The death has taken place of West Donegal historian and author, Frank Sweeney. Frank was originally from Annagry and passed away at his home in Dublin on April 26th. He was known to many locally for his book "That Old Sinner" about the history of the Letterkenny to Burtonport railway. He visited Mc Carrys Kildarragh at the time of a Railway Walk with Mr. Neil Tee and signed copies of his book. Sympathy is extended to his wife and family.

Ailish McBride Number 1

Congratulations to local country

singer Ailish McBride on getting number 1 on iTunes with her new single Windy City. This is a great achievement and the song has been receiving extensive plays on Radio and TV since its release. Ailish beat off competition from American country stars such as Vince Gill, Luke Combs and Irish stars Nathan Carter and Michael English to reach the top spot.

St. Michael's Mini Lotto

There was no Jackpot winner in the St. Michael's Mini Lotto on Sunday night last. The numbers drawn were: 6,10,13,14,17,20. There were no Match 5 winner. 13 People matched 4 and their names were drawn; the winner of the €100 was Tina Carolan Magheramena Dunfanaghy. This week's Jackpot will be €6100.

Mass on TV

Mass continues daily on TV via RTE (521) at 10.30 a.m. It is followed by a talk from other denominations afterwards. Also on EWTN (588) Mass is on a few times during the day and the Rosary as well.

Stay in Touch

During this time it is really important to stay in touch with one another. A telephone call an email, text, facebook etc. For people who live alone, do maintain social contact through your house 'phone or mobile 'phone. A friendly call to a friend or neighbour could make a big difference.



The view of Throat Lake, Creeslough in an early morning sunrise over the Bank Holiday Weekend. Photo by Patricia Swann

Lourdes Pilgrimage

Due to ongoing concerns over the Coronavirus pandemic, the Raphoe Diocesan Pilgrimage to Lourdes due for departure on the 24th May 2020 has been RESCHEDULED to the 25th May 2021. All fares that have been paid have been transferred to 2021.

Community Response to COVID 19

Due to the current Covid-19 restrictions and "self isolation" a few Groups have come together a Home Delivery Service for anyone wishing to avail of it. Services available when the need arises: Picking up and delivery of shopping /

urgent supplies, Collection and delivery of medication. In the event of needing further information please contact one of co-ordinators: Con Ferry 087 2830045, AnnMarie Kelly 0879454107 or Elaine Mc Daid 0864045442. Graveyard Mass The Mass in Doe cemetery will be on Sunday August 2nd at 11.00 a.m. – the Bank Holiday weekend.

GROW

GROW Groups offer an opportunity for people, over the age of 18 years, to talk openly about depression, bipolar disorder, other mood conditions and their impact. Peers share their experience and

understanding and offer an exchange of thoughts and techniques around self-care and resilience in a supportive, confidential and pro-active environment. "You alone can do it, but you can't do it alone". If you would like to talk to somebody call our info-line on: 1890 474 474.

Creeslough Community Alert

A Text Alert Scheme is operational in the area. This is a means of immediate communication from An Garda to the public. This is a free service and if you would like to be included in the scheme, please ring Patrick on 086 1083488.

St. Vincent De Paul

If you find yourself in need of help at this or any time of the year please contact us on 0862328791 or contact any of our members and assured of our confidentiality at all times.

St. Michael's Mini Lotto

There was no Jackpot winner in the St. Michael's Mini Lotto on Sunday night last. The Numbers drawn were: 6,10,13,14,17,20. There were no Match 5 winner. 13 people matched 4 and their names were drawn; the winner of the €100 was Tina Carolan, Magheramena, Dunfanaghy. This week's Jackpot will be €6100.

Free Service

Holistic healthcare support, advice or signposting, daily til 6pm during lockdown

Call 0857232807 - 91 38457 - patriciaswann33@gmail.com.

Cloughaneely

The late Rosemary Moran

The death occurred of Rosemary Moran, nee Sharkey, Greenhills, Dublin and Shroughan, Falcarragh on Friday peacefully, after a long illness at The Marlay Nursing Home. She was predeceased by her husband Michael. Rosemary will be deeply missed and always loved by her daughters Deirdre, Linda and Enda and her son Jon, sons-in-law Jimmy, Damian and Gary, daughter-in-law Ciara and grandchildren Jimmy, Debbie, Sadhbh, Caoimhe, Callum, Max, and Nicole.

Rosemary will also be much missed by her sisters Madge and brother in law Ray Wood, Birmingham and Gracie, Shroughan, Falcarragh, brothers Mick, Jimmy and Paddy, Falcarragh, nieces and nephews and her many relatives, friends and neighbours in Dublin.

Her funeral took place on Tuesday following Requiem Mass in Holy Spirit Parish Church, Greenhills.

Coiste Pleanáil Teanga

Seol físeán duit fein nó de do chairde ag ceol amhráin, píosa siamsaíochta nó craic, meme, selfie nó rud ar bith eile siamsúil (fad is atá sé i nGaeilge). Duaiseanna iontacha. seol ag 087 2270722 nó ag na meáin shóisialta. (competition for young people from or living in Cloich Cheann Fhaola.

Send a video or photo of you (and friends if you wish) doing some piece of entertainment, or a meme or a selfie. As long as it is in Irish. Bain triall as! Tá CPTCCF ag eagrú comórtas beag ealaíne ar-líne do pháistí ag aois bunscoile as Chloich Cheann Fhaola. Déant pictiúir agus glac grianghraf dó ar fhón póca. Seol chugainn é ag 087 227 0722 agus cuirfidh muid ar thaispeántas é ar na meáin Shóisialta. Duaiseanna galánta! Cur d'ainm agus seoladh leis an teachtaireacht CPTCCF are organising an art competition for primary school kids from Cloich Cheann Fhaola. Send your entry by phone to 087 227 0722 and we will display it on social media. Winners announced at end of month. Nice prizes. Put your name and address with the entry.

Comórtas do Phobal

Abair DánCOMÓRTAS -DUAIS €100. Pleanáil Teanga Chloich Cheann Fhaola. 1. Déan taifead duit féin ag rá dáin. 2. Ainmigh an

chéad dhuine eile le dán a rá. 3. Seol an físeán chugainn. 4. Cuirfidh muid ar na meáin shóisialta é. Do phobal Chloich Cheann Fhaola amháin. Tá an chéad iarracht le Mary Cassidy le feiceáil ar an cheangaltán.

Connect with your Faith

Connect with our Faith each day ar Naomh Fionán: Church radio on FM 106.5 & Facebook: @falcarraghparish. Gort a 'Choirce: Can be viewed online at: www.mcnmedia.tv RTE & Online: RTE Broadcast Mass each day at 10: 30 am on the RTE News Now Channel, while a number of different churches broadcast online and these can be accessed on their Facebook sites, or on the following websites: www.churchservices.tv, www.mcnmedia.tv. Bishop Alan leads the Rosary and the Examen each evening at 9: 15 pm on the Raphoe Diocese Facebook. It's also on the St Eunan's Cathedral website.

Mental Health Association

Cloughaneely MHA set up to support mental health services, staff and service users in the area. We are here to help direct people to the services which they may require.

During this unprecedented and difficult time, the group urge you to look after your mental health. If you or someone you know needs our help, we are here to support you. All calls and emails are treated in the strict-

Dunfanaghy News

The late

Mrs Biddy MacArthur

The death occurred last week of Biddy MacArthur Marble Hill. Deceased was 94 years old and was a respected member of the local community. She was predeceased by her husband Colin a number of years ago. Biddy was born in India and in her younger days she counted as her friends Walt Disney and his brother Roy. She came to live in Marble Hill with her husband Colin in 1971 and the couple played an active part in

the local community where Colin was a noted local historian who published a widely acclaimed history of Dunfanaghy Presbyterian Church and its Congregation in 1978.

Sympathy is extended to her daughters Karin in Antrim, Brigida and her husband Nigel and their children Alexandra and James in Perth Australia, Fiona and her husband Jose Antonia and children Sara and Julia in Spain, Sara and her children Afric, Roisin and Donal in Dublin and to the entire family circle.

Her Burial took place in Ballymore Cemetery on Sunday where Cannon George Irwin officiated at the graveside.

Cloughaneely Golf Club

Cumann Gailf Chloich Cheann Fhaola would like to extend our sympathy to both the Sweeney and Terry Families on the recent death of Grace Sweeney (née Terry). Sean was a Club Member for many years and both Martin and Joe are both current Members of the Golf Club. Ar dheis Dé go raibh a hanam dílis.

2020 Club Captain Chris McCallion is eagerly awaiting to be the first person to hit a golfball on the golf course he might camp out the night before! Golf Ireland, the Irish Ladies Golf Union and the Golfing Union of Ireland – have warmly wel-

comed the Taoiseach's confirmation last week that golf courses can reopen for play (from 18th May) on a restricted basis in the first phase of the Government's roadmap for the easing of Covid-19 restrictions.

Hopefully if all goes to plan we will see the return to golf on 18th May. There will be a lot of restrictions in place, we are awaiting more information on this and golf will probably only be open to club members within 5km.

We welcome New Members to the Golf Club - Gents, Ladies and Juniors please contact us for more information on Golf Membership: Tel 074 9165416 or email us. Stay safe and healthy everyone. Bfíg slán agus tabhair aire.



The stunning Cloughaneely parkland Golf Course who are delighted with the news that golf can recommence on May 18th.

est of confidence. Cloughaneely MHA is supported by Mental Health Ireland. Contact Sally: 0833489749 or email cloughaneelymha@mentalhealthireland.ie.

An tSean Bheairic

An tSean Bheairic – supporting the Community Cé go bhfuil An tSean Bheairic druidte don phobal san am i láthair tá baill den fhoireann ar fáil le tacú leo siúd sa phobal atá aonraithe agus a bhfuil cuidiú de dhíth orthu le siopadóireacht

agus seachadtaí mar shampla. An tSean Bheairic is currently closed to the public, members of staff are available to support those who are isolated and need help with shopping or deliveries for example. Call 074 91 80888 nó 074 91 80655.

Fallen, Fallen is Babylon the Great

(guest column from my friend and colleague Warren Peel)

In no time at all, the world changed. Plague has brought the global economy crashing down. Trade and industry has ground to a standstill, except for essentials. That ubiquitous first-world leisure activity – shopping – is a thing of the past. Stores are closed and long-established household brands are going bust. It used to be you could sample a different world cuisine for every night of the month, but now all the restaurants lie empty. The musicals on Broadway and the West End are cancelled, Carnegie Hall and the Royal Albert Hall lie silent. Weddings are out of the question. What is especially remarkable about all this is the speed with which it has happened. It's as if it all took place in a single hour. It seems like no time at all since we were enjoying life as normal, and now the whole world is united in a great collective lament for the loss of that normality. It's the only topic of conversation on people's lips, the only subject in the news reports.

It might sound like I'm describing the present worldwide Covid19 crisis, but actually I'm summarizing Revelation 18, where John sees the end of the world. 'Fallen, fallen is Babylon the great!' (Rev 18.2). In the Bible Babylon represents the world against God – fallen, sinful humankind. So the fall of Babylon is a symbolic way of describing the end of the world.

Revelation 18 almost reads like a news report of the breakdown of civilisation. Listen to some of the dispatches:

From Wall Street and the London Stock Exchange: "And the merchants of the earth weep and mourn for her, since no one buys their cargo anymore" (v11-16)

From Hong Kong and New York and other key port cities of the world: "And all shipmasters and seafaring men, sailors and all whose trade is on the sea, stood far off and cried out as they saw the smoke of her burning." (v17-19)

Food for thought



Pastor Warren Peel

phrase: 'in a single hour your judgment has come.' (v8,10,17,19).

John's readers are not left to guess at the cause of Babylon's demise: 'her sins are heaped high as heaven, and God has remembered her iniquities.' (v5-6).

The end result is described in v8: For this reason her plagues will come in a single day, death and mourning and famine, and she will be burned up with fire; for mighty is the

From Broadway and the West End: "... the sound of harpists and musicians, of flute players and trumpeters, will be heard in you no more..." (v22-23)

The speed and suddenness of Babylon's fall is emphasized by the repetition of the

Lord God who has judged her. It's hard to miss the parallels between present crisis and the end of the world as it's described by John in this chapter. Now I'm not saying that this present pandemic is going to bring about the end of the world (though I'm not saying that it couldn't either). But I am pointing out that what we are seeing at the moment ought to remind us of the End. It's like a scaled-down preview of the End. Things are difficult in many respects at the moment – at the End they will be terrible in every respect.

The message of this current crisis is clear. There will be an End. Human history is not going round in circles. Whether it comes sooner or later, it will inevitably come. This global catastrophe is a merciful warning from God calling the people of the world to repent and trust Christ to save them, while they still can.

Mark Loughridge is one of the ministers in Milford Reformed Presbyterian Church. He can be contacted on 086 3907726 or jmarkloughridge@gmail.com. You can watch or listen online at www.milfordrpc.org

Ray Community Group

COTTON MATERIAL NEEDED TO MAKE MASKS

Clean cotton material needed to make face masks for adults and children attending appointments. If you have spare material can you please drop to Jim Barkers Shop, Pound Street, Rathmullan F92 W20D

CHILDRENS CLOTHES DONATIONS FOR LIFESTART

Thank you for all the donations of childrens clothes for Lifestart. All the clothes are being distributed to different services throughout Donegal to help families in need.

RAY BROADBAND HUB

We are currently working to have Ray Community Centre a Broadband/ Internet hub. Details on this to follow soon.

Townlands around Ray

Ray gets its name from 'Ráith' meaning ring fort or circular enclosure. There is a ring fort, probably from the Iron Age, located in on the right hand side just before the Mass Rock. This 'Ráith' was probably an early Celtic home in the Bronze or Iron Age and has a direct view of the Grianan of Aileach so it was very prominently situated. It was later used as a sacred place where hundreds of babies who were not baptised were buried. Christian teaching at that time didn't allow babies who died before they were baptised to be buried in consecrated ground. There is now a beautiful monument at the 'Ráith' to remember these babies, so that they will never be forgotten.

Ray is 0.91square miles in area and is bordered by Ballyconnolly, Craigmaddyroe Far, Drumherville, Glenalla and Kinletteragh. Ray is located in the parish of Aughnish and in the Barony of Kilmacrenan.

According to Griffith's Valuation between 1847 and 1864 the following were the family names living in the Ray area - Deeney, Delap, Doherty Donnelly, Gallagher, Griffin, Irwin, Malseed, Martin, McBride, McCarty, Mc Fadden, McGrory, McMeerka, McSweeney, McSwyne, McTeague, Meehan, Reid, Rogan, Sheal, Strain and Sweeney.

Glenalla (Gleann Eala)

Valley of the Swan

Glenalla is referred to in Bob Cheateley's poem as 'the valley of the swan'. It was also the setting for the 1902 book by English author and politician Alfred Edward Woodley Mason 'The Four Feathers'. It has been adapted into a movie and is available on YOU TUBE and stars Heath Ledger and Kate Hudson. Chapter 9 is entitled 'At Glenalla' and chapter 32 is entitled 'In the Church at Glenalla' and the following is a small extract

CENTRE CLOSED

Centre is now closed until further notice. We are doing our bit as a community and promoting all social distancing. Stay safe everyone.

RAY CHECKING IN WITH OUR NEIGHBOURS

With the current Covid-19 situation evolving we as a community group are playing our vital role and ensuring our friends and neighbours are all managing ok over the next few weeks.

We are keeping in touch and checking in with them regularly. Please do not hesitate to call us on 086 4519656, PM on facebook or contact any committee member if there is any thing we can do extra to help.

from the book

"The Farm House stood a mile above the village, in a wild moorland country. The heather encroached upon its garden, and the bridle-path ended at its door. On three sides an amphitheatre of hills, which changed so instantly to the season that it seemed one could distinguish from day to day a new gradation in their colours, harboured it like a ship. No trees grew upon those hills, the granite cropped out amidst the moss and heather; but they had a friendly sheltering look"

In 1995 some of the scenes from the 'Hanging Gale' starring the 4 McGann brothers were also filmed at Glenalla.

There was a Corn mill and then Flax Mill at Glenalla. In 1913 Mrs Franklin first got involved in Glenalla when she purchased what is now referred to affectionately locally as 'Franklin's'. There used to be 3 shops in the area Tolands, previously Dixons, Francie Begley's and Willie Davis.

Glenalla is 2.03 square miles in area and is bordered by Ballyconnolly, Conaghruad, Dunmore, Garrygort, Garrymore, Glentidaly, Glentidaly Glebe, Gortnavern, Kinletteragh, Lurganboy, Oughterlin and Ray. It is located in the parish of Aughnish and in the Barony of Kilmacrenan.

According to Griffith's Valuation between 1847 and 1864 the following were the family names living in the Ray area - Alcorn, Barrett, Begley, Boyle, Cathcart, Crawford, Curran, Davis, Divers, Doherty, Ferry, Gallagher, Grey, Gubbins, Harkin, Harte, Kerr, Kyle, Leany, Logan, McCarty, McCoach, McDermott, McDewitt, Mc Ilwee, McKenny, McSwyne, Meehan, Montgomery, Russell, Scott, Wallace and Williamson.

Drumherville

Drumherville is thought to mean 'The ridge of the bull' Drumherville is 0.43 square miles in area and is bordered by Ballyconnolly

Book Review by Connie McGranaghan

American Dirt Jeanine Cummins

Could you Imagine trekking across the desert between Mexico and the US, with your eight-year-old child desperate to escape the clutches of a vicious, mass murderer and drug lord who had killed seventeen members of your family, including your husband and Mother? No. Well neither could bookstore owner Lydia Perez. It is, however, the situation she finds herself in. This is as a result of her befriending the charming Javier, a regular customer to her bookstore in Acapulco when she discovers that they both share the love of some of her all-time favourite books.

Lydia is happily married to Sebastian a journalist, who is not afraid to write the truth and expose the bad guys even at the risk of his family's safety, and they have one son. Unbeknownst to Lydia Sebastian is about to expose Lydia's friend Javier as the leader of the newest and one of the deadliest drug cartels in Acapulco. Sebastian is also unaware of his wife's friendship with the evil drug lord.

After the huge expose and the mass murder at a family celebration, Lydia is forced to

flee Acapulco and her happy middle life existence with her son Luca and this journey is the main crux of the book. The journey they undertake leads them to meet with other Central and South Americans turned migrants, as they all travel thousands of miles, far away from Javier's influence to try and reach the safety of America. During their travels Lydia has to make life or death choices for her and Luca which includes hitching rides on the top of moving trains to try and help them reach their destination. They also encounter kindness from strangers who take pity on them and make new friendships with fellow travellers. Throughout the story however Lydia wonders if all her fellow travellers are what they seem and worries that Javier will discover them and finish what he started.

The book literally did keep me awake at night trying to get it finished and to discover if innocent Mother Lydia and her bright and intelligent son Luca would safely reach their destination. This is a wonderfully written book, a story filled with heartbreak, courage, love, fear and suspense. A great read which I would thoroughly recommend.



and Tirroddy to the west and Ballykenny and Ray to the east. It is located in the parish of Aughnish and in the Barony of Kilmacrenan.

There was a flax mill and a corn mill in Drumherville. Harkness's (the derelict house on the corner) had a Public House with a 6 day licence. There was also a shop and post office there which later moved to Mc Ateer's of Ray. Before Ray ridge was built the main road came down past Francie Mc Fadden's (Mc Gregors) and past the thatched cottage.

It is reported that the 1st ever Regatta, around the early 1830's, was held from Ray Bridge up to the Keagie in front of Mary Crerands' house. At that time this area was full of sand before work started on the pier in Rathmullan. After this the Regatta was moved to Rathmullan.

According to Griffith's Valuation between 1847 and 1864 the following were the family names living in the Drumherville area - Aiken, Bogan, Delap, Doherty, Donnelly, Martin, McCarron, Mc-

Fadden, Mc Fate, McGhee, McGlashan, McLlwee, McNutt, Moore, Sweeney and Young.

Ballykenny/Ballyhenny

There is much controversy as to the correct name of this townland. According to Griffith's Valuation and all other official records it is known as Ballykenny. However the current residents who were contacted and other people from the surrounding townlands have only ever known it as Ballyhenny. The townland name is thought to mean mossy place.

Ballykenny/Ballyhenny is 0.26 square miles in area and is bordered by Drumherville to the north and Tirroddy to the west. It is located in the parish of Tullyfern and in the Barony of Kilmacrenan. According to Griffith's Valuation between 1847 and 1864 the following were the people living in the Ballykenny/Ballyhenny area - James, John, Richard and Sarah Aikin. Patrick Cannon John Diver Lydia Martin John Patton.

A link to the past still exists where local man Patsy Barker lives in the house that

was once owned by John Patton. Also on Ballyhenny lane there are remains of houses in an area known locally as Aikin's field.

Tirroddy/Tyroddy

Like last weeks townland there are a few versions of how this townland name should be spelt. According to Griffith's Valuation and all other official records it is known as Tirroddy but it is also known locally to be spelt as Tyroddy. The Irish version is Tir Rodaigh meaning 'red till'. It is 0.26 square miles in area (167 acres) and is bordered by Drumherville to the north and Ballyconnolly and Brownknowe to the west and Ballykenny/Ballyhenny to the east. It is located in the parish of Tullyfern and in the Barony of Kilmacrenan.

According to Griffith's Valuation between 1847 and 1864 the following were the people living in the Tirroddy/Tyroddy area - William Barren, John Brown, Alexander, John and Robert Hazlett, Francis Patterson, Samuel Rollstone

Contd. next week.



Swilly stars of 1962 honoured

The 40th anniversary of the 1962 Swilly Rovers historic national title triumph was marked with a memorable function in the Silver Tassie Hotel on the 13th of May 2002. It was the exact date on which the Paddy Sweeney managed side and captained by Ian McGarvey defeated Castleview Celtic from Cork in the FAI Junior Cup Final at Dalymount Park. The Tirconail Tribune was there on that special night as football folk from around the County and the Country came to pay tribute to a fantastic team that put the town of Ramelton on the national sporting map. Here is the report in the Tribune's edition of the 16th of May 2002.

Soccer world salutes 1962 Swilly stars

When the final whistle echoed around Dalymount Park on May 13, 1962, a brand new piece of sporting history had been created as Swilly Rovers captain Ian McGarvey and his colleagues prepared to climb the steps of the most famous soccer ground in the country.

by Declan Kerr

The Ramelton side had just become the first Donegal team to win FAI Junior Cup and it was a case of third time lucky, after two previous defeats in the 1950s. Despite falling behind to an early strike from Cork side Castleview, Paddy Sweeney's men came back with goals from Mickey Bradley, Mickey Doherty and Liam Blake to record a memorable victory which was recalled in great detail at a special fortieth anniversary celebration in the packed Silver Tassie Hotel on Monday night. The occasion also honoured the teams, which lost out in the finals of 1953 and 1958.

While four decades have passed since that big day at Dalymount Park, ten members of the victorious side plus manager Paddy Sweeney were present for this evening of pure nostalgia. The late Brendan Duffy was sadly the missing link but the high esteem in which he was held was clearly evident by the many glowing tributes paid at a most enjoyable and entertaining function. With over 400 hundred invited guests and many more soccer followers coming to join the celebrations there were endless tales to be told from that golden era of soccer in Donegal.

Edward McDaid, a member of the organising committee opened proceedings by welcoming members of the three teams and their families along with all the other soccer people who made the trip to share in the special event. A video was then shown which included recent inter-

views with the 1962 team and the Swilly Rovers committee along with footage from the scenes in Dublin on the weekend of the final. This presentation also gave us a look back at Ramelton, a fast forward to the present day surroundings but most of all gave the audience an excellent flavour of what soccer success meant to the players and supporters.

It was also a night that afforded a large number of sporting personalities the opportunity to cast their mind back to that magical era when soccer was arguably the number one recreational activity. Former Fine Gael TD Paddy Harte recalled the great times he had coming to matches in Ramelton, the friendships forged especially with the late Brendan McDaid. Paddy has an extra special reason to remember May 13, 1962 as his daughter Ethna was born on that day. In fact he was only seven months in Dail Eireann when he had the pleasure of inviting the Swilly Rovers squad to lunch at Leinster House on the day after the final. However, Paddy is still investigating which member of the visiting party took a knife, fork and spoon from the Dail restaurant. He did interview Mickey McGuinness about the alleged theft but he was having none of it, saying that a Derry man would never do a thing like that. Joe Duffy also came under the microscope but he would neither confirm nor deny involvement. Paddy went on to say that Joe was the player that he most vividly recalls from the 62' final as the little winger played a part in all three goals.

Minister for Sport and Tourism, Dr James McDaid TD was also delighted to be present to honour the team of '62 and reminded those present of the long and distinguished history of the Ramelton club which was found-



The first Donegal team to take a title back to Donegal - Swilly Rovers after winning the FAI Junior Cup in 1962, captained by Cllr. Ian McGarvey.



Forty years later..... The Swilly Rovers team of 1962 in the Silver Tassie Hotel on the 13th of May 2002 with the FAI Junior Cup and Mark Duffy representing his late father Brendan.

ed in 1929 and went onto participate in five FAI Junior Cup finals, winning twice in 1962 and 1967. Other speakers from the political world included Independent Fianna Fail's Niall Blaney who also accepted an award on behalf of his father Harry, a member of the 1953 team. His colleague Ciaran Brogan, Mayor of Letterkenny Town Council referred to the fact that three elected Urban representatives, the late Hugh McKendrick, A. D. Kelly and Bernard McGlinchey had attended the game. Fine Gael County Councillors Sean Maloney and Bernard McGuinness also reflected upon their memories of Swilly Rovers football down the years.

BBC Radio Foyle sports presenter Richie Kelly brought some extra humour to the proceedings by telling us that despite playing and managing Swilly sides in the 1970s, he was too young to remember 1962. The Killea man went on to tell the gathering that the reason so many people were wearing shin guards on this special night was due to the presence of Fr Dan Doherty. He went on to pay tribute to Swilly for the immense contribution they made to Donegal football.

They played in the big competitions and attracted the best players. The names of Brendan Duffy, Brendan McDaid and Paddy Sweeney were people that Richie had great respect for and the fantastic memories, fabulous friends gained from that era will be forever cherished.

Paul McDaid made presentations to members of the 1953 side present and to representatives of those no longer with us or unable to attend on the night. The team and assistants that year were Bert Fleming, Paddy Sweeney, P. O'Donnell, John McCarron, Willie McDaid, Ian McGarvey, Joe Doherty (Trainer), Manus Mooney (bagman), Brendan McDaid, Hughie McDaid, Eamon McDaid, Danny McNulty and Harry Blaney. The 1958 side was then honoured with awards of appreciation and the team included Bobby Toland, Petey Donnelly, George McGowan, Eugene McLaughlin, Johnny Moran, Willie McDaid, Eamon McDaid, Tony Hirrell, Maurice Toland, Brendan McDaid, and Liam Blake.

Captain fantastic McGarvey

Further contributions from invited speakers continued with the team captain in 1962 Ian McGarvey asked to say a few words. Ian said it was a unique occasion in which to meet old friends and that it was remarkable to see so many people from the soccer fraternity together under the same roof. He was a member of the 1953 losing side, missed the 1958 final through injury and bounced back to become the first Donegal man to

raise the FAI Junior Cup trophy on behalf of a Donegal side. It was he recalls marvellous football years with so many different areas within the county and outside coming together to make Swilly Rovers a football force that became famous country wide. He went on to complement the event organisers, especially Danny Cullen for the trojan work he had put into this project over the past number of months. He also remembered the men behind the scenes like Johnny Gallagher, Manus Mooney and the transport chief Willie Diver.

Dessie Kelly, Vice-Chairman of the F.A.I. Junior Council and Secretary of the Donegal Football League said that the Swilly teams defeated in the 1953 and 1958 were also great sides who must not be forgotten and went on to congratulate the club on the manner in which they organised football, paving the way for the eventual formation of the Donegal League in 1971. Unsurprisingly the name of Brendan Duffy was uppermost in Dessie's thoughts, from his playing days (Brendan also won a Junior cup medal with 1967 side) to his role as an administrator with the Donegal League and later with the Ulster Senior League up until last Summer.

One of the special guests on the night was Denis Cruise, Honorary Secretary of the F.A.I. Junior Council who added his congratulations and best wishes to the club who was he said the pioneers of soccer in County Donegal and their winning ways no doubt encouraged the birth of many clubs, leading to the unearthing of a large number of talented



Ian McGarvey takes the FAI Junior Cup back home to Ramelton.

Ramelton remembers 58 years on

Next Wednesday, May 13th will be the 58th anniversary of the date when Swilly Rovers became the first football team from any code in the county to bring a national trophy back to Donegal. No GAA team had ever done it and in fact it was to be 30 years before Brian McEniff guided the Donegal side to bring Sam Maguire 'Back to the Hills' in 1992. In between Finn Harps won the FAI Senior Cup in 1974.

So in 1962 Swilly Rovers managed by the late Paddy Sweeney created history in more ways than one. The first club ever from Donegal to win a national football title in any code and the first soccer side from the County to achieve that feat. The captain was Ian McGarvey who had suffered the heartbreak nine years earlier of losing in Swilly's first ever appearance in the FAI Junior Cup Final. The history making team of 1962 included Bobby Toland (Killea), Johnny Moran (Derry), Fr. Dan Doherty (Fanad), Mickey McGuinness (Derry), Fr. Willie McMenamin (Rathmullan), Ian McGarvey (Ramelton), Joe Duffy (Ramelton), Brendan Duffy (Ramelton), Mickey (Hutton) Doherty (Buncrana) and Liam Blake (Letterkenny).

Swilly had lost the 1953 and 1958 finals. Evergreens of Waterford defeated the Ramelton outfit 3-2 at Dalymount Park. Brendan McDaid got a first equaliser but Evergreens went 3-1 up. McDaid scored again but despite incessant pressure Swilly's day ended in deep disappointment. The team was John McCarron, Bert Fleming (Letterkenny), Willie McDaid, Hughie McDaid (Kerrykeel), Ian McGarvey, Paddy O'Donnell (St. Johnston), Brendan McDaid, Paddy Sweeney, Danny McNulty (Ballybofey), Eamon McDaid and Harry Blaney (Fanad).

Five years later and the 1958 final didn't go well either, losing 3-1 to Virginians from Dublin. Derry man Petey Donnelly converted a consolation penalty when the Ramelton men were 3-0 down. The line-up in Dalymount that day was Ernie McGarvey, Maurice O'Donnell (Carrigans), Willie McDaid, Petey Donnelly (Derry), B O'Donnell, Tony Hirrell (Carndonagh), Brendan McDaid, Maurice Toland (Killea), Recky O'Connell (Derry), Eamon McDaid and Liam Blake. Eamonn McDaid was captain of both the 1953 and 1958 teams.

Toland and Blake were the two survivors from the 58' team that got back to a third FAI Junior Cup Final in 1964. Ian McGarvey returned after missing the 58' decider due to sustaining a serious eye injury in a work accident. The team included two priests Fr. Dan Doherty and Fr. Willie McMenamin. Fr. Willie had been giving serious consideration to hanging up the boots when Paddy Sweeney's persuasive powers convinced the Rathmullan native with the line that it would

When the Swilly Rovers side arrived at Lifford Bridge on the Monday evening there was a big crowd there to welcome them back into Donegal. And the cavalcade then set off for Ramelton.

be nice to finish his career with an FAI Cup medal. So he stayed on and played a huge role in the success.

Fr. Willie McMenamin was widely acknowledged as one of the best players in the country at the time and could have made it in the senior ranks in Ireland or across channel. He was selected for a Republic of Ireland Junior international game earlier that year but was unable to play. Fr. Willie received that international cap at the 40th anniversary function in 2002. He was inducted into the Donegal Sports Star Awards Hall of Fame in 1996.

Five away games

It was a tough journey to the 1962 final and included eight games with the first five away from home. There were wins over Carndonagh Rangers 4-3 and Westport Utd before a 0-0 against St. Joseph's in Sligo. That did give Swilly a replay in Ramelton which they won 3-1. It was on the road again to defeat Glenside Utd 2-0 in Monaghan and Hammond Lane in Dublin 3-1. The quarter-final saw a home draw at last and it was to be a 3-0 win over Dublin side Ierne.

That setup a home semi-final against another Dublin outfit Glenmore Celtic. A massive crowd turned out at Swilly Park for what turned out to be a hugely entertaining contest. Flying winger Joe Duffy put the hosts in front after just two minutes but the Dubliners equalised courtesy of Kevin O'Reilly. Centre-half Fr. Willie McMenamin was in top form for Swilly and had to be as Glenmore were getting the upper hand. But,

Paddy Sweeney's men showed true courage, regained their composure and carved out the chance for a winning goal. Buncrana man Mickey 'Houghton' Doherty produced the perfect finish to make it 2-1 after excellent build-up play from Brendan Duffy and Liam Blake.

Swilly Rovers Football Club had secured their place in the FAI Junior Cup Final for the third time. And everyone in Ramelton had their fingers crossed that it would be third time lucky.

However, for two key members of the team it posed a problem as it had done in earlier rounds when the cup games were away from home. Fr. Willie McMenamin and Fr. Dan Doherty had their regular Sunday Masses to say first. And the final was different also in that Swilly Rovers were going to stay overnight in Dublin. So Fr. Willie said the 8.30 a.m. Mass in Ardara on the Sunday morning before heading off to join the rest of the players at Dalymount Park.

While it wasn't ideal preparation for a game of such importance both Fr. Willie and Fr. Dan played pivotal roles in a splendid team performance that saw Swilly Rovers capture the FAI Junior Cup crown for the first time thanks to a 3-1 win over Castleview from Cork. The first team from Donegal to win a senior title in any football code. That put the Ramelton outfit's players and manager Paddy Sweeney in the history books twice over.

Duffy's assists deliver goals

Fittingly it was one of the town's very own Joe Duffy who supplied the assists for all three goals. Castleview took an early 11th minute lead through Higgins. Swilly came roaring back to lead 2-1 by the interval. Derry man Gerry Bradley soared high to head home a 33rd minute Joe Duffy corner. The equaliser was followed very quickly by the lead goal on 38 minutes. Another inch perfect Duffy corner was headed to the back of the net by Mickey Doherty who had got the winner in the semi-final. The crucial third goal which gave Swilly a much needed cushion came in the 69th minute. Joe Duffy was the cre-

ator again. This time it was his free-kick that was headed home by Letterkenny man Liam Blake. It was a rare headed goal for the stylish attacker but it was a key moment in the decider as Swilly sailed over the finish line and a very special milestone in the Ramelton Club's history.

For all the football families including the Sweeneys, McDaid's, McCarrons and many more who had put the foundations in place and built the structures the dream of a national title had become a reality on a Sunday evening in Dublin's Dalymount Park Skipper Ian McGarvey climbed the steps to receive the FAI Junior Cup and raised the trophy in front of a sea of fans that travelled from Ramelton, across Donegal and Derry to be part of a momentous occasion.

The team had stayed in the Belvedere Hotel on the Saturday and that was their resting place after the post-match celebrations on the Sunday night. The players' employers had given them the Monday off and before heading home Deputy Paddy Harte had organised a visit to the Dail for a spot of lunch. Joe Duffy had travelled by car to Dublin on the Saturday with Willie Diver, Paddy Sweeney and Brendan Duffy. They stopped off in Carrickmacross at a pub owned by fellow Ramelton man Joe Patton from the Back Road just off Church Street. "It was the first time I ever heard the word rashers [bacon]. Paddy Sweeney knew the family well and we were well treated there I must say" Joe said.

When the Swilly Rovers side arrived at Lifford Bridge on the Monday evening there was a big crowd there to welcome them back into Donegal. And the cavalcade then set off for Ramelton. Joe remembers being handed a copy of the Express, not a newspaper that he would have been very familiar with but it had a small report of the game in Dalymount. The heading read 'Little Duffy knows how to float them' in reference to those three assists for the goals in the final. The celebrations in Ramelton were rounded off with a victory function in the Town Hall. So, by date, next Wednesday marks the 58th anniversary of that famous triumph. The players, their families and football followers will enjoy reliving that special day and share those memories with the younger generations in these strange days of cocooning and staying at home.

FAI Junior cup for Swilly

From Page 36

players over the subsequent decades. He said that the fine video presentation gave a great flavour of the spirit and determination of the '62 side and looking at the footage, he would gladly go back to those days of almost traffic free Dublin streets which is in stark contrast to the current gridlock which haunts the country's capital. He paid tribute to the enormous amount of voluntary work that goes on at junior level and congratulated the people who had organised the '62 celebration night.

Jobby Crossan, the former Northern Ireland international spoke about his memories of Swilly Rovers. Before returning

to pre-season training in England after his Summer holiday in Derry, he often managed to squeeze in a couple of cup games in Ramelton to regain some fitness and deemed it a privilege when Paddy Sweeney got him fixed up in a team. It proved beyond doubt that the standard of competition was top notch at Swilly Park in those years.

Chris Ashmore who conducted the interviews for the video, was master of ceremonies for the occasion and did a splendid job to keep the show moving with a busy programme to get through. Finally as the night was drawing to a close, the 1962 winning team took centre stage to receive special mementos

to mark the 40th anniversary of their Junior Cup success. The team included Bobby Toland, Johnny Moran, Fr. Dan Doherty, Mickey McGuinness, Fr. Willie McMenamin, Ian McGarvey, Brendan Duffy, Mickey Bradley, Joe Duffy, Mickey Doherty and Liam Blake.

Moving moment for Fr. Willie

One of the highlights of the night was when Denis Cruise who had the current FAI Junior Cup with him from Dublin presented the trophy for the second time to the '62 captain Ian McGarvey. However, the most moving moment of

the function had to be the surprise presentation made to Fr. Willie McMenamin by the FAI official. It was the Junior international cap, which Fr. Willie had been unable to accept just weeks prior to the cup final.

In an emotional acceptance speech, after receiving a standing ovation, Fr. Willie said it was the biggest regret of his career but at that time and because of his position, he had sacrificed the cap in favour of a cup final appearance. He would have created his own little piece of history by becoming the first priest to play at this level and had also been told he would captain the side. However, winning the cup on the 13th of May went a long way to making up for the disappointment and he thanked everyone involved for a marvellous night of fantastic memories. Fr. Willie also asked that the people present remember those no longer with us from the sporting past and a moment's silence was held in their honour.

Other Swilly club stalwarts to speak were Ivan Grier and Sam McCloy but fittingly the final contribution of the night came from chief organiser Danny Cullen who thanked the players from 1953, 1958 and 1962 for their enormous contribution to Swilly Rovers which gave Ramelton a top rate reputation on a national scale. He praised the committee, sponsors, video production team, Chris Ashmore and Dessie Kelly for their invaluable assistance in making the night a super success.

As proceedings drew to a close presentations were made to Dr James McDaid, Tony Boyce, Dessie Kelly, Chris Ashmore, Sam McCloy, Ernie McGarvey, Hugh Gallagher, John

Coyle, Tony McNamee, Edward McDaid, Eugene Norry, Alan Sweeney and John Diver.

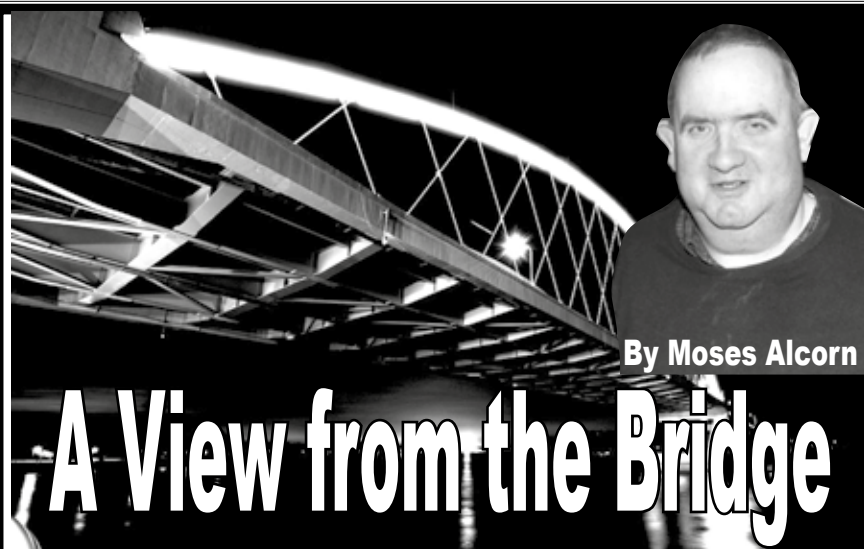
Other people recognised on the night were the two surviving members of the old Ramblers team Joe Patton who now resides in Carrickmacross, Co Monaghan and Leo McDermott, a member of the Swilly Rovers committee in 1962. In 1929 Swilly Rovers succeeded the Ramblers as the soccer club in Ramelton. Fast forwarding to the present day under-age team manager P.J. Kavanagh and his wife Brid who recently celebrated their 25th wedding anniversary were also on the presentation list. Danny Cullen and Mary his wife also received tokens of appreciation for their efforts in making the occasion so wonderful.

Yes indeed, Monday night was organised superbly, managed professionally and it certainly looked like the town of Ramelton had shifted to the Silver Tassie region for the night. However, have no fears they are all now back in the home of soccer and just maybe that successful period of yesteryear can return again in the not too distant future to the famous Swilly Rovers club.

Soccer people from all over Donegal and Derry were present on Monday night as well as other parts of the country. Spotted among the attendees were Eunan 'Busty' Blake, Joe Logan, Gorey Curran, Neil Cullen and Herbie Wade. Many congratulations to the teams of '53 and '58 who built the foundations, which led to the great team of 1962 finally winning the FAI Junior Cup, and bringing the title back to Donegal for the first time.



Happy faces in Ramelton for the homecoming of the FAI Junior cup in 1962.



Sam Bayne - A Remarkable Ramelton Man

The town of Ramelton has produced many famous people over the years including Nobel Laureate Professor Bill Campbell, the "Father of American Presbyterianism" Francis Makemie, Dave Gallagher, The All Black and of course Ireland's oldest councillor Ian McGarvey.

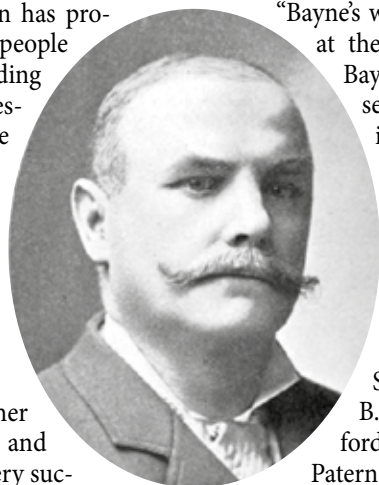
151 years ago another man left Ramelton and was to go on to be a very successful oil man and Banker and to found one of the most biggest Banks in the world. Samuel Gamble Bayne (1844 - 1924) was a remarkable man who left the banks of the Lennon and made his fortune in America. A businessman, international traveller, philanthropist, international cricketer, artist, cartoonist and author; he had a fascinating life.

Born in Ramelton, Samuel was the son of a Presbyterian merchant. The Bayne family lived on the Mall, by the bridge where they ran a grocer's shop. He attended the Belfast Academical Institution and graduated from Queen's University Belfast. He went into the linen business with his cousin William Rea at Belfast, whose flax products were doing good business because of the cut-off of cotton during the US Civil War.

"Aged twenty-five in 1869, Samuel decided to travel to America to seek his fortune - the intention being to plant cotton. Instead he invested in the Sugar House oil well near Titusville, Pa., the second oil well drilled in America. Later, he organized an oil well supply corporation which developed into the National Supply Company, and then the First National Bank of Bradford, Pa. In 1883, he founded the Seaboard National Bank (now JP Morgan Chase) in New York, and became its Chairman of the Board in 1922. He was also one of the original directors of the Bankers' Trust Company and the Columbia Trust Company. Samuel accumulated enough wealth to be described as a billionaire by the end of the 1800s."

"As President of the Riverside Drive Property Association, Bayne was involved in keeping the area around his home as elegant as possible. Bayne's Atlas Improvement Company invested in real estate around New York City and bought many parcels of land on the west side including vacant lots on 107th Street and 108th Street near his Riverside Drive home."

"When Bayne agreed to sell the Riverside Drive lots near his villa in 1899 to Adolphe Openhym and the builders, Smith & Stewart, Bayne had restrictions put into the sales agreement stipulating how the lots would be developed. Bayne specified that "high class residences" with no more than two detached homes were to be built on the lots and that there be at least 30 feet between the houses in the middle of the block and those on either corner."



"Bayne's wife Emily passed away at their home in 1911 and Bayne continued slowly selling off all his remaining property, until he was only left with his villa."

"Bayne's 1887 original home at 360 Riverside Drive was bought in 1915 for \$150,000 from Henry S.F. Davis' heirs Cora B. and John A. Rutherford by the Anthony A. Paterno Construction Corp. In 1916 Paterno completed a 13-story building on the site and resold the property and the fully rented building to John A. Rutherford for \$425,000. The building, appropriately named the Rutherford Apartments remains there today and is now a co-op."

"In December 1921, Bayne finally sold his long-time home to Harris H. Uris who demolished the landmark house and in 1922 completed a 14-story apartment building which stands on the site today. The architect was Alfred C. Bossom, who was Samuel Bayne's son-in-law. Bayne announced that when the building was completed, he would occupy the entire 14th floor as his residence, as the views were the finest in New York."

"Samuel Bayne died April 20, 1924, not at the site of his long-time home, but at the Wyoming Apartments on 7th Avenue and 55th Street. Bayne left his estate of \$2,297,019 to his four surviving children."

Gaeltacht TG4 2020

The TG4 Series Gaeltacht 2020 which was broadcast recently brought an interesting perspective on the state of the Gaeltacht as we enter the third decade of the 21st Century. Gaeltacht areas stand not just on the edge of Ireland but on the very periphery of Europe and have within them some of the most beautiful yet isolated areas of the country. Presented by Eibhlín Ní Chonghaile Gaeltacht 2020 focused on the biggest issues facing the Gaeltacht communities today, local sustainable employment, the lack of basic services and the difficulties for young families to settle in their local community. Since the foundation of the state these areas have been economic blackspots ravaged by emigration while at the same time the use of the Irish language has been in terminal decline. Giving an honest account of modern Gaeltacht life this series focused on the unique economic, social and cultural challenges facing Gaeltacht areas.

One of the starkest statistics that came out of the programme was that there were only just over 17,000 daily Irish speakers left in Gaeltacht areas now, roughly the same as can in normal circumstances be found taking part on the parade in Galway city on All Soul's Day. This is an alarming figure and shows that despite the programmes put in place in recent years these areas are still struggling and with them the language.



Eibhlín visited areas such as Gaoth Dobhair, the Kerry, Cork and Meath Gaeltacht's and looked at how the local communities were dealing with the situation and what measures were being taken locally to help. She found that some areas such as in Kerry were struggling to survive with rural decline being the major driver of a lowering of the population, with young people being forced to live in the major towns as they could not get building houses on their own lands; some had been trying and getting turned down for years. This was also a major problem all over the country including Donegal where in Gweedore the lack of employment was also a major problem. Eibhlín was told that many of the older factories which had employed hundreds were now closed down as the work being done there were moved to low cost economies in Eastern Europe and the Far East.

Among the places that she visited was the deserted village on Achill where ruins are now all that's left of a once thriving community which once had everything for survival including clean water, turf for the fire and food to feed themselves. These are the same basic necessities that we need today with the additional needs of infrastructure, Education, a health system and employment things which are not guaranteed in Gaeltacht areas and this can cause families to leave. There were mixed views on the Language planning programme with most of the interviewees saying that they felt that money would be better spent in supporting those speaking the language at the minute. Many felt that local elected representatives should serve on the board of Udaras Na Gaeltachta. The role of the Irish Language colleges was also examined as this was filmed prior to the Covid-19 Pandemic the fact that this year's Irish College Classes have been cancelled did not feature and this will result in the loss of millions of euro to Gaeltacht economies. Emigration still continues to be a major factor in Gaeltacht areas.

The problem of planning is not only confined to Gaeltacht areas but it is a major problem in rural areas all over Ireland as the planners seem to be putting the needs of birds and wildlife and preserving views rather than letting young people build in their local areas and bring up their families. For centuries man and nature have thrived in the countryside with the presence of one been dependent on the other without outside interference but now it seems that us country folk cannot be relied upon to care for the areas that we live in and must be dictated to by those in Brussels and Dublin. This policy coupled with emigration has led to a rapid decline in many once thriving ru-

ral communities which now have just a few families left. In one valley in Kerry in 2002 there were 20 abandoned townlands now there are 81 and in ten years or so the expect to add another 10 townlands to this figure as families literally die out. These are damning statistics that could be replicated all along the western seaboard.

VE Day

This Friday the 8th May is the 75th anniversary of VE Day which brought an end to World War 2 in Europe. Adolf Hitler, the Nazi leader, had committed suicide on 30 April during the Battle of Berlin and Germany's surrender was authorised by his successor, Reichspräsident Karl Dönitz. The administration headed by Dönitz was known as the Flensburg Government. The act of military surrender was first signed at 02:41 on 7 May in SHAEF HQ at Reims, and a slightly modified document was signed on 8 May in Berlin. This brought an end to the War in Europe. World War 2 was the deadliest military conflict in history. An estimated total of 70-85 million people perished, which was about 3% of the 1940 world population. By May 1945 millions had died in Europe and the horrors of the Holocaust were just being discovered as the death camps were liberated. The dropping of Nuclear bombs on two Japanese Cities which ended the war in the Pacific and the horrors they were to unleash had yet to happen. Upon the defeat of Germany, celebrations erupted throughout the western world, especially in Great Britain and North America. More than one million people celebrated in the streets throughout Great Britain to mark the end of the European part of the war. In London, crowds massed in Trafalgar Square and up the Mall to Buckingham Palace, where King George VI and Queen Elizabeth, accompanied by Prime Minister Winston Churchill, appeared on the balcony of the palace before the cheering crowds. Princess Elizabeth (the future Queen Elizabeth II) and her sister Princess Margaret were allowed to wander incognito among the crowds and take part

in the celebrations.

In the United States, the event coincided with President Harry Truman's 61st birthday. He dedicated the victory to the memory of his predecessor, Franklin D. Roosevelt, who had died of a cerebral haemorrhage less than a month earlier, on 12 April. Flags remained at half-staff for the remainder of the 30-day mourning period. Truman said of dedicating the victory to Roosevelt's memory and keeping the flags at half-staff that his only wish was "that Franklin D. Roosevelt had lived to witness this day" Later that day, Truman said that the victory made it his most enjoyable birthday. Great celebrations took place in many American cities, especially in New York's Times Square.

Tempering the jubilation somewhat, both Churchill and Truman pointed out that the war against Japan had not yet been won. In his radio broadcast at 15:00 on the 8th, Churchill told the British people that: "We may allow ourselves a brief period of rejoicing (as Japan) remains unsubdued". Churchill also made some unsavoury comments about Ireland and the neutral part that we had played in the war which led to De Valera making a famous address on Radio Eireann to rebut Churchill's speech.

Here in the Republic "The Emergency" as it was called was introduced in 1939.

Double Exposure for Creeslough Photographer

There was success on the double for talented amateur photographer Maria Moore from Creeslough who has had two photos on Virgin 1 Weather programmes in the past week. On Thursday last Maria's picture of Creeslough and its environs was featured on the evening news whilst on yesterday Wednesday her picture of her pet lamb was featured on after the 12.30pm lunchtime news.

Meanwhile another local photographer Sarah Sayers from Falcarragh had her photo of a 22" halo around the sun from Fort Dunree featured on the Irish Weather Online page recently.



Maria Moore's photo of the Pet Lamb.

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Revised TB Protocol has practical amendments for farmers

IFA Animal Health Chairman Pat Farrell said the revised TB testing protocol issued by the Dept of Agriculture is a practical amendment to the programme taking into account the current COVID-19 advice.

IFA had constructive discussions with the Dept of Agriculture last week on the issue and the changes announced today provide clarity for farmers and vets on two key areas: the testing of calves under 120 days, and for people over 70 involved in TB testing.

Support for domestic violence victims during lockdown

Information for victims of domestic violence on staying safe during the coronavirus lockdown have been issued by local gardai saying they are aware staying at home does not mean staying safe for some people.

They say they want to share important information for women and men who may be suffering domestic abuse as they are forced to stay at home for longer period than normal.

They stated: "We have no doubt that this challenging time is proving to be a very difficult time for many families. This is a time of increased isolation from other family members and friends, a time that for some is filled with worry about health or finances. This is a time that unfortunately domestic abuse incidents will most likely see an increase. Staying at home does not mean safety for everyone and we are aware of that."

They added: "If your home is not a safe place during the Covid-19 pandemic or at any time we urge you to contact us. An Garda Síochána is here to help and support anyone who is a victim of the crime of Domestic Abuse, they should contact their local Garda District Headquarters

or in an emergency call 999/112."

The District headquarters numbers are as follows: Letterkenny - 074 9167100

Buncrana - 074 9320540

Milford - 074 9153060

Ballyshannon 071 9858530

They stated: "We wish to take this opportunity to reassure victims of domestic abuse incidents, including victims of coercive control, that you will continue to receive a high priority response during these challenging times."

Supports include Sexual Assault Treatment Unit (SATU) is available at any time and can be contacted at any time on 087-06 81 964.

Donegal Rape Crisis Centre: National 24 hr helpline 1800778888, supporting anyone affected by sexual violence aged 14+

The Donegal Domestic Violence Service helpline number is 1800 262 677. This is also a 24/7 helpline.

'Mens Aid' Ireland formerly 'AMEN' offer help and support to male victims of domestic abuse. National Confidential Helpline 01-554 3811 or email hello@mensaid.ie

GAA Club Notes

St. Michael's

Sympathy

CLG Naomh Michaelaél extends deepest sympathy to Bernadette and Ben McFadden and family Ards on the death of Bernadette's sister Eileen Friel in Fanad last week. Sympathy is also extended to Eileen's daughter Ann Marie and her husband Darren Stewart, Faugher Port-na-blagh and also to the entire family circle.

The club also extends deepest sympathy to John Hunter Mulroy View Carrigart and family and family circle on the death of Rita last week.

Mini Lotto

There was no Jackpot winner in the Mini Lotto on Sunday. The Numbers drawn were: 6,10,13,14,17,20. There were no Match 5 winner. 13 People matched 4 and their names were drawn; the winner of the €100 was Tina Carolan Magheramena Dunfanaghy. This week's Jackpot will be €6100.

Club Bingo

The Bingo has been cancelled until further notice.

Letterkenny Gaels

Club members are assisting Donegal County Council with the Donegal Covid-19 Community Response. If you or someone you know require any assistance during this time please contact

the help-desk on 1800 928 982 or email covid-support@donegalcoco.ie

Please bring this to the attention to any vulnerable members of our community who may not have access to Social Media.

The Letterkenny Gaels GAA Ladies Board have organised a fundraiser to help out the We Care Letterkenny Food Bank.

All you have to do is run 5k within your 2k area, donate €5 to the Go Fund Me page and nominate 5 friends to join in. All club members are encouraged to take part.

(All funds raised will be donated directly to the 'We Care LK Food Bank')

We have introduced a great option for online Club Lotto - you can now play 3 lines per week with a €5 entry. Draw every Monday evening. You can play directly through the Clubforce the App. Thanks for your continued support.

The Donegal County Board have put back the Win Your House in Dublin draw until later in the year. Tickets can be obtained from Sean McBrearty at (085) 246 1101, Jim McGlynn at (086) 227 1435.

For regular club updates and photos see our club web page, Facebook page or follow us on Twitter @LetterkennyGael. Alternatively, club members can download the Clubforce App which will send notifications and updates to your phone.

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The IFA Chairman said those farmers who want to test calves under 120 days in their herd are allowed. This is of major benefit to farmers who want to sell these animals later in the year and avoids the need at that time to have costly private tests carried out on small numbers of animals.

Pat Farrell said the revised guidance also allows farmers and vets in the over-70 category to be involved with TB

testing if they wish.

The revised protocol extends the facilitation to delay tests; the exemp-

tion of calves under 120 days from the testing requirement; the facilitation of internal movements of calves up to 120 days; and the provision of 28 days grace period after test due dates where trade will be facilitated.

IFA continues to be in regular contact with the

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**There will be no Marts
taking place due to
Government Guidelines
on Covid-19 Restrictions**

**Any farmer with stock
to sell, please contact
John Stewart on 087
1277884 or contact the
Mart 074 91 53255**

Department of Agriculture on this important issue to ensure the maximum number of farmers can continue to access the market place and trade their animals with the minimum of disruption.

Active 'Home' week at Educate Together

Letterkenny's Educate Together will hold an active home schooling event to replace a poplar event that normal takes place at the national school in Ballyraine each year.

They say Active SCHOOL Week' takes place every April and is a really enjoyable part of the school year for many children.

"This year, because of COVID-19, it was not possible for this to go ahead in school so we asked our school community to participate in the 'Active HOME Week' instead," they added.

Looking after the mental health and well-being of our school community is always one of the priorities for the staff at Letterkenny Educate Together NS so as part of Active Week they set lots of fun activities for our families to take part in.

They explain: "Given the current restrictions, we needed to find a creative way to connect us together, although we are apart, and the staff on the

Active School Team didn't disappoint with the 1st of May, Virtual K.

"Families were asked to complete 1k in any exercise of their choice and to capture the moment with a photograph. These wonderful, creative moments were then emailed to the school where they were transformed into a highly entertaining series of videos that were shared with the school community.

"One of the most difficult aspects of the school closures is that the children cannot see their classmates so this allowed us all to still experience that important sense of community. We all had great fun and most importantly the children got to see lots of familiar faces. It was a welcome boost during these challenging times. Thank you so much to our wonderful families for getting involved and to the staff on the Active School Team who coordinated the event. Stay safe everyone!" they concluded.

McGinley declares love of Old Tom Morris Course at Rosapenna

Former Ryder Cup Captain and Sky Sports commentator Paul McGinley who captained Europe to a memorable victory in 2014 at Gleneagles, Scotland featured this week in the Sunday Times Newspaper where he took questions from readers, fellow golfers and people within the golfing world. One particular question from Michael Whithead led to McGinley declaring his love for Rosapenna's Old Tom Morris Course as one of his favourite courses in the world.

the feeling I've had when visiting - I first played there in college in San Diego in the early Nineties. I also have a soft spot for Rosapenna in Donegal. Both my parents' families are from the county and I spent alot of great summers there in my youth playing this wonderful Old Tom Morris Links."

Ryder Cup 2020

Before McGinley answered any questions he stated "I would just like to say a few words about how professional golf as we've known it emerges from lockdown. The timescale will be different to titon behind closed doors. Many that of amateur golf due to the people have made the point that if unlikelyhood of mass gather- any tournament feeds off the atmos- phere created by fans then it is the ments until a vaccine is found Ryder Cup, still due to take place in and made available. Whistling Straits at the end of Sep- Like many sports, profession- tember. If there's no crowd, what's al golf is considering compe- the point?"



Golfer Paul McGinley

**The question read:
If you could play only one
course for the rest of your
life, where would it be? -
Michael Whithead**

**Answer: Paul McGinley -
"Cypress Point on the
California coast because of
its architecture, its beauty and**



The famous Old Tom Morris Course at Rosapenna Golf Club which is a favourite of Paul McGinley's

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