



SUMMERVILLE NEWSLETTER

Issue 3

1st September 2009

THE
SUMMERVILLE
NEWSLETTER

NEWS OF THE MONTH

WARRIORS RUN

**In this
Month's
Edition:**

Warriors Run

*Letter to
Josephine*

*Getting to know
John Kerins*

*What's on
this month*

*And lots of fun
and games*

On Saturday 29th August runners from all over Ireland (and various parts of the world) converged on Strandhill to follow in the footsteps of the ancient warriors and to celebrate the 25th anniversary of the Warriors Run.



The 800 competitors started the 15 kilometer race from the Cannon Gun at the beachfront in Strandhill right up to the top of Knocknarea, around Queen Maeves Cairn and back to the beachfront again.

The race is classified as a road and hill race or multi-terrained, so whilst approximately nine of its kilometres are on paved roads, it is the special six kilometres in the middle,

to the top of Knocknarea that gives the race its bite. These six kilometres include a 700 foot climb through fields, loose gravel, unsurfaced and heather paths. At its steepest incline on the way up, even the most professional athlete slows to a walk and then brace themselves to face the equally daunting downhill run, back down the often slippery slopes, even in the driest of weather.

One of our very own, Michael Gilmartin took part in the race and finished with a time of 1hr & 18 minutes. Well done Michael.



www.warriorsfestival.com

DID YOU KNOW!

Antarctica is the only land on our planet that is not owned by any country.

Leather skin does not have any smell. The leather smell that you sense is actually derived from the materials used in the tanning process.

All the swans in England are property of the Queen.

HA HA HA

An old man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her chair. He spoke softly to her, "Honey, can you hear me?" There was no response.

He moved a little closer and said again, "Honey, can you hear me?" Still, there was no response. Finally, he moved right behind her and said, "Honey, can you hear me?"

She replied, "for the third time, yes!"

LETTER TO JOSEPHINE

Dear Josephine,

How we miss you. It was with shock that you left us so suddenly. Little did we think a lady so fit would leave us so soon.

You were such a gracious lady never asking for much, as long as you had your soaps you were happy. Never did we have to worry if we missed an episode or two you were always there to help us catch up.

Always up before the birds, your infectious smile and welcoming manner will be missed dearly here in Summerville. Someone once said you should have been a grandmother as you would have made one of the best and I think anyone that knew you would agree. Such a loving and caring woman you will be dearly missed by all.



Love from
Summerville

Josephine passed away on 13th August 2009 in Sligo General Hospital. RIP Josephine

WHAT'S ON THIS MONTH

- | | |
|-----------------------|---|
| Therapy Dogs | Visit every Tuesday |
| Keep Fit | Every Tuesday & Thursday |
| Movies | Every Wednesday at 2:45pm |
| Bingo | Every Friday at 3pm |
| Mass | Every Saturday at 4:15pm in the Oratory - Fr. Leo Henry |
| Barbershop Rehearsals | Wednesday 7-9pm you're welcome to come and listen |

SUMMERVILLE SERVICES

- Hairdresser Monica every Friday from 10:30am Cost €10 - €50
- Chiropodist Hugh McTernan every second Tuesday from 11am Cost €25
- Beautician When required Cost €5 - €15

PILATES CLASSES

Summerville Recreation Room from 15th September 2009

Tuesdays: 6pm - 7pm & 7pm - 8pm
Thursdays 10am - 11am

Contact Katie McKenna (Physio) on 0872473500 for details & bookings

BIRTHDAY'S THIS MONTH

Residents

10th Sept - Pat Shanley

10th Sept - Roslyn O'Dwyer

Staff

2nd Sept - Andrew Gallagher

16th Sept - Leslie Bremner

11th Sept - Rosie Feely

28th Sept - Colette McGrath

15th Sept - Kelley Hester

30th Sept - Teresa O'Dwyer

HAPPY BIRTHDAY!



En Ego.

Prayer Before a Crucifix

Behold, o'kind and most sweet loving Jesus
 I cast myself upon my knees at thy feet,
 And, with the most fervent desire of my soul,
 I pray and beseech thee
 That thou would impress upon my heart
 A lively sentiment of faith, hope and charity,
 With true repentance for my sins
 And a firm purpose of amendment.
 And, with deep affection and grief of soul,
 I mentally contemplate thy five most precious wounds,
 Having before my eyes the words which the prophet David
 Spoke long ago, concerning thee o'my good Jesus,
 "They have pierced my hands and my feet;
 They have numbered all my bones"

GETTING TO KNOW YOU

JOHN KERINS

John Kerins has been a resident here at Summerville Healthcare since December 2008.

He goes by many a name including John, Jack, JJ, John-Jack and I'm sure there is a few more in there but he's just not telling.



- Born:** Bunninadden, Ballymote Sligo
- School:** St. Nathy's College, Ballaghaderreen,
- Occupation:** Garda for 41 yrs based mainly in Dublin
- Family:** 3 Brothers and 1 Sister
- Children:** 3 Boys and 2 Girls
- Favourite Movie:** Casablanca
- Favourite singer:** My Brother Joe
- Favourite sports hero:** Gig O'Conner (Kerry Forward)
- Favourite Movie Star** Jane Mansfield
- What did you want to be when you grew up?** Pilot - but my mother was set against it as she thought it was too dangerous
- What one word would you use to describe yourself:** Timid
- What's the one thing about you few people** I was married twice

SPOT THE DIFFERENCE

Sheila Quinn's Birthday

Can you spot 4 differences



