Ireland was represented at the 16th Quadrennial congress of the International Council of Nurses in Tokyo by a group of twenty nurses including 7 student nurses, which incidentally was the largest group of student nurses from any country. 1,000 nurses attended from 68 countries. The main group of fourteen left Ireland on Friday 27th May, and travelled via Moscow and arrived safe and sound, if a little tired, after approximately twenty flying hours. The remainder of the group behaved rather like royalty choosing different routes and even different air lines. I travelled from Paris on Korean Air Lines on Saturday, flew via Anchorage and Seoul and eventually arrived in Tokyo on Sunday night just before midnight, quite exhausted but excited and happy.

The congress opened officially on Monday 30th May with a cortège opening ceremony at the Nippon Budokan hall (especially built for the Olympic Games 1964). The presidents and secretaries of the I.C.N. member nations mostly wearing their native costumes were led in procession by a Japanese student nurse carrying their national flag. The ceremony brought gasps of delight from the audience. Ireland was officially represented by Miss Ita Leydon Talty St. James’s Hospital, who is president of the National Council of Nurses of Ireland and Miss Margaret Brough of the Irish Nurses Organization who is honorary secretary.

Their imperial Highnesses Crown Prince Akihito and Crown Princ---
THE CREDIT UNION - WHAT'S IN IT FOR YOU

What is it? I was asked.
Well, about one in every five members of the staff already have a fair idea of what it is, which leaves about four out of five who have not yet become involved. Naturally, some of these are already members of other credit unions, probably where they live, i.e., parish unions.

Credit unions are operated under the provisions of the Friendly Societies Acts as amended by the 1966 Credit Union Act which sets out in detail the requirements to be met. These requirements are designed to safeguard the members' savings and require, inter alia, annual audit of accounts by a public auditor and reports to the Registrar of Friendly Societies.

The members of the staff of the EHB, St. James's Hospital and James Connolly Memorial Hospital have joined forces to form the Health Services Staffs' Credit Union. Their object is to encourage thrift and promote systematic saving. This is achieved by staff members agreeing to have certain sums deducted from their salaries and transferred to the Credit Union account.

The credit union also wants to eliminate usury and in particular the necessity of their colleagues to have recourse to moneylenders. In this latter object there has been fair success. The union wants to increase the purchasing power of its members and does so by enabling them to borrow for productive purposes and other beneficial uses at a reasonable rate of interest; 1% monthly on the descending balance of the loan.

How has the union measured up to these objects in its seven years of life to date? Well the savings of its 1,200 active members now amount to £150,000 and over the seven years loans amounting to almost £700,000 have been made to members for a wide variety of purposes such as house furnishing, clothing families, purchase of bikes, cars, prams, part payment of house deposits by about-to-be-weds, holidays, Christmas fare, debts and sudden calls such as ill health and funerals. Members almost overcome with problems resulting from inadequate financial arrangement of their own affairs have been enabled to get order in their lives with consequent peace of mind and its attendant benefits.

Structure
The credit union is operated on democratic lines by a board of directors elected, over a three year cycle, by the members at the annual general meetings. The members also elect each year a supervisory committee of three who are charged with overseeing the performance of the union's officers and sub-committees on behalf of the members. In other words, they are charged with the responsibility of an internal audit function, which not only covers the financial operations but all operations of the credit union. Additionally the board of directors appoints various sub-committees such as the credit, membership, educational sub-committees to make sure that all its duties are satisfactorily performed. Officers, particularly those handling cash are all bonded; savings and loans are insured. All in all, the credit union is a complex organisation operated by its members for its members. It is not possible in a short space to give more than a glimpse of its activity.

If you are already in membership maybe you would consider becoming more involved. If you are not already in membership why not get in now. Details can be had at the "office" in the Welfare Building in 1 James's Street any day or from the membership committee any Wednesday evening at 5.30 p.m. except for the last Wednesday of the month.

SISTER DWYER LEADS THE WAY

Miss Leonie Dwyer Ward Sister, Cherry Orchard Hospital, has just completed her second Diploma Course in the Royal College of Surgeons' faculty of Nursing. She was awarded the Diploma in Applied Physiology at a special function in the College on Wednesday 13th July, 1977. Last year she successfully completed the course in psychology. Miss Dwyer is committed to on-going education for nurses because in her view advances in treatment and medical sciences require more complicated skills and even fully trained nurses cannot be expert in all the skills used in modern day patient care.

To be eligible for the Primary Fellowship in Nursing it is necessary to have at least one of these objects connected with nursing so Miss Dwyer intends to continue her studies to this level.

We all wish her every success and look forward to the day when hopefully, she will be among the first group of nurses to receive a Fellowship in Nursing.

ST. VINCENT'S, ATHY

The members of the Board's visiting committee for St. Vincent's Hospital met a representative group of voluntary organisations in Athy recently. Cllr. M. Brady, Chairman of the Kildare Local Health Committee, presided at the meeting (we were all delighted to see you back, Michael). On behalf of the Board he welcomed the gathering and paid tribute to the efforts of the committee to continue to undertake for the patients at St. Vincent's and, indeed, for the old and not so old handicapped persons in the area. The organisations represented at the meeting were the Co. Kildare V.E.C., Athy & District Committee for Care of the Elderly, Athy Order of Malta, Athy Lions Club, and the Junior Section of the Athy St. Vincent de Paul Society. Unfortunately the representatives from Newbridge/Kildare Lions Club and Kilcullen Club were unable to attend.

Mr. Swords, General Administrator, thanked Sister Dominie, Matron, and her staff for their untiring efforts on behalf of the sick. He also thanked the local organisations for all their help. It was the Board's policy, he said, to develop the services in the area and particularly the day-care services and he hoped that the local organisations would become involved.

Dr. Barry, Director of Community Care, said that he found it encouraging to see the co-operation that existed at local level between the various organisations, the hospital staff and community care staff. He suggested that a social service committee might be set up and it was agreed to hold another meeting to discuss this in detail.

"If you won't mortgage the pension what's wrong with me death gratuity?"
NEW SOCIAL WORKERS FOR COMMUNITY CARE

Look out for a very interesting article on the social work service which will appear on this page in a forthcoming issue. Meanwhile we are busily engaged in recruiting additional Social Workers and indeed promoting our present ones. Our congratulations extend to John Quain formerly of Area 5 who has been appointed Senior Social Worker in Community Care Area 2. John is the first Senior appointed to Area 2.

Recently six new Social Workers have been appointed and have taken up duty in the various Community Care Areas. Welcome one and all. For those who haven't got the names we will list you -

Ms. Erica Mason from Jervis St. Hospital to Area 4
Mrs. Anne Craig from L.S.P.C.C. to Area 2
Ms. Anne Valentine from St. Patrick's Hosp. to Area 3
Ms. Mary O'Hagan from Louth Regional Council, Scotland, to Area 5
Ms. Mary Payne from Shelter Referral to Area 6 (based in St. Patrick's Home)
Ms. Mary O'Sullivan from Royal Victoria Hosp., Belfast, to Area 7
Mr. Claran Roche from Oldbury, West Midlands, to Wicklow Area (Bays).

Eight more Social Workers will be taking up duty within the next six weeks. Before the end of the year a further ten will be recruited. Our much needed social work service is now building up very rapidly. We will keep you informed of developments.

Administration staff for Community Care Areas:

Now that our new Directors of Community Care are arriving arrangements to provide administrative and secretarial staff premises for directorates of Community Care Areas are under way. You will be advised of the details later.

To date four A.S.O.'s have been selected to work in the areas. These are -

John Keppel Area 2
Nicholas Doyle Area 6
Pat O'Meara Area 7
Brendan Carr Area 8
see also Staff Transfers.

STAFF TRANSFERS

Apart from those listed above, the following transfers have taken place - Tony Reilly on promotion from Computer Dept. to ASO Accounts; John Broe on promotion from Mental Health Salaries to ASO Accounts; Pat O'Brien on promotion to ASO Internal Audit; Tom Mahon and Margaret McGahen both promoted to ASO within their present section, Personnel; Vincent Martin on promotion from Mental Health Salaries to Salaries; Adrian Charles on promotion from G.M.S. to ASO Welfare Allowances; Maura O'Donnell on promotion to ASO in charge of the Refund Scheme, G.M.S.; E.J. Tormans on promotion to ASO Dental Services; Kay Doyle on promotion to ASO in St. Brendan's.

Cunice Manafield, S.E.O, has moved from Medical Services and is now dealing with the new Community Care areas; he is replaced by Colin Murphy S.E.O. from Castle Street; Ms. O'Connor, S.O. and Tom Cahill, S.O. are also involved in Community Care. Matt is now based in Emmet House and Tom in Old County Road.

Liam Sweeney, S.E.O. Mental Handicap Service, has his main office in James's Street. At present it's in the Personnel Building (tel. 757951 ext. 275) but we understand it's being shifted to the old Welfare building soon.

Meals are supplied at 1 p.m. daily to elderly and incapacitated persons living in the immediate area of St. James's Hospital.

(1) Volunteer drivers are urgently required for Monday, Wednesday and Friday to deliver meals in the Islandbridge Area. (2) Helpers to assist ambulance drivers in the distribution of the Meals are required for each Monday to Friday from 12.45 p.m. for approx. half an hour. If you would like to help please contact:


PROF. LYNCH TO HAWAII

The rumour that Prof. Tom Lynch, Clinical Director, Special Hospitals, has joined Hawaii Five-O is not correct. He is off to Honolulu as guest speaker at the Sixth Annual Congress of the World Psychiatric Association which will be held from 28th August to 3rd September 1977. Prof. Lynch will talk on rehabilitation in Ireland and will also act as co-chairman of a session on the usage of psychiatric hospital beds.

Late Tom Guinan

His colleagues in the Home Assistance Section and his friends elsewhere were shocked and saddened at the news of Tom Guinan's unexpected death in early May.

He had been with the firm of Messrs. D. E. Williams, Tullamore, for some years before coming to the Dublin Board of Assistance as a clerk on the Emergency Food Scheme in 1942. In 1945 he became an assistance officer, was promoted to the grade of home assistance inspector in 1948 and got further promotion to the post of Deputy Superintendent Assistance Officer under the then Dublin Health Authority in 1968.

As an officer he will be remembered for his courtesy, helpfulness and commonsiness. To those who knew him as a friend he will also be remembered for his loyalty, his quiet humour and his interest in sport which, in later years, provided him with the medium for an occasional modest flutter.

To his widow and his two sons our sympathy for their loss which is also ours.

E. McManus.

EASTERN HEALTH BOARD APPOINTS PHARMACIST

Mr. Eric Magrath, MPSI, has been appointed to the Eastern Health Board as pharmacist in community health care. He is the only second pharmacist to be appointed in such a capacity, the other being Mr. Jim O'Neil, MPSI, of the Southern Health Board.

In liaison with pharmacists, Mr. Magrath's field of operations will embrace, the General Medical Services Scheme; the Long Term Illness Scheme and the Limited Eligibility Scheme.

A native of County Monaghan, Mr. Magrath worked with Irish Pharmaceuticals Ltd. and the International Chemical Company. Limited prior to his appointment with the Eastern Health Board.

BEAUMONT HOSPITAL

Everyone connected with Health Services in the Eastern Health Board area was pleased with the news that the Minister for Health, Mr. C. J. Haughey, T.D., had decided to give the priority to the immediate task of building Beaumont Hospital, which with St. James's, St. Vincent's and the Tallaght Hospital at Newlands Cross, will play its part in modernisation and rationalisation of the hospital services in the Eastern Health Board area. The Minister hopes to build the new hospital on the same lines as Wilton in Cork. He feels he only has up to five years in time if he could use the plan and possibly the same builders. He has already set up a Pre-Commissioning Committee, the Eastern Health Board being represented by Prof. J. S. Doyle and Mr. J. N. Nolan, Deputy Chief Executive Officer and Programme Manager, General Hospital Programme. The other members are Lieut.-General Sean McKeeown, Dr. P. O'Brien, Mr. P. C. Carey, Mr. H. E. Counihan, Mr. T. Stafford, Dr. J. Fielding, Prof. P. Lynch, Mr. B. Martin, Mr. J. McAuliffe-Curtin, F.R.C.S. (Irel.), Mr. C. Dowse, Dr. T.徭ey, Dr. P. A. Jennings. When the hospital is commissioned the committee will be dissolved and a board of management set up.

The committee are faced with a tremendous challenge, but they are well equipped to deal with it. We can only wish them all the luck in the world.
THE WORK OF THE
PUBLIC HEALTH
NURSE

Public Health Nursing is a special field of nursing, that combines the skills of nursing, public health and some phases of social assistance, and functions as part of the total public health programme for the promotion of health, the improvement of conditions in the social and physical environment, rehabilitation, the prevention of illness and disability. It is concerned for the most part with care of well families and with non-hospitalized sick persons and their families, with particular groups of people, and with health problems that affect the community as a whole.

In this article I shall discuss some of the many facets of the public health nurse’s work.

Care of Sick:

With the trend to combine preventive and curative health services, home care of the sick is becoming generally recognised as a desirable public health nursing function. Early discharge from hospital, the increase in chronic illness with the ageing of the population, and the development of rehabilitation techniques are only a few of the factors behind the increased demand for home care. The public health nurse may give direct patient care, teach and supervise a home help or member of a family looking after the patient. In any case, it is her responsibility to help people get the nursing care and community services they need. In doing this she works closely with the family physician. The public health nurse is in fact the main link between the family, the general practitioner and other members of the community care team.

Rehabilitation:

Rehabilitation and continuation of patient care to the point of possible recovery is another important part of patient care. In addition to the family doctor and her own skill and knowledge in this area, the public health nurse uses all the resources whereby the patient and his family can contribute to his care and rehabilitation.

Care of the Aged:

A geriatric register of persons over 65 years is kept by the public health nurse, in addition to the home visiting service she provides. Geriatric surveillance is an important function of the nurse as initiated in 1968 Report on Care of the Aged. She keeps in close contact with the services provided for the aged in her area, e.g. visits to community day centres, meals on wheels and other voluntary organisations caring for the elderly.

World Health Organisation, by Breda Harrington, P.H.N.

Child Health Service:

The public health nurse at the child health clinic and during her visits to the home discovers many problems needing specialist professional attention. By screening tests the public health nurse identifies children with suspected deafness, mental handicap, growth retardation or obesity, physical defects of any kind, e.g. defective vision or hearing. The earlier all such defects are discovered the greater the possibility of therapy. This preventive role of the public health nurse provides a service to parents by someone in whom they have confidence, to whom they can be called upon to help. She visits all children from birth to 3 years of age, and, in addition to discovering physical defects, general advice is given to the parents with emphasis on nutrition. Nutrition counselling and basic medical knowledge is included in the training of public health nurses today. But nutrition counselling is not enough. Pregnant women and the mothers of young children need either to be able to afford an adequate diet or need to have their diet supplemented so the nurse must know which families require social assistance, free milk scheme or meals on wheels service.

Developmental Paediatric Programme:

This service provides a development examination available to children at the age of 8 months and is carried out in the local health clinic by the clinic doctor. The examination is designed to assess the mental and physical development in the infant in order to detect any deviation from the normal and, if required, the child is referred in consultation with the family doctor for further assessment.

The public health nurse visits the home for a follow-up paediatric check at the age of 1 year and if necessary another follow-up examination is carried out in the health centre by the clinic doctor.

Immunisations:

Early in the development of public health services emphasis was on health teaching and the prevention of disease. This still applies, and there is an on-going service of immunisations against
certain infectious diseases which must be maintained. These immunisations are provided at local health clinics or by general practitioners with booster campaigns carried out at intervals in all schools.

School Health Service:
School health examination is carried out on children 5 to 7 years (not previously examined). Selective examinations are made of other pupils (referrals by doctors, nurses, parents and teachers).

Care of the handicapped:
The public health nurse visits the homes of handicapped children, advising the families with special emphasis on community services. She also keeps in close contact with schools for the handicapped in her area and surrounding districts.

Pre-School Centres
These centres for pre-school children are of special importance to the public health nurse since her work includes the health care of children from infancy to the end of the school-going period. She visits any centres in her area for the purpose of observing the health development progress of all the children in attendance.

Team relationship in Public Health
The family doctor, the nurse and the public health doctor compose the basic team in primary health care. Depending on the needs of the situation, the assistant officer, health inspector, social worker, home-help service, or any other agency or professional person appropriate to the problem can be called in by the public health nurse to give support as required to a family. Thus the supporting services that the public health nurse needs to call upon to cope with particular families are not all medical. A family may need the support of some type of day care for one or more pre-school children, or may have deeper problems requiring the help of a social worker able to devote more time to its special difficulties. The help needed may be of a kind best provided by a marriage guidance counsellor. The public health nurse is concerned with such social aspects as child development, the psychology of family relationships and the effect of social problems on physical and mental health. She recognises social problems, uses her skill in interviewing and giving advice to help the individual or the family.

Health Education and Family Health Work:
Whether working alone or with other health workers the public health nurse is in constant and intimate contact with the sick and the healthy in the community, not only with individuals, families and groups, but especially with teachers, community workers, assistance officers and public representatives. In the course of these contacts the public health nurse fulfils a role as educator and as interpreter of the health needs of the community.

The nurse, because of her close approach to people during the crises of life — birth, death and sickness — has a unique contribution to make as a family health counsellor. She listens, supports, reflects back, and thus assists people to realise their own health needs and problems and plans to meet them themselves. In this capacity, she can strengthen the relationship between the family, the general medical practitioner and the community services. Public health nurses concerned with the earliest stages of family building also have a unique opportunity to help in establishing customs in a family and in the community. Mothers attending for early ante-natal care, taking children as a routine to the child health clinic, seeking the advice of the nurse or doctor, are all measures that raise the standards of health-care within families throughout life.

An important aspect of the nurse's educative role is instruction on hygiene and accident prevention in the home.

The public health nurse is privileged to share the hopes and fears of others. She becomes part of that fascinating pattern of life — from the womb to doom — which is partly happy, partly tragic, but almost always humorous.

Late Mrs. Gethings

With the recent sad and sudden death of Mrs. Eileen Gethings, Cleaning Supervisor, a link with the history of No. 1 James's Street has been broken. Her career extended over 35 years starting as a Ward Mistress with the Dublin Board of Assistance, continued through the Dublin Health Authority and then the Eastern Health Board. During all that time she was noted for her humour, her gentleness and her charity. She was greatly loved and will be sadly missed by her colleagues in the Health Board and in particular by those of us who were associated with her in the Staff Credit Union. She was one of our founder members and served as a director from the first committee until the time of her death. The extent of her popularity was reflected in the attendance at the Memorial Mass recently held in the Hospital Chapel. She will continue to live in the memory of her many colleagues and friends.

— P. Bennett.
NOW IS THE TIME ....

If you're thinking of enrolling for one or more of the many evening courses available for improving your knowledge or whetting your interest in particular subjects, now is the time to get cracking.

Here are some of the places to contact for information about subjects, times, cost and enrolment procedures:

1. Extra-mural Studies, University College, Administration Building, Belfield, Dublin 4. Tel. 693244
3. Vocational Education Committee: for Dublin City – Town Hall, Ballestrade, Dublin 4. Tel. 680614.
   for Dun Laoghaire – 17 Cumberland St., Dun Laoghaire, Tel. 601928.
   for Tallaght – Main Road, Tallaght, Co. Dublin. Tel. 508186.
4. Irish Congress of Trade Unions, Education Service, 1 Grand Parade (near Canal Bridge at Charlemont St.), Dublin 6. Tel. 974244.

GRETTA O'FARRELL RETIRES

Anyone who has ever had any contact with St. Brendan's Hospital knows Gretta O'Farrell. The belief of some of the junior staff that the place was built around her is not strictly correct. But in a very special way she was the heart of St. Brendan's.

Appointed Shorthand/Typist in the Chief Clerk’s office by the Joint Committee of Grange­gorman District Mental Hospital in 1932 on a salary of £105 a year, Gretta has seen many changes in the hospital, and indeed the mental health services generally. Her first boss James J. Doyle, the Chief Clerk, was reputed to be one of the finest administrators this country produced. When he retired after the coming into operation of the Mental Treatment Act 1945 he seems to have bequeathed to Gretta, if nothing else, his energy, enthusiasm and drive. Everyone who has worked with Gretta has marvelled at the amount of work she could get through.

It was hardly any wonder that a great crowd assembled at St. Brendan’s last July to wish Gretta well on the occasion of her retirement. Many of her retired colleagues were there, among them Maureen Swayne, Cyril Cullen, her sister Sheila and Felix Callow, all looking remarkably youthful.

Mr. Ted Keyes, Programme Manager made the presentation and tributes were paid by Mr. E. O Caoimh, Chief Executive Officer and many others.

In leaving for a more hectic life of golf, bridge and travel Gretta carries the best wishes of all of us.

A FISHY BUSINESS

Once upon a time there was a man who liked fish. His name was Joe O'Reilly and he was an Assistant Officer in Sallins, Co. Kildare. He was particularly fond of trout. So he set off to the river in search of one.

In no time at all he caught a beauty, fully one-and-a-half pounds weight. He gazed at it in triumph. Was there anything he could do? He asked himself, than a slowly grilled, succulent trout, lathered in butter with the odd drop of lemon juice strategically squirited on it?

There was, of course – two trouts. So back he went to get another. Business was bad and Joe took to

KILDARE

St. Vincent's Hospital and the Lions’ generosity

Sister Dominic, Matron of St. Vincent's, and her staff speak ecstatically of the generosity of the local Lions Club in Athy, while they await the final connecting-up of a loud speaker system from the hospital chapel to all the wards, which will enable the patients, especially those who are bedridden (the ambulance staff and on duty, too) to hear Mass and any other ceremonies taking place in the Chapel. This is just the latest, and many think the greatest, of a number of little extras provided by these magnanimous townspeople for the hospital in Athy.

Other items already provided by them include a minibus (apart from the EHB minibuses, of course) to take patients who are fit enough on little outings, or to visit relatives or friends, or even to little shows in the nearby hall. These Lions (of the genial guile) also provided a van to bring meals-on-wheels to senior citizens in the town. Both vehicles are manned voluntarily by members of the local branch of the Knights of Malta.

Sister Dominic tells me that the Lions work very hard to provide these extra facilities for St. Vincent's and Athy generally, and run out some-of-the-ordinary functions too out of some of their funds. They had a very interesting antique auction last year in the Dreamland Ballroom which was the talk of the town for months before and after the event; that same year it was a balloon race which started from the Square in Athy, and while no one is too sure where it ended, the winning balloon sponsor got £50 first prize, and the Lions had a very successful function for Sister Dominic and St. Vincent's Hospital.

ST. COLMAN'S, RATHDRUM

Chr. P. Hickey, Chairman of the Board, met a representative group of the voluntary workers at St. Colman’s recently. They talked about setting up a day-centre which would be associated with St. Colman’s. The voluntary workers agreed to contribute £10,000 towards this project over the next few years while, at the same time, continuing their fund-raising efforts for the provision of holidays, etc. for elderly and underprivileged people in the area. It is very heartening to find so many of the younger age group devoting their time to social activities, and we look forward to reporting progress on this venture.

dreaming of his next meal. It was lying in state along the bank with his fishing gear some fifty yards away. As he gazed at it tenderly he saw a movement out of the corner of his eye. It was a young fox. Joe tried to drive it away but it stayed by his pipe. He stretched himself and went to pack up his gear and catch.

To his amazement his trout had disappeared. He stared in blank disbelief at the spot where it wasn’t. It had been left on level ground within clear view. The ground was still level and only too clear.

Did Joe imagine it, or did he hear from the thicket behind him a stealthy, foxy burp?

Local Athy girl, bright and breezy Catherine Clancy moves this month from St. Vincent’s Hospital to St. Brendan’s, and no doubt her talent and expertise will be appreciated very much in the Special Needs Programme where she is now working. Sister Dominic, the staff of the Hospital and of Community Care office in Wicklow wish her every success – and promotion in the metropolis. Pat Galvin from the Naas office (and formerly of the Conn, Care office in Wicklow) is replacing Catherine in Athy for a temporary period.

New arrivals in the Naas office to whom we bid a warm welcome – Maria McHugh from Hollyford, Co. Tipperary, Pauline Murphy from Blessington, and Grace Kelly from Kildare town – clerk/typists all. Clerical officer Marie Healy from Kilkullen, three months after arrival, leaves soon for Kildare County Council in a similar capacity. Hal and farewell Marie.

Miriam Warren, cork-born health inspector in Kildare since 1975 leaves in September to the sound of wedding bells, and hopes to set up home in Nottingham, where her husband will be lecturing. We wish you every happiness, Miriam.

Who says the Kildare staff is not as good as their Dublin EHB colleagues when it comes to open competition??? We sincerely congratulate our own Peter McHugh, a member in the County Hospital, Naas, on his well deserved success in being appointed Staff Officer with the South Eastern Health Board in Kilkenny. Peter hopes to take up his new appointment in October. Well done, Peter, and good luck.

Did someone tell me recently that promotion comes easier if aspirants are lucky to be “apprenticed” in a certain metro­politan h.q. or, sure, maybe I was just daydreaming...
LETTER TO THE EDITOR

Sir,

As a relatively new clerical officer working in the E.H.B. I would like to express my views on your article on training and promotions.

Interviewing technique is such a broad and interesting subject that some knowledge of it would be of use to both eligible and future candidates. If some definite proposals were made, they would be of immense value to officers going for promotion.

No governing body should spoonfeed any aspiring candidate for promotion. It is true that when an individual studies a particular subject he rarely forgets its basics. Nevertheless, I think the Board should circulate to all offices a list of health services reports and other relevant information so that officers could have available to him information regarding the services. If this system was kept up-to-date it could also improve liaison between sections and perhaps avoid unnecessary delays.

There seems to be a general plea for informative Miss Woods' column in your article. So give us enough rope to hang ourselves.

A New Clerical Officer.

ST. ITA'S

Departure - to the Beaufort area in Co. Kerry - retired Mr. George Coleman, ex-nurse, and his wife, who was formerly Miss Coleman. They are both well known and popular members of our nursing staff over the years. Our good wishes go with them and their young daughter, Mary. We shall miss you, George.

Welcome to Marion Hughes and Noreen Thompson, our new young typists.

Sister Breege Faherty, who is a senior member of our nursing staff, has been ill recently and we all hope she will make a speedy recovery. Beidir go gearr go mbeadh thuais ris a dúin.

Two of our female nursing staff have returned to St. Ita's after a six-month tour of special duty in particular nursing services they successfully passed their test. They are Miss Margaret Noone and Miss Mary O'Reilly. Their tour of study was done in a J.K. hospital. Also Michael McConnell returned from Northern Ireland where he did general training at the Craigavon Hospital. In this war-wracked area the Whittington Hospital also after general training.

Congratulations to Mr. John McTiernan, a member of the nursing staff, who took first place in Ireland in the summer examinations for final R.P.N. And we also congratulate Miss Woods who was high up in qualifying in the same Bord Altranais examinations. We wish both of them the very best in their future careers - they have done us all credit. Congratulations also to the other successful candidates.

Our Director of Mental Handicap has been invited to speak at a Pan-Asian conference on mental handicap in November next. This will be held in Bangkok, India. Dr. Molony informs me that he will be up in Stirling in Scotland for the first world congress on special education in June 1978. Dr. Molony has promised to tell us about these two visits.

Rev. Dick Cantwell was on annual holidays in Rome and he is replaced by Rev. Josef Pauwels, a native of Antwerp who is domiciled in Strasbourg. Father Pauwels had been here a year ago so he is now newcomer to Portlaoise.

ASTRA

By the time this journalistic jewel is on display on the Eastern Health Board newstand Lionel Bart's musical version of Charles Dickens' "Oliver Twist" will probably have been cast or cast out. "Oliver" as you know proved to be a great success both in the theatre and the cinema, and Astra's ambitious production will be in the capable hands of Paddy Kavanaugh whose previous successes in the musical field with Astra were "Salad Days", "No No Nanette" and "Guys and Dolls".

To mount such a show requires many hands both on and off stage and we would like to see as many people as possible come forward and help. It is hoped to stage the show at the end of November and beginning of December - so all you budding actors and actresses and routabouts now is your chance to partake in a first class musical.

Naturally many of you have not been bitten by the stage bug, but you can become part of Astra by paying a membership fee of £1p for the year, which fee incidentally entitles you to a free ticket to Astra shows. Where else would you pay a fee and still have change from a £1? If you wish to join or renew membership please contact any of this sessions committee:

B. Tisdall (Chairman) Emmet House
T. Garret (Vice Chairman) City Lab.
C. Cullen (Secretary) Ambulance Control
M. Shannon (Treasurer) Comp. Dept.
M. Haunatty O.L.M. Dept.
T. Brady Tech. Services
L. Sweeney St. Brendan's
F. Parkes St. Brendan's
L. Larkin Secretariat
M. Cody Emmet House
M. Kilcommed Clonkeagh
P. Rust St. Brendan's
C. Mansfield Emmet House

WICKLOW

Jimmy Doyle from the Abbey Street Wicklow office holds a first degree black belt in Taekwon-do (which literally means fighting with hands and feet). To qualify for his black belt he had to undergo a grading test in Georgetown in June '76 before Korean experts.

For those of us who know little or nothing of Taekwon-do, it is a purely Korean form of unarmed combat which has been developed in Korean military academies. During the Vietnam war U.S. commandos were taught it by the Koreans. This form of martial art is widely practised now in America and Europe and is gaining in popularity in Britain.

There is a thriving club in Arklow with 35 members - including girls and Jimmy is Assistant Instructor there.

The staff dealing with medical cards, refund scheme and farm workers' schemes have moved from Main Street, Wicklow to Abbey Street - telephone no. is still 0404-2671. The new office is on the first floor of the former Hibernian Bank and we hope that the staff are very pleased with their new accommodation. So also are the files.....

In July, patients from St. James's Hospital and Brú Chúchinn were taken by way of a scenic drive across the Dublin Mountains on two outings to Bray where the Bray Old Folks Association played host to their usual friendly and efficient manner. To the Matrons of St. James's and Brú Chúchinn and the Catering Staff, St. James's Staff Restaurant, our thanks for their co-operation.

Without the voluntary services of the staff of the Transport and Ambulance Services these outings would not be possible - to drive patients such a distance in their free time shows beyond doubt that our drivers' hearts are in the right place.

WHO'S FOR GOLD

What about having an outing? There are golfers on the staff - rabbits and tigers alike - we know this; and some of them must be staunch members of their own clubs. Could we organise an outing on some suitable day, with a men's and ladies' competition and prizes as we can collect, even perhaps for the most golf played? The last Monday in October, which is a public holiday, or the next day, 1st November, has been suggested. We could start about midday as the evenings are short then.

Any staff in Wicklow, Dublin or Kildare who are interested could contact initially the following with suggestions, and perhaps we can take it from there:

Dublin - Pat Sheehan, Section Officer, 1 James's St., Dublin 8.
Wicklow - Rose O'Neill, A/Section Officer, Kilmalpin Hill, Wicklow.
Kildare - Rosario Browne, A/Section Officer, Basin Street, Naas, Co. Kildare.

Wicklow Co. Co. and E.H.B Social Club have a thriving tennis section although they only started in June '76. Tours have been held from St. Mary's College, Arklow during the summer months where they practise and run off a mixed doubles tournament. The finals are being held at the end of August and placques will be presented to the winners and runner-ups at the subsequent "do".

They rather fancy themselves as tennis players down there and more than capable of mopping up all opposition, particularly anything that Dublin could produce. If there are any takers, contact John Davis in Abbey Street, Wicklow.

Wicklow Hospital was presented with a colour television set by a local youth group. They ran a disco in the parochial hall and bought the set with the proceeds.

They certainly speculate to accumulate in Wicklow. For a period of six months each year the members of the Social Club pay £1 towards a monthly draw. There's about 150 of them and each month there are four prizes, one each of £15 and £10 and two of £5. At their Christmas party they held a monster draw and all the money collected goes out in prizes, often as many as forty.

Wim the Sweep, did ya? No, actually, just the office draw.
see you there.

Kay

idea.

Their

Although

narrow
fervour that was wondrous to behold.

assembled

calm

downstairs

into the water about a half a mile further

ly

Bodies jerked, twitched and

we

tourists

the long

spell

wined and dined by candlelight

eventually

found their way back to

It was thought up and

was lively and

thoroughly

equalled

appreciated

and we

all looking forward to their next bright

idea.

All in all, the night was lively and thoroughly enjoyable. It was thought up and organised by Caroline Cullen and Kevin Ward. Their efforts were most appreciated and we are all looking forward to their next bright idea.

ENTRIES TO CROSSWORD: CONTACTS, 1 James’s Street.

£3 to first correct solution opened

(Prize sponsored by ASTRA and St. James’s Social Club).

Name

Address

SOLUTION CROSSWORD No. 9

ACROSS:
1. Splendid hat with ragged tail (7)
2. Gird a father for the fleet (6)
3. Hear the musician! (5)
4. Disturbing big lot run wild (9)
5. Wash and clean two points (7)
6. Quiet! Nice Les is upset (7)
7. Billy, the fruit king (6, 2, 6)
8. Get ready to ring — hobble it untidily (5, 2, 3, 4)
9. Without U to upset team (7)
10. Snarer to come in around one hundred (7)
11. Desmond according to a party is a wild fellow (9)
12. Harden ruin destroyed by East (5)
13. Wanted to sound like massaged (6)
14. Incline to believe ‘tec sups drunkenly (7)

DOWN:
1. C.P. could upset what you get if you don’t take tea when it’s hot (4, 3)
2. Toes broken in before and later (9)
3. Great antic it spoiled (7)
4. Policeman’s post? That’s strictly correct (6, 2, 3, 3)
5. Chafe girl with German disease (7)
6. An untruth over a point is strange (5)
7. Manoeuvred Old English five hundred (6)
8. Appointments for favourites during bob-a-job week (4, 3, 4)
9. You should support this sufficient reason (4, 5)
10. A net I’ve tangled is simplicity itself (7)
11. Brings on as a consequence, showing (4, 3, 3, 4)
12. Greatest big thoroughfare (7)
13. Bright is the heart of Mongol denizen (6)
14. Eat little, showing nice perception (5)

ST. JAMES’S SOCIAL & SPORTS CLUB

With the sporting season almost at a close for this year we wish to thank all members who participated in our competitions.

Highest on the honours list this year is the 2nd Football Team who won their respective division in the Civil Service League. With two teams now representing the Social Club in division one next year, it is rumoured that some players are undecided as to which team they will play with for it was said that they were leading double (football) lives.

Swimming classes have also resumed at Parnell Road.

The internal Chess & Tennis competitions are in full swing and no results are to hand. The tennis teams performed reasonably well in the inter-hospitals competition but did not qualify for the final stages.

The chess club will be entering 2 teams in the Leinster Chess Union League starting in September. A novelty Lightening Tournament is to be organised in September, no details available. Please Note — Club nights have started again on Tuesday and Wednesday in the F.D.V.H. Building at James’s Street — see you there.

The mixed Hockey and Basketball teams have also reached the final of their competitions and both were rather unfortunate in being runners up in both cases.

The Ladies competing in the Civil Service Football finished 3rd in their division.

Two teams were entered into an inter-hospital Mixed Football competition and while no Peels were on view everybody enjoyed themselves, A very successful internal Football competition (7-a-side) was held last month and in a nailbiting final Accounts ran out deserving winners.

Congratulations to Terry Sutton and his Tigers who won their way to the semi-final of the Civil Service Cup Competition. However they were beaten 2-0 by Customs. Terry’s team is made up of the staff of the Eastern Health Board and St. James’s Hospital and we wish them the best of luck for divisional honours.

Emmet House Football team performed below standard this season, however this was mainly due to injury problems which they have to overcome next year.

With your continued support next year we hope for an even more successful season.

CONTACTS

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east coast print