



## Goleen & District Community Council Private LOTTO Draw

Numbers drawn: 06, 08, 15

No Winners

€40 Breda O' Sullivan

€20 Darren O' Donovan, Paul c/o Tom, Dan & Vera

Sellers Prize Bernadette O' Sullivan

This week's jackpot: €1,000

Venue: Fastnet Bar, Goleen

Caroline Sheehan 086-864-2647 or Denis O'Neil 086-821-3441

If you're not in, you can't win!



GOLEEN & DISTRICT COMMUNITY COUNCIL NEWSLETTER

SERVING THE MIZEN PENINSULA



VOL: 15 WEEK 09 MAR 1st 2018 Published every Thursday.

## 'BE WINTER READY'

In light of the bad weather we are currently experiencing and the red weather alert for snow/ice in place from Thurs 4pm to Fri 12pm for Munster & Leinster, below is some advice taken from the government's 'Be Winter Ready' information campaign. If you wish to see the full digital booklet or any further information, you can visit their website [www.winterready.ie](http://www.winterready.ie).

**Be Prepared** · Have a small supply of non perishable, easy-to-prepare foods · Keep extra supplies of essential medication in case it is difficult to get to the doctor/pharmacy · Have an adequate supply of fuel for heating/cooking and if possible a suitable alternative should the main supply fail · Have batteries for torches in the event of power cuts · Have candles and matches. Candles should always be placed away from draughts in proper candleholders. Never leave a burning candle unattended · Have a water container to ensure a supply of drinking water · Know how to turn off your water supply · Keep mobile phones charged up - have local emergency numbers in your phone · Have a suitable snow shovel (but any shovel or spade will do)

**Advice for older people or infirm** · Keep warm, eat well and avoid unnecessary travel. You should eat regular hot meals and drink plenty of fluids, this will keep you warm and will give you energy to keep active · Ensure you have sufficient supplies of food and of any prescription medicine you may need. Keep active indoors · Have sufficient fuel supplies to maintain adequate heating in your home · Ask your relatives and neighbours for help if you need it. Keep their phone numbers on a list beside your phone. *The public are asked to make a special effort to keep in contact with their neighbours and relatives, particularly those living alone.*

**Travel Advice** If you really have to travel by road, be prepared for severe conditions · Ensure your vehicle has a more than adequate supply of fuel for the journey. If possible keep your fuel tank full in winter. · Check your emergency equipment. · Allow extra time and drive with caution. Let someone know your route and when you expect to arrive. · Appropriate clothing and footwear in case you have to leave your vehicle · Have a charged mobile phone · Some simple supplies to sustain yourself (drink and food, blankets) · Check to see if there are any problems on your intended route before you leave. Information is available from Transport Infrastructure Ireland, website [www.tittraffic.ie](http://www.tittraffic.ie)

**Emergency Services** If you have an emergency please phone the emergency services at 112 or 999. Remember to have phone numbers for your doctor, chemist, children's schools, local authority, Garda station, service providers and family members conveniently to hand so that you can locate them easily should an emergency arise. Services ESB Networks LoCall 1850 372 999 Gas Networks Ireland LoCall 1850 20 50 50 Irish Water LoCall 1890 278 278.

During severe weather events information will also be available on AERTEL page 592.



**Mass Times: Monday & Friday:** Schull 9am. **Tuesday & Thursday:** Goleen 10am. **Wednesday:** Ballydehob 10am.

**Saturday:** Lowertown 8pm.

**Sunday:** Ballydehob 9.30am, Schull 10.30am, Goleen 12 noon.

**Church of Ireland Services: Sunday:** Schull 10am, Toormore 11.30am, Ballydehob 11.30am.

*Recent Death* - Jeremy Gilbert: 21 April 1941 - 12 December 2017

Jeremy will be remembered at St Brendan's, Crookhaven on March 9th 2018 at 2.30pm and afterwards at O' Sullivan's Bar.

### Please Note:

**Social Centre is cancelled for Monday 5th March due to ESB works in the Goleen area.**

### MIZEN ALERT SYSTEM

Further to our recent article on pendant alarms please note the cost of this alarm has been reduced as follows:

Regular pendant alarm installation (one-off fee): 50 euro

Annual monitoring and maintenance: 55.35 euro

The cost of the mobile unit, Careclip, is as previously stated.

For further information and to get a brochure please contact any of the following committee members: Tommy Jermyn, Dan Allen, Thomas Notter, Mary A Downey, Adrian Thomas, Sue Thomas, Barbara Doyle, Carmel Waddy or Geraldine Kennedy.

Protect our Kelp Forest Demonstration, Wed. March 7th 2pm At Dail Eireann Dublin Buses leaving Bantry early. Tickets 20 Euros each. Book and pay for your place at The Fish Market or The Bookshop, Bantry. Payment deadline Friday 2nd March.

Advertise your local business or service in the newsletter.  
Great rates available! For more details,  
contact [newsletter@goleen.info](mailto:newsletter@goleen.info) or 083 851 2205



Cards Night on in the Lobster Pot this Friday 2nd, jackpot of €560. All are welcome!

Mizen AFC fought back from two down to draw 2-2 with Durrus on Sunday morning with Christopher Kennedy and Gerald O' Callaghan scoring for Mizen. Match sponsor was Dermot Sheehan.

Next league fixture away to Crookstown at 2:30 on Sunday.



**YOGA** takes place every Monday at 6.30pm in Goleen Community Centre. All welcome!

**Crookhaven Harbour Sailing Club** are now taking applications for sailing courses, levels 1 to 4.5 this summer starting **Monday July 2nd for 3 weeks**. The club would like to welcome any interested sailors from Goleen and surrounds. The club Junior Organiser is Gill O'Shea, 086 1701994.

At time of going to print, there are planned ESB outages on Monday 5th March in the Goleen area. If you have any queries or issues, you can visit their website [www.esbnetworks.ie](http://www.esbnetworks.ie) or call 1850 372 999.



**Bar, waiting and kitchen staff required** from Easter to September, contact 086 040 5267 for details.



**Monster €1000 Bingo**  
In aid of Huntington's Disease  
Tues. 6th March 8.30pm  
Parkway Hotel, Dunmanway  
Great night with lots of prizes  
For more info, contact  
Nuala 085 726 6956 or Dawn  
086 085 9412

**West Cork Rapid Response quiz** on Fri 23rd March at 8.30pm all over West Cork. It would be much appreciated if you could organise one for your area in your club/pub/hall/nursing home or community. Funds needed for medical emergency kits for 12 volunteer responders working with Dr. Jason van der Velde. Please contact Betty 087 2414787 or email: [katecrowley224@gmail.com](mailto:katecrowley224@gmail.com) to book your quiz and thank you.

**Events Calendar - inclusion free. All items to be in by Tues evening.**

- Mar 2nd Cards Night at the Lobster Pot
- Mar 4th Mizen AFC v Crookstown (Away) 2.30pm
- Mar 6th Monster €1000 Bingo, Parkway Hotel, Dunmanway 8.30pm
- Mar 23rd West Cork Rapid Response Quiz 8.30pm Various locations

**Amenities in the Locality**

**Goleen & District Community Social Centre** - Every Mon 11am-4pm Lunch 1pm (except Bank Holiday Mon will be the following day-Tues). Book Meals by 11am the previous Sat. Contact: Maureen O'Callaghan 086-330-0262

- **Charity Shop** - Open at the Community centre every Monday, Wednesday, Thursday Friday and Saturday from 11am—2pm
  - **Goleen Community Centre** - Contact 086-272-5506 to rent the Centre.
  - **Derryconnell Civic Amenity Centre** - Open Tues & Thurs 9am - 12.30pm & 1.30 - 4.30pm. Sat 9am - 1pm
  - **Bantry Recycling Centre** - Open Mon to Fri 9am - 5pm & Sat 9am - 1pm. Tel: 027-55923
  - **AIB Mobile Community Bank: Every Mon, Thurs & Fri - Ballydehob** - 9.30am to 10.30am. **Schull** - 10.45am to 12.30pm & 1.30pm-3.30pm. **(Winter Hours) ATM** in Schull outside Brosnan's Centra and also inside the shop.
  - **Schull Office Skibbereen CU**: Tues & Fri 9.30am - 12.30pm & 1.30pm - 5pm. Sat 9.30am - 1pm. 028-28666
  - **Schull Library** - Tues to Fri 2.30 - 5.30pm. Weds 9.30am - 1pm & 2 - 5.30pm. Sat 9.30am - 1.30pm. 028-28290
  - **Bus Time Tables: Goleen - Cork**: Mon - Sat 07.50 & 17.30 Sun 16.15; **Schull - Cork**: Mon - Sat 12.40; **Cork - Schull**: Mon - Sat 09.30; **Cork - Goleen**: Mon - Sat 13.00 Change at Skibbereen 16.05 & 16.30 Change at Skibbereen 18.20; Sun 11.30.
  - **Rural Transport & Cancer Connect** - 027-52727 Mob 087-122-4404 [cancerconnect@ruraltransport.ie](mailto:cancerconnect@ruraltransport.ie).
  - **Rural Transport** the following services run every week from Goleen: **Tues & Fri to Bantry via Schull & Durrus**: Departs Goleen 9.55am. **Weds to Skibbereen via Schull & Ballydehob**: Departs Goleen 10.30am.
  - **Mizen Head Signal Station** Open weekends from 11am - 4pm [www.mizenhead.ie](http://www.mizenhead.ie) 028-35115/35225.
  - **Mizen Information & e-Centre** Main St. Goleen. Wifi, Hot desks, Copying, Printing, Coffee, Gifts, Public Toilets. Open 11am - 4pm everyday, 028-35000 Come in for a chat! [www.facebook.com/mizencentre](http://www.facebook.com/mizencentre)
- Important Contacts**
- **Goleen First Responder/ Defibrillator Group Number 083 -146-6605**
  - **Coast Guard/Emergency Services 112 or 999. Garda Emergency Number 027-20860**
  - **GARDA Text Alert scheme** for the Mizen area: **To join, text your NAME and EIRCODE to: 083-159-8889**. Report suspicious behaviour to Bantry Gardaí on: 027-20860
  - **Mizen Medical Practice - all enquiries & appointments call 028-28311 or for Out of Hours Service call SouthDoc 1850-335-999** Contact Newsletter by email [newsletter@goleen.info](mailto:newsletter@goleen.info) phone/text: 083-851-2205. GDOC does not take responsibility for articles and opinions published. Editors: Michael: [collinsmike68@eircom.net](mailto:collinsmike68@eircom.net) Website: [goleen.info](http://goleen.info)

**Springhill Clinic**

**Sports & General Injuries**

Cashelane, Dunbeacon, Durrus  
Tel: 086 395 1120

Anita Johnson IIP, MSST, ITEC  
Physical & Sports Therapist



**PHYSICAL THERAPY** Full examination of injured area, incorporating a variety of therapeutic techniques such as deep tissue massage, muscle energy techniques, stretching, soft tissue manipulations and electrotherapy. A hands-on approach to all your musculoskeletal dysfunctions such as back & neck pain, strains and sprains.

GIFT VOUCHERS AVAILABLE

OTHER THERAPIES INCLUDE;

CLUB RATES AVAILABLE  
Please feel free to register your club to avail of these rates.

Hot Stone Massage  
Swedish Massage  
Indian Head Massage  
Reflexology  
Dry Needling

VHI, AVIVA & LAYA APPROVED