

Beaumont News

Volume 1 Issue 6

SEPTEMBER/OCTOBER 1997

A COMMUNITY NEWSLETTER OF THE BEAUMONT RESIDENTS ASSOCIATION

Beaumont Hospital

— An Overview

- by Pat Lyons, Chief Executive.

I AM VERY PLEASED to write this article for "Beaumont News". Being a Community Hospital, Beaumont is delighted to have this opportunity to improve its integration between the Hospital and the Community.

I will start this article by giving you a brief overview of the role of the Hospital. In its role as a General Hospital for North East Dublin, Beaumont has a wide catchment area serving approximately 250,000 people. The provision of specialist medical services is very much interlinked with the G.P.'s and the Community Health and Social Services provided by the Eastern Health Board.

In its service role, its responsibilities include the provision of specialist services to national, regional and local populations of patients. It provides a national Renal Transplant and National Neurosurgical service. Its regional services include Ear, Nose and Throat and Gastroenterology services. The following statistics will give an indication of the volume of activity.

1996

Total Out-patients: -	115,361
Accident & Emergency attendances:	59,047
In-patients by speciality:	
-Surgical	
-Neurosurgical	6,068
-Urology	2,190
-Ear, Nose & Throat	1,660
-Medical	6,054
-Renal/Transplantation	1,422
-Cardiology	1,101
-Neurology	732

20,607

As you can see, the demand on the Accident and Emergency Department continues and we endeavour to refer patients back to their G.P. after investigation at the



Pat Lyons, Chief Executive of Beaumont Hospital

first attendance. In addition we have a Triage Nurse - a post which we have found to be very helpful to both the G.P.'s and the Hospital. Waiting time for patients to be seen by the doctor in the Accident & Emergency Department is kept under review. We also endeavour to minimise the length of time that patients wait for beds after having gone through a lengthy process of assessment and ultimate decision to admit. Bed management and our ability to deal with the increasing demands from the Accident and Emergency Department services is one of the biggest challenges for the Hospital. The Accident & Emergency department gives priority to patients who need immediate attention including the victims of car accidents who have suffered major trauma, patients who have suffered cardiac arrest following a heart attack or those who suffer acute medical illness. Doctors and nurses must attend to these emergencies; as a result from time to time, delays may be experienced by those with less serious injuries or conditions. The task of accommodating patients on waiting lists, while at the same time responding to the increased demands on the Accident and Emergency services from the local catchment area, continues to receive particular attention.

In its teaching role, the Hospital is the major teaching hospital for the Royal College of Surgeons in Ireland

(RCSI) medical school and students from the college receive their hospital-based clinical training at Beaumont. The Hospital has a Nurse training school and in 1995 embarked on a new education and training programme for nurses in conjunction with Dublin City University and The Royal College of Surgeons in Ireland. This new education and training programme for Nurses leads to registration with An Bord Altranais and a Diploma in Nursing from Dublin City University. The model of education differs from that of the traditional nurse training model in that the students will no longer be part of the workforce and will hold full student status. In addition, the nursing school runs a number of post graduate nurse training programmes.

Beaumont Hospital has a major role in undertaking research and medical development (i.e. the development and introduction of new medical technologies and techniques) in it's Clinical Investigation Unit. A major development in this area will take place in the coming year with the building of a new Clinical Sciences Block.

November 29, 1997 marks the 10th anniversary of the opening of Beaumont Hospital. This, we feel, is a milestone in terms of the Hospital's evolution and it is proposed to mark the occasion with a number of events to give recognition to the effort and commitment of all staff who are committed to highest attainable level and quality of service to our patients. It will be a time to reflect on the progress of development of the Hospital

and to look forward with commitment and enthusiasm to the future. It is envisaged to have an open day in the week beginning 24th November, and we will be advising the local community groups of further details in this regard.

We believe in having strong links with our local community and to this end Beaumont runs its own Hospital Radio, Beaumont Radio available on 107.6FM. Another issue of concern to our catchment area is the Smoking Policy of the Hospital and in the interest of patient and staff welfare, smoking in the Hospital has been prohibited since January 1, 1997. As the mission of any health care institution is to reduce the burden of disease, Beaumont Hospital feels that creating a Smoke Free environment in the Hospital is a logical extension of its responsibility to promote health. We, therefore, continuously and actively seek the co-operation of all persons coming into the Hospital to comply with this policy. Indeed, to assist people with the problem of smoking, a number of lectures were given by members of the Medical Staff in the Hospital to the general public last winter. We also run Stop Smoking Courses for the Public. Rosemary Scott, a registered Nurse, is our Smoking Cessation Facilitator and can be contacted at 8092941.

Beaumont Board is the custodian for a Stardust Education and Research Trust with an initial capital sum of £30,000 available for medical and nursing education

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478 1111

TAXIS



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and research projects within the Hospital. The Trustees are currently looking at more substantive ways of applying the income generated from these funds to the memories of the victims of this disaster.

BEAUMONT FOUNDATION

Beaumont Foundation was established by the Hospital as a registered charity to co-ordinate its fundraising efforts. Like any major Hospital, Beaumont has a substantial list of important projects which the Department of Health cannot fund. These projects range from patient comfort and care programmes to the provision of equipment and facilities. The Hospital also engages in important research which is largely funded voluntarily. Monies are raised through a variety of activities and campaigns. These range from local coffee mornings to major gala events. The Foundation engages in corporate sponsorship and marketing programmes and also invites subscriptions from grateful patients and their families from time to time. The Foundation recently launched Radio Bingo which offers a £100 prize on a daily basis. If you would like to help Beaumont Foundation - you could become a friend of Beaumont Hospital or you might consider offering some corporate support.

Last winter, The Foundation ran a series of free Public Lectures on various health related topics and we are very pleased to say that they have attracted a large number of people from the local area. It is our intention to continue these lectures in early 1998 and to maintain this link with our community.

Beaumont Foundation has an Office in the Hospital, Mike Hannon is our Fundraising Executive and Ita O'Connell is his Assistant. Mike or Ita may be contacted at the Hospital at 809 2161.

I would like to conclude by thanking Des Maguire, your Chairperson, for this opportunity to contribute to your newsletter.

GEORGE CAPRANI

Cooleen Avenue

It is with deep sadness that we must mark the passing of George Caprani who died recently. From an idea of Rupert Rock, George with the aid of Tom Elliot RIP, and others, were founders of the "Friends and Neighbours" in Beaumont. For many years George served the people in Beaumont with this committee and at times of sorrow they were always there to help. The committee ran fundraising dances in the Hollybrook Hotel and the Ierne Club, Richmond Road and in other venues to raise funds for the Friends and Neighbours to alleviate hardship of fellow residents in the area. To his wife Peggy and family we offer our deepest sympathy. He is a great loss to the area and will be sadly missed, may he rest in peace. Amen.

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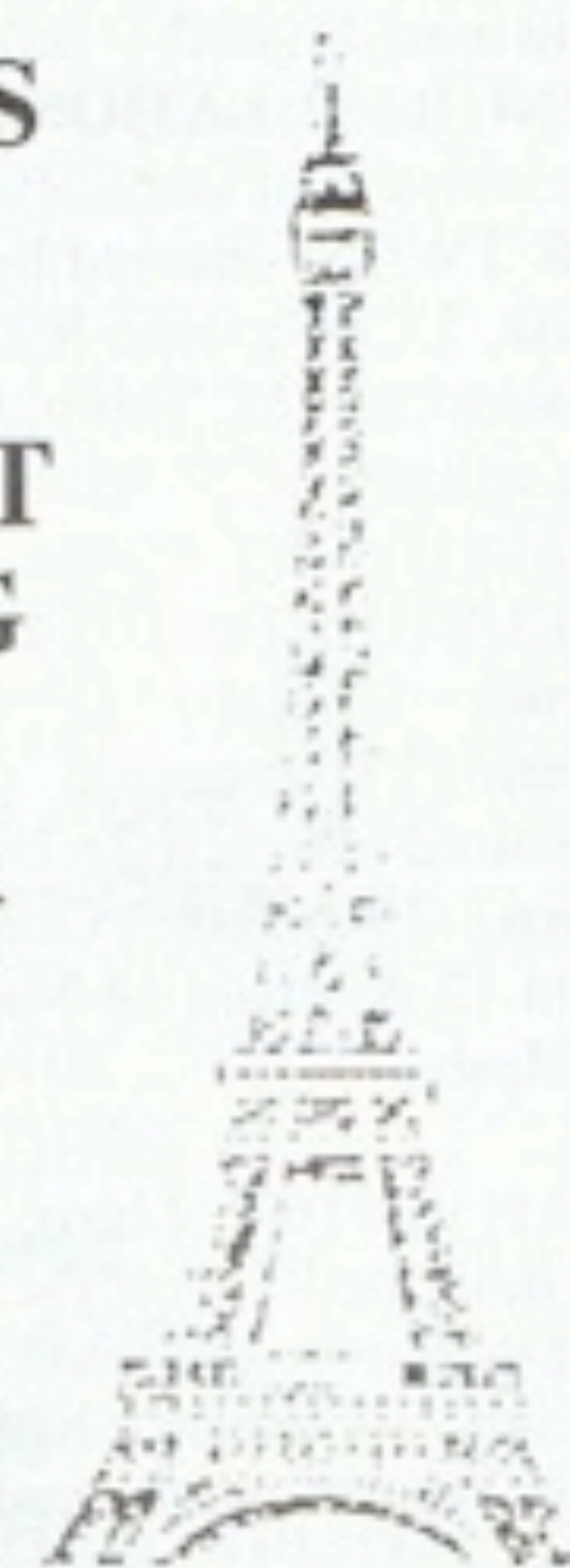
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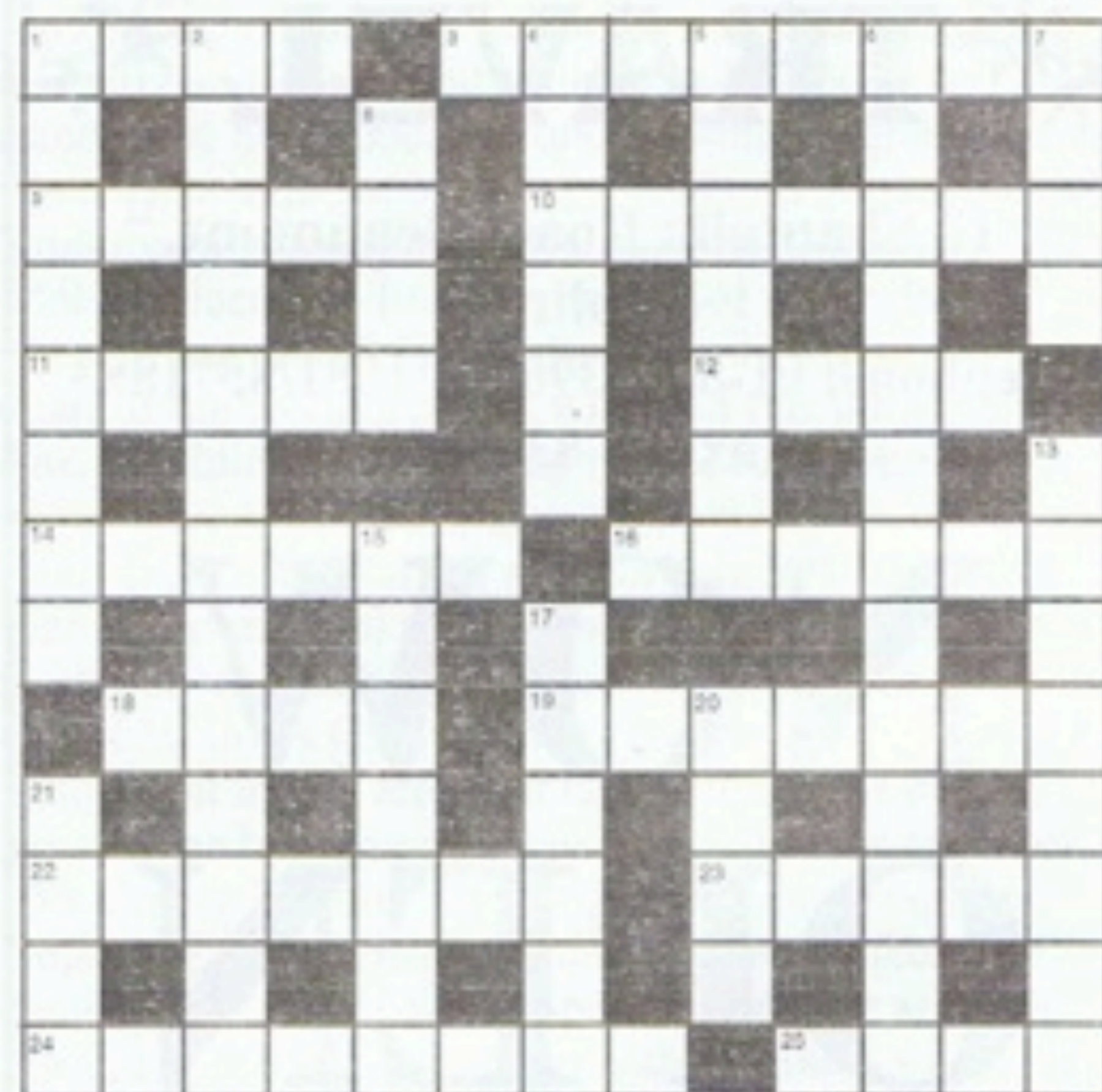
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PRIZE CROSSWORD*By Richard Phillips***Sponsored by****BEAUMONT HOUSE****ACROSS**

1 Native of Morocco (4). 3 Verifies (8). 9 Distinguished (5).
 10 Pertaining to the throat (7). 11 Seldom right (slang) (5).
 12 Win on this? (4). 14 Plot (6). 16 Soldiers (6). 18 Obligated
 (4). 19 Counsellor (7). 22 Fervent (7). 23 Foreign (5).
 24 Economic activity (8). 25 ---- of Wight (4).

DOWN

1 Early Nat King Cole hit (4,4). 2 Heavenly (3, 2, 3, 5).
 4 Purpose (6). 5 Warrior (7). 6 Connections (13). 7 Slave (4).
 8 Lazily (4). 13 Keep at a distance (8). 15 Enrages (7).
 17 Holiday Monday (6)., Calf meat (4). 21 Abominable
 Snowman(4).

CONGRATULATIONS TO OUR WINNERS

The winners of our CROSSWORD for LUNCH/DINNER FOR TWO sponsored by THE BEAUMONT HOUSE, are N. Davis, 7 Coolgreena Rd., P. McGuinness, 12 Beaumont Crescent and M. Tobin, 6 Coolgreena Rd. Enjoy your meal. The winners were selected with the kind assistance of Mr. Bollins (Peace Commissioner) to ensure fairness.

SOLUTION TO JULY/AUGUST CROSSWORD

Across - 1 Cajole 5 Chubby 8 Boon 9 Identify 10 Viceroy 11 Dream 13 Humours 15 Yen 17 Posse 19 Devotee 22 Anti-hero 23 Solo 24 Breach 25 Danish

Down - 2 Abolish 3 Ounce 4 Epilogue 5 Cher 6 Utterly 7 Bafta 12 Asteroid 14 Massive 16 Needles 18 Owner 20 Orson 21 Mesh.

DEAR EDITOR, I have to say that no one was more surprised and delighted than myself when I discovered that I had won the Double Competition in the previous month, particularly as Paddy (my husband) had won the Crossword in the previous issue. Four of us enjoyed a beautiful meal in The Beaumont House. I would recommend it to everyone for a great meal anytime. Congrats to all involved in the magazine. It is really very interesting and informative. Keep up the good work and thanks again.
 JO BUGGY

A.I.B. QUIZ

**£50 Cash sponsored by
 Allied Irish Banks, Whitehall**

**SEPTEMBER/OCTOBER
 COMPETITION**

E.G. 100P IN THE P = 100 Pence in the Pound

- | | |
|-----------------------|------------------|
| 1. 1969 NAFM on the M | 11. 1 F the R |
| 2. The CW 90 | 12. 2 S to ES |
| 3. The 2 G of V | 13. 21 S in 1 G |
| 4. 3C on the DC of A | 14. 1 FS |
| 5. N11 D to W | 15. 2 FJ |
| 6. 2 WDM a R | 16. 3 F a G |
| 7. 221 BBSSHH | 17. 4 F a B |
| 8. B 7 | 18. 4 P in I |
| 9. 0890 IIK | 19. The 7 P of W |
| 10. The 10C | 20. The 7 Y I |

The people with the largest amount of correct answers will be entered into the draw. Good Luck and remember if you are NOT IN YOU CANNOT WIN.

The winner of our QUIZ sponsored by AIB Bank, Whitehall is D. Gurry, 51 Cooleen Avenue.

The winner was selected with the kind assistance of Mr. Bollins (Peace Commissioner) to ensure fairness.

SOLUTION TO JULY/AUGUST QUIZ

1. Blackrock 2. Stepside 3. Killester 4. Ringsend
 5. Leopardstown 6. Coolmines 7. Ballsbridge 8. Fairview
 9. Swords 10. Windy Arbour 11. Foxrock 12. Knocklyon
 13. Portrane 14. Rathmines 15. Finglas.

Name:

Address:

Membership No.

This can be used for both competitions

JUST FOR FUN QUIZ

CAN you match the old Dublin street name with its new name.

NEW NAMES

1. Amiens Street
2. Back Lane
3. Camden Street
4. Dame Street
5. Engine Alley
6. Foley Street
7. Haddington Road
8. Infirmary Road
9. Little Green Street
10. Lower Baggot Street

OLD NAMES

- A. Indian Alley
- B. Aberdeen Street
- C. St. Kevin's Port
- D. The Strand
- E. Gallows Road
- F. Cottage Terrace
- G. Rochel Street
- H. Tengmouth Street
- I. Bradogue Lane
- J. Montgomery Street

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Beaumont Wedding Bells, Births and Birthdays



Congratulations to Gillian McCarthy and Dave Haynes who were married on June 21st (Coolatree Park)

RIGHT:
Congratulations also to Betty Kilcowley and Damien Cullen who were married on July 12th (Coolatree Park also)



Again another hearty congratulations to Colm Hayden of Coolatree Park and Janice Roche, Santry who were married in Margaret Hall Church on August 22nd, 1997.



Pictured Left is Peggy Nolan on the occasion of her 80th birthday which she celebrated in the Artane/Beaumont Recreation Centre on Tuesday, September 9th, 1997. The party was attended by her many friends and neighbours and an excellent evening of dancing and singing and wineing and dining was had by all.

Another hearty congratulations to Mary and John Tuohy of Coolatree Park on the birth of their son on August 8th.

Also congratulations to Irene and Jimmy Curran on the birth of their grandson in America.

A special congratulations to Alan Tracey, Coolgarriff Road who won a Bronze Medal at the British Transplant Olympics this summer.

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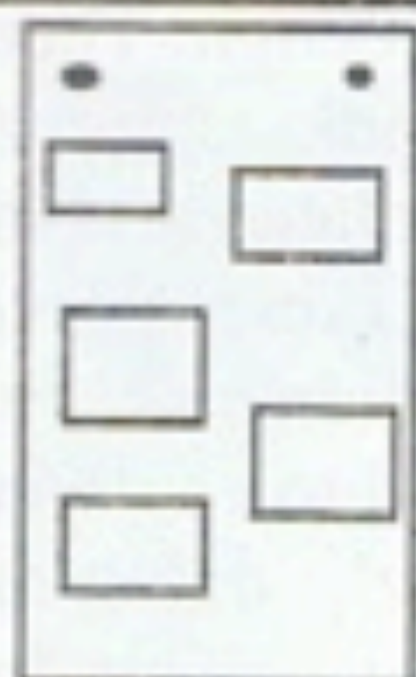
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PAUDGE NOONE

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Beaumont Noticeboard



GILLYTOTS PLAYGROUP - New playgroup now open. Fully qualified staff. Happy and safe play environment. Phone Irene at 851 0376.

EVENING CHARITY RECITAL - Bank of Ireland, Arts Centre, Foster Place, Dublin 2. Evening Charity recital with Nicky Sweeney, Violin with Reiko Kimura, Piano, on Tuesday, November 18, 1997 at 8 p.m. Proceeds to: The Irish Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Support Group. Tickets £5.

DANCE CLASSES - Ballet and modern dance classes for the 8 to 16 age group will be commencing at the end of September in the Larkhill parish. They will take place every Tuesday from 6.00 p.m. to 8.00 p.m. at the Boys' Holy Child National School, Larkhill. The cost of the classes is very competitive and the emphasis will be on fun, self-expression and musical interpretations, leading eventually to helping the child develop his or her own choreographic skills. The work also builds strength and a sound technical basis on which to base further dance work. No previous experience is necessary, just a willingness to learn, have fun and join in! Enquiries: Please telephone 837 3075 (evenings).

THANK YOU - Mrs. Philomena Corrigan would like to thank all those who contributed to the Children's Cancer Research and Development Fund. We at Beaumont News have her receipt for £931 from The Children's Medical & Research Foundation being the sponsorship money collected following the recent Womens Mini Marathon. Without the support of our loyal fundraisers throughout the country the organisation cannot hope to continue to achieve its goals, to provide the most up to date equipment and facilities for children from all over Ireland who attend Our Lady's Hospital for treatment of their cancer. We thank you most sincerely for choosing to support the Children's Cancer Fund and hope you had an enjoyable Mini Marathon Day on June 15th last.

GREASE - Our Lady of Mercy College Beaumont presents Grease in the school hall, Beaumont Rd., on Wednesday, Thursday and Friday 15th, 16th and 17th October, 1997 at 8 p.m. Admission: Adults - £5 . Students and OAP's £3.

COFFEE MORNING - Connie Butler and Bridie Dunne would like to thank all the friends and neighbours who helped in any way, or who supported the coffee morning recently held at (Connie's) house. The amount raised was £776. In aid of the Hospice (Raheny).

NATIONAL PRINT MUSEUM - Preserving Ireland's Printing Past, guided tours and audio visual show. Mon. to Fri., 10 a.m.-12.30 p.m., 2.30 p.m.-5 p.m. Sat., Sun. and Bank Holidays, 12-5 p.m. Beggars Bush, Haddington Road, Dublin 4.

FOOTBALL MATCHES - Residents of Coolgreena Close would be most obliged if all cars coming to football matches on Saturday mornings would park with due consideration for others, on one side of the road or in the field and not block driveways etc.



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A TRIBUTE TO DOCTOR NOEL

By Tom Darby

The saddest place to read about the scourge of Tuberculosis is on the faded tombstones of Irish graveyards. The disease was for centuries the most feared of all infections. Known then as consumption, it attacked the lungs, and at one time played a part of one in five of the world's deaths.

It is reported that traces have been identified in Neolithic skeletons of Europe of 3700 B.C. Aidan Arnold in his book "Lusk through the ages" gives a harrowing account of the Sherwin family, husband William and wife Catherine and their seven children who were systematically wiped out by T.B. The inscription on their headstone "Holy Cross under thy shadow we will rest and expect" states a belief in God and a hope for the future life after seventeen years of hell on earth. Dr. Noel Browne who himself contacted the dreaded disease stated that getting T.B. was joining "The Tuberculosis Lepers of Irish life".

People faced personal isolation and in many cases physical disability and very often death. Doctors were helpless and didn't know what to do. Usually it started

with a cough. Then came the dreaded scarlet specks on the handkerchief. As the infection progressed the patient was isolated and in some cases had to sleep outside the house. Fresh air was put forward as a cure but in winter if TB didn't kill first then pneumonia did. The fresh air referred to could only be got on the mountains of Switzerland, but that was beyond the means of the ordinary person. In Ireland most people died from the disease often slowly and in great pain. Certain houses where a death took place were left isolated even though all such houses where there was a TB death were fumigated by the health dept.

It was 1922 before the effective vaccine, originally developed by two French scientists, Leon Calmette and Camille Guerin in 1906 was first given to children. The vaccine BCG (Bacille Calmette Guerin) is still in use today. However the first anti-tuberculosis drug was not discovered until 1944 and was called Streptomycin.

ENTER DOCTOR NOEL

Four years later in 1948 Fianna Fail suffered their first general election defeat in 16 years and were replaced by a coalition government led by J. A. Costelloe. On his first day in the Dail Noel Browne was appointed Minister for Health and almost immediately he transformed his department into what he later described as "a battle headquarters".

It is also on record that on a visit to a hospital in the midlands, while he was Minister, the local dignitaries pointed out to him the beautiful flower beds and he quickly retorted that an extra bed in the ward for a deserving patient would be much more beneficial than beds outside for flowers.

Many people to this day, regardless of their party political affiliations, would credit Noel Browne with having got rid of TB in Ireland.

From 1947 to 1951 the death rate from the disease dropped from 123 to 73 per 100,000. A few years later tuberculosis was only a terrible memory and the thousands of inscriptions in Irish graveyards were all that were left to mark the suffering of the unfortunate victims. Lest we forget this article was written as a tribute to Dr. Noel Browne who died recently.

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Garda Clancy Column



Hello again Beaumont,

Its good to be back after the summer break. Not much of a Summer weatherwise I'm sure you'll all agree. The Gardai in your area were kept busy throughout the Summer months particularly concerning public order offences i.e. drinking in open spaces by teenagers etc. in the general Beaumont area and I would once again appeal to parents to be vigilant at all times regarding the whereabouts of your children. I can assure you that it is not our policy to use heavy handed tactics when dealing with local youths, but I'm sure you can appreciate the time consumed when dealing with such problems when we would obviously prefer to concentrate our energies on more serious infringements of the law. We did experience some drug related problems in the area over the summer but I am delighted to report that this activity has currently ceased. It is an ongoing problem in most communities so please be vigilant for any suspicious activity in your area and report it.

We in the Community Police here in Santry have a number of initiatives we intend launching over the coming weeks, two of which I would like to talk to you about in this month's column. The first is a watch card scheme for the youth of the area. This will replace the old neighbourhood watch cards which did not prove reliable for a number of reasons. The watch card is an American initiative and is successfully in operation in a number of cities. It will be impossible to interfere with this card i.e. change photo, date of birth, etc. and it is expected that it will be required for production in pubs and off licences in the area. It will also be useful for entry to cinemas - over 15s, over 18s, etc. and it is expected that a lot of businesses in the area will offer card holders discount on production. This is a totally voluntary scheme which will be launched shortly. I will keep you informed of the launch date.

The second initiative concerns our senior citizens and is an initiative called AID-CALL. Aid call is an emergency button that can be worn as a pendant, clip, or wrist strap and works from all over your house or garden. There is a control unit that is easily connected to your existing telephone line and a standard mains socket.

When the Aid call button is pressed, a signal is sent via your telephone line to the emergency response centre which is manned 24 hours a day. You choose two or more contacts from friends, family or neighbours. In the unlikely event that none of these contacts are available the local Garda Station is contacted. There are grants of up to 75% available for the Aid call system and it is ideal for those living alone, suffering from an illness, etc. If you have any queries on the above, please don't hesitate to call me at Santry 842 7555. Incidentally, anyone out there with any ideas with which they feel the Gardai could have a part to play, I would love to hear from you. If you don't get me in Santry, give Des Maguire a shout and I will contact you immediately.

Des has my direct line which he insisted on getting as Chairman (only joking Des).

Finally, we had a very successful evening in the Beaumont House on Wednesday, 24th September which was a retirement function for Dick Kinsella. The function was attended by many Beaumont residents and many presentations were made to Dick

by the Community Groups which he nurtured and supported throughout his outstanding career in the Gardai. Dick has been replaced by Sgt. John O'Driscoll in charge of Community Policing in the Santry, Ballymun and Whitehall area. John has many years experience in the District and will no doubt, use all the skills and experience he has acquired over the years to continue the positive growth and influence community policing has had in your area in the recent past.

Till next month . . .

Regards,

Brendan

EDITOR'S NOTE

The Beaumont Residents Association was represented at this function by Chairman Des Maguire, Vice-Chairman and Neighbourhood Watch Co-ordinator Gerry Hiney and Secretary, Barry Doyle. A good night was had by all.

CONGRATULATIONS TO OUR JULY/AUGUST PRIZEWINNERS

TWO RETURN AIR TICKETS TO ANY U.K. DESTINATION

Compliments of "The Flight Shop", Omni Travel
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TWO RETURN AIR TICKETS TO PARIS

Compliments of Beaumont Residents Association
Member No. 2029 - Moore's, 29 Cooleen Avenue

£40 VOUCHER

Compliments of Toy Crazy, Omni Centre
Member No. 1140 - Cassidy, 140 Beaumont Road.

£25 VOUCHER

Compliments of Toolin Travel, Malahide Road
Member No. 2458 - O'Sullivan, 58 Shantalla Drive

£30 VOUCHER

Compliments of Swift Foodmarket
Member No. 1926 - Doyle, 26 Coolrua Drive.

£30 VOUCHER

Compliments of Court Cuisine
Member No. 2006 - Craddock, 6 Cooleen Avenue.

£30 VOUCHER

Compliments of Pick of the Crop/Flowers Unlimited
Member No. 2037 - Curran, 37 Cooleen Avenue

£20 VOUCHER

Compliments of Pro Golf, Omni Centre
Member No. 1701 - Lacey, 1 Coolgreena Close

£15 VOUCHER

Compliments of Shantalla Stores for Sun Bed Course
Member No. 1818 - Cunningham, 18 Coolatree Road

£10 VOUCHER

Compliments of Atlantic, Omni Centre
Member No. 1901 - O'Sullivan, 1 Coolrua Drive

Beaumont Reviews

REGENCY HOTEL - On Stage Productions present all of your favourite actors from "Silver Wedding" in "Move Over Mrs. Markham", including Phil Clarke, Pat Sullivan, Paul Nolan and Teresa Cashin. This is a two-act play of Ray Cooney and John Chapman's hilarious comedy, directed by Kay Farrell. When the cat is away the mouse will play! Three different couples decide "tonight's the night". The only problem is they have all chosen the same venue, the bedroom at the Markham's flat. The fun and games begin and the results are only hilarious. Pre-show dinner (£12.95) and after-show supper £5 with complimentary glass of wine, are available if required. There is also a free spacious car park. It all makes for a fun night out at the Regency Hotel. Nightly except Sundays at 8.30 p.m. Bookings 837 1515/837 3544 (9 a.m. to 6 p.m. daily). Book now for this hilarious show. Admission £5 Mon./Tues.: £6 Wed. to Sat. with special rates for groups. Everyone will thoroughly enjoy this "very funny" and entertaining show. - Noreen Maher.

FREE RAFFLE AMONG MEMBERS OF THE RESIDENTS ASSOCIATION

6 Complimentary Tickets were won (each ticket admits 2). **WINNERS:** No. 1923 Christopher and Rita Fitzgerald, 23 Coolrua Drive; 1620 Mary Gogarty, 20 Coolatree Park; 2626 Mulvey, 26 Dromawling Road; 2469 John Connolly, 64 Shantalla Drive; 1455 Helen Breheny, 55 Coolgreena Road, 2148 Harrington, 48 Coolgarriff Road.

MERCY ROCKS ON!

LAURA KELLY (5th Year).

Watch out for that Greased Lightning - its coming your way. Now those summer nights have ended its back to friends, teachers, work, but also a new challenge - Grease the Musical - the fun filled American musical with all the same tunes and characters you know and love. From the club-jacketed gum-chewing, hip-swinging, pink ladies to the super-cool, super-haired, hard-looking, wheeler-dealer Buger Palace Boys with the odd GEEK thrown in for good measure! Everyone involved is dedicated to an excellent production and the level of talent is scorching hot and the enthusiasm is unimaginable. The musical director said "It's going to be a great show - THE best yet" But then again she says that every years! So come along on the 15th, 16th and 17th of October, as there are worse things you could do and you're the ONE THAT WE WANT to see there otherwise there'll be tears on your pillow. So if you're a hound-dog who was born to hand-jive and fancy shakin' at the high school hop come along for what is sure to be a colourful, vivid and memorable show!

THE DIET

From Rita Fleming, Coolatree Park

Where does fat go when you lose it,
Does it fall to the ground with a plop,
Does it roll down your legs to your ankles,
How does it know when to stop,
Does it keep rolling on like a river
thats broiling along in full tide,
Does it roll off your ribs and your stomach
until you've a sylphlike back side.

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TOP TEN SIMPLE WISDOM TIPS

A leading American psychologist, Richard Carlson has written a book entitled 'Don't Sweat The Small Stuff' - And It's All Small Stuff'. More than 650,000 copies have been sold in the USA. And I think Irish people could benefit from the simple wisdom of the book. A leading Irish psychologist said that anything that can help people get their lives into perspective can be useful. Here are the top ten tips from this book:

1. Ask yourself the question: "Will this matter a year from now?" - Unless someone is dead or extremely sick, most of the things you're upset about won't matter in an hour, let alone tomorrow.
2. Be aware of the snowball effect of your thinking - don't blow things out of proportion. Dwell on an unimportant event and it quickly turns into a great deal so fast that you don't realise it's happening.
3. Let go of the idea that relaxed people can't be super-achievers - there is a myth that unless you're mean, criticising everything, you won't get on. When you're relaxed, you have a calmer wisdom, access to more common sense and see solutions more easily.
4. Choose being kind over being right - people are obsessed with being right and proving it. Therefore, everyone else has to be wrong. If you want to be peaceful and happier, you have to allow other people to be right some of the time.
5. Every day, tell at least one person something you like or appreciate about them - you have to make it a habit. Turn your attention to what's right in life. Even if you don't get a compliment back, you feel good.
6. Live each day as if it were your last - and treat friends as if it was their last day, too. It might well be. When you spend time with anyone, be nice - you'd really regret it if your last conversation turned out to be spiteful or mean.
7. Don't interrupt other people's sentences - people go to therapists because they feel no one's listening to them. Give family and friends that respect. They'll be amazed and relationships will benefit.
8. Make peace with imperfection - life is rarely as you want it to be. It's just one thing after another. Always has been, always will be. The sooner you accept that, the better.
9. When you die, your in-tray won't be empty - people leave work depressed if they haven't got everything done. Everyone has the same 1,440 minutes in a day - just do the best you can with them.
10. Be the first one to act loving or to reach out - because we're stubborn. "I'm not going to be nice to her because she's not being nice to me" you'll feel good and bring out the best in yourself and others.

SHYNESS AMONG CHILDREN IS ON THE INCREASE

A report in a leading Sunday newspaper said that shyness among children is on the increase because their parents spend an average of only eight minutes a day talking to them. A recent conference on shyness heard that two out of every three people now regard themselves as shy - a figure which has substantially increased over the past 20 years. And studies have shown that mothers and fathers are neglecting their children because they are too involved in their busy

lives, those eight minutes talking to their children being largely taken up with giving commands. In situations where both parents are working when they get home they sink in front of the television and haven't got time for their children. But they must find the time, because if they don't, children are going to spend more and more of their time alone in their bedrooms. Children should spend an hour in the company of other people for every hour they spend in front of the television because if they don't do this, they will not acquire the social skills to enable them to relate to people.

PEEP INTO THE PAST

Newspaper article 1972 approx.

In the season of appeals to conserve dwindling water supplies, all is not well at the homes of the O'Tooles and the Connollys at Coolgreena Road, Beaumont, Dublin.

Or perhaps, it should be said that all is well in these suburban homes, but nobody is happy about it.

The reason for the families' disquiet, is that a 17-foot deep well has suddenly appeared between the two houses, creating an immediate attraction - with its attendant hazards - for the children of the area.

The well was discovered after the Connolly family tried to figure out why water was continually seeping through their newly-laid concrete driveway. A friend of Mr. Connolly's dug up the path and almost fell into a 17 ft. deep well covered by a rusty sheet of corrugated iron.

The well lies between Mrs. O'Toole's and Mrs. Connolly's houses and since it was discovered both women have kept a vigilant eye on the driveway. Both houses are believed to be built on the site of a large Georgian house, and it is believed that the well was the water supply to the house.

Said Mrs. Connolly: "Although there is a shortage of water at the moment we're not all that keen about having our own water supply. All we want to know is, what can be done to solve the problem, and who's going to do something about it. They had notified both the builders and Dublin Corporation and are awaiting some action

A VIEW ON DEVELOPERS

This letter appeared in a Dublin newspaper recently.

Sir - As a resident of Blackrock I have had to become accustomed to most green space being sold to the highest bidder, i.e., developers. In some measure this has been welcome.

One of the last green-belt areas to be converted to housing was the St. Augustine's lands at the top of Carysfort Avenue. The housing is pleasing to the eye - but what of the "finishing touches"?

The feeder road, at the new-road junction, was half-prepared over nine months ago; walls knocked down and mature trees cut down to the ground. Since that, no sign of any development of a slip-road.

However, my chief concern is the footpath that is now level with the road. A slip of a steering wheel will one day maim or claim somebody walking along there. Quite a number of schoolchildren at All Saints National School have to walk that hazardously uneven footpath every day (including my own son).

Does the developer, who is responsible, really not care about local residents' safety?

LOUIS HEMMINGS, Co. Dublin.

Is this an omen for Beaumont?

The Chairman's Column



HELLO again Neighbours and Friends. Most of you are by now back to the "grind" again — including school and College goers. It's not easy getting back but it seems it's got to be done. We would not appreciate the holidays if we did not have the routine. Don't despair though, Halloween is only a few weeks away and Christmas is just around the corner. Spare a thought for Santa Claus making the many presents and toys for the junior residents and having them ready on time for the big day.

CONSTRUCTION of the houses on the lands adjacent to the Convalescent Home started back in August and appears to be progressing with great haste. We are monitoring the activities and we have lodged a number of queries with Dublin Corporation regarding how and what is being done. If anyone is experiencing particular difficulties, please let us know.

A planning application in relation to a change of elevation to a number of houses is with the Planning Department. Recent revelations makes it easier to understand how permission is acquired for developments such as this.

I AM delighted to welcome Pat Lyons, Chief Executive of Beaumont Hospital as a contributor to "Beaumont News" and also as an association and committee member. I expect we will receive regular "Hospital News" in the future. Pat has nominated Sheila McGuire as his representative to attend our Committee Meetings.

I believe that the opening of communications and working together on the very many common issues, can make a real and positive contribution for the benefit of all.

I MET with Mary King, Secretary of the "Old Residents Association" at her request. The meeting took place in the Skylon Hotel at the end of July. It was a lengthy meeting at which Mary gave her Committee's reasons for "non-co-operation". Without going into the reasons and details here, a formula was agreed on the night, to be put to both Committees. Mary agreed to put the formula to her Committee and report back to me before my Committee meeting on September 9th.. I have not heard from Mary since the end of July.

CONGRATULATIONS to Deirdre and Cathal McElearney, proprietors of the "Swift" foodmarket, Shantalla Road on selling a £1.6m Lotto winning ticket. A syndicate of 6 from the southside were the recipients. "Lucky Swift".

I WOULD like to remind readers of our sponsors, A.I.B. Swords Road, Beaumont House and SuperValu, Lorcan Avenue. Our advertisers in this issue and previous issues. Please refer to the Advertisers Index on Page 10, when you are buying goods or services. Remember without our sponsors and advertisers there would be no "Beaumont News". I urge you to consider them first.

THE REPLACEMENT PRIESTS have arrived in the Church of the Nativity, Beaumont. I wrote to and met with Fr. Staunton and invited him to contribute an article to "Beaumont News". Unfortunately copy was not available

at time of going to print. We look forward to an article next month.

CARMEL McDONALD, my Committee colleague and representative for Dromawling Road, has received a number of complaints about the significant increase in traffic and speeding on Dromawling Road. It appears that this road is now being used as a "throughway" and in the words of a resident is like a "speed track"! Carmel carried out a survey of residents and more than 95% of them want 'traffic calming measures' introduced without delay. On foot of this information we have written to Dublin Corporation requesting ramps (or similar) to be installed at an early date.

A SERIOUS HAZARD has materialised for pedestrians at the Hospital junction with Beaumont Road. It has become particularly dangerous during the morning rush-hour. Hundreds of school goers have to cross this junction on their way to St. Fiachra's National School and to the Convent of Mercy Secondary School each day. A number of "near misses" involving school children has occurred since the start of the school year.

At our request the Gardai from Santry now have a presence at the junction during the very busy half hour, 8.30 a.m. to 9.00 a.m. Since their arrival, the situation has improved considerably. Many thanks to Brendan Clancy and his colleagues. It is worth noting that many of the offending drives work in the hospital. I will be taking this matter up with Pat Lyons in the very near future. I do understand that people are in a hurry to get to their job and I do understand that traffic from the Artane direction has no filter light — but it is absolutely wrong and totally unacceptable for vehicles to turn on red and drive through the junction as children are crossing with the "Green Man". Dublin Corporation have gone back on their promise of earlier this year, to install a Right Filter Light.

BETTER NEWS for residents in regard to the junction of Beaumont Road with Shantalla and Dromawling Roads. The Corporation have finally agreed to install a pedestrian phase for all four crossings.

COOLGRENA ROAD and adjacent roads are experiencing a very significant increase in traffic. The main entrance road to the Convalescent Home and St. Paul's School is difficult to negotiate due to the housing construction work. Traffic to/from St. Pauls and the Convalescent Home are using the controlled access at the end of Coolgreena Road. This is a very ominous development. The controlled gate remains open most of the time making Coolgreena Road a "throughway". Should this continue it will have catastrophic consequences for residents.

As far as can be ascertained at this time, this access did not receive planning permission. We have asked Dublin Corporation to close this access in an orderly fashion.

I WANT to hear your views on any issues that are affecting you or any potential problems or dangers in the area. I am not and neither is any member of our Committee, mind readers. Tell us what you think. Tell us what you would like to do for the area.

There is a letter box in the Shell Garage and in SuperValu, Lorcan Avenue — it won't even cost a stamp and you might win £25.

Until the next issue, keep safe and keep in touch.

Des Maguire,
Chairman,
Beaumont Residents Association.