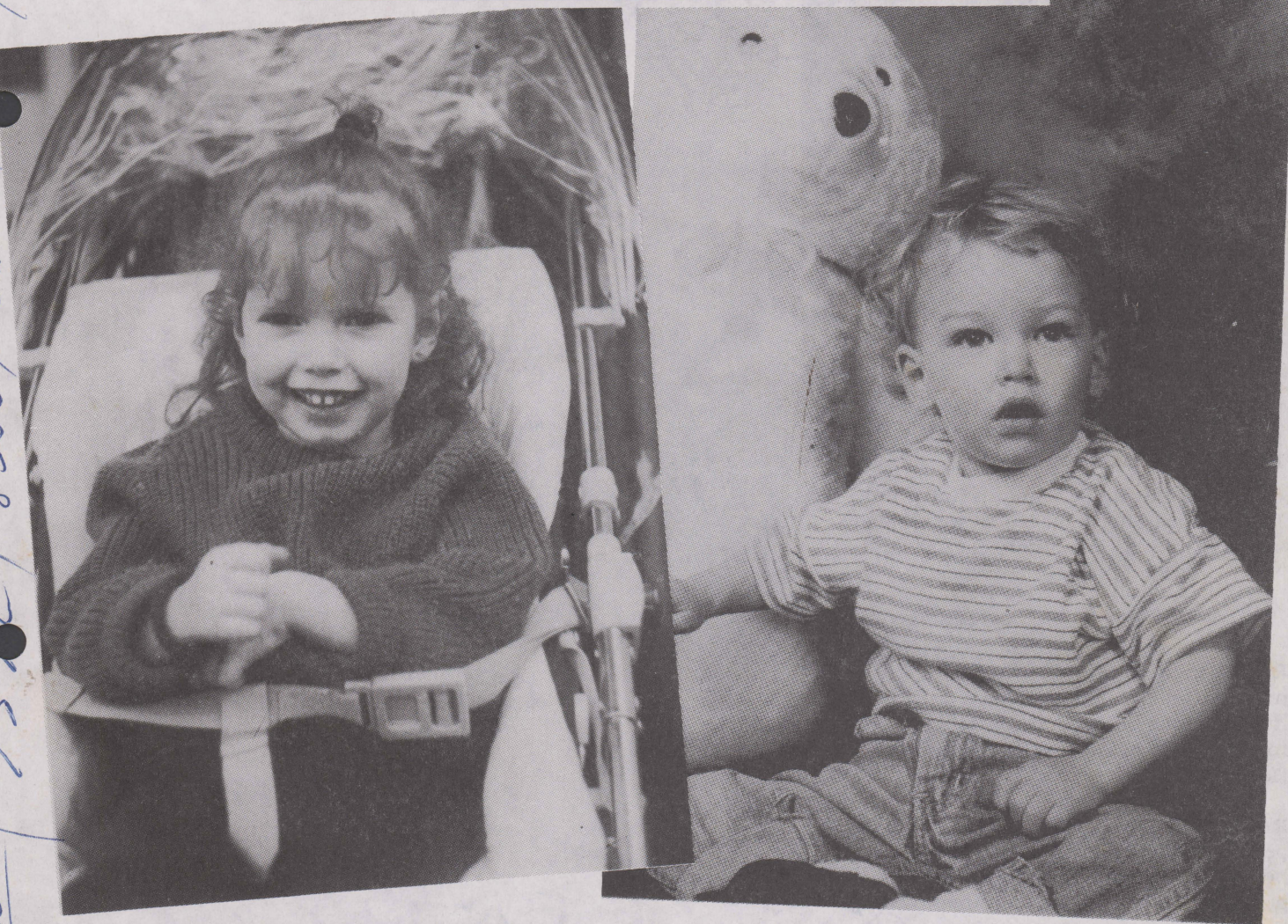


THE LEADER

Iml. 1 Uimh 12

June 1989

The Buddy Bear Appeal



Vicky (3) and Paul (21/2) suffer from Cerebral Palsy. They cannot walk and they cannot talk.... but there is no hope Both children have been given on appointment for the Peto Institute in Hungary on 19th June.

What is Cerebral Palsy? What is the Buddy Bear Appeal and how can you help Vicky and Paul. Turn to page 3.

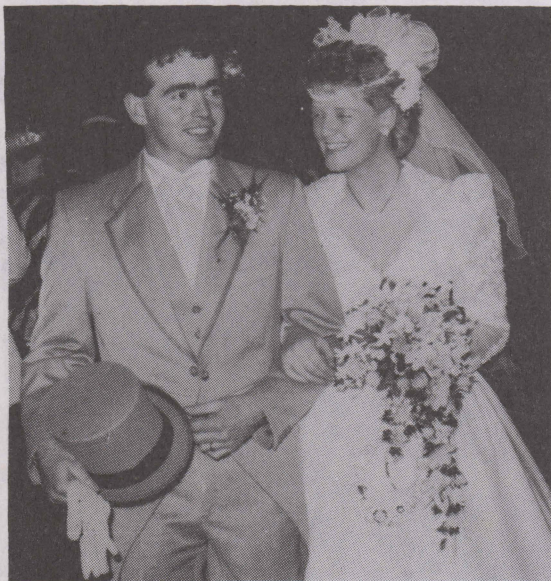
DONEGAL'S ONLY MONTHLY MAGAZINE

640
29506
Mum 7592
Dad 8332
Kam 521
Dina 160
2493
2768

They said it wouldn't last too long but believe it or not this is the 12th edition of your favourite monthly magazine! And the good news is that sales are increasing and we're reaching new readers all the time. We'd like to take this opportunity of thanking you the readers for buying the leader and to thank all those people who have contributed articles, photographs, news, gossip, etc. over the past year. Please keep that mail coming folks. especially, we'd like to tell our advertisers how grateful we are for their continued support. Go raibh mile maith agaibh uilig.

Expect to see our July edition during the last few days of June. Deadline for receipt of all material is Saturday June 25.

"The Leader", Lr.Main St., Letterkenny.



Pictured leaving St. Eunan's Cathedral, Letterkenny, after their recent wedding are Mary Doherty, Drisarden, Gortlee, and Brian Murtagh, Derrybeg.

(Photo: Donohue Studios, Letterkenny)

ROSES to the organisers, the runners and all who helped make a huge success of the Rockhill 10K road race in aid of the Donegal Hospice.



RASPBERRIES to the selfish people who spend up to half an hour and sometimes more in a public phone box while other people are kept waiting outside.



Give your garden a face lift this year with Polyanthus, Pansies and Sweet Williams.
 Rock plants in variety.
 A good selection of Perennials.
 Also fresh flowers for all occasions in a riot of colour.

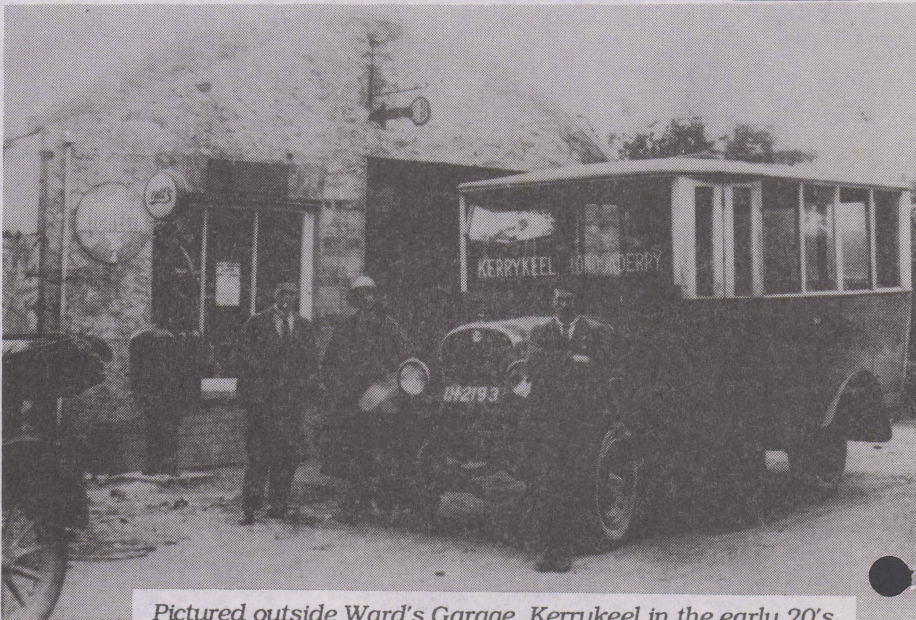
For that special day in your life, come and cut your own.

I.J. Cowan
 Drimumberland, Convoy. Phone 47149



LANTERNS
Fast Food

Letterkenny
Buncrana



Pictured outside Ward's Garage, Kerrykeel in the early 20's. The lovely old bus, Registration Number IH2193 belonged to Ward's Motor Service.



President Childers pictured at McFadden's Hotel, Gortahork after a visit to Tory Island in the early 70's.

(L. to R.) Capt. Laycock [Chief Pilot, Irish Helicopters], Lillis O'Leary Bernie O'Leary [McFadden's Hotel], Derek Hill, Mr. and Mrs. Childers, The President's Aide de Camp.

The Buddy Bear Appeal

Two little Donegal children, Victoria Kilpatrick, aged 3 years from Romelton and Paul Gallagher aged 2½ from Letterkenny who suffer from cerebral Palsy will be going with their patents to the world famous Peto institute in Budapest, Hungary on June 19th for a two week period of therapy. This therapy, known as Conductive Education has been developed by the Peto Institute to motivate and teach disabled children the ability to function in society despite the motor disorder. It is taught by specially trained teachers called conductors. Peto is now the world headquarters for the method of Conductive Education.

Cerebral Palsy is a condition caused by damage to the brain, before, during or after birth. The brain damage results in the inability to co-ordinate the muscles and movements thus causing physical disability.

For Vicky and Paul it is hoped this trip and possibly many more over the next few years will help in the process of training them to walk and to talk which they can't do at present. It will however cost many thousands of pounds to fund this treatment and so on Friday 12th May at the Mount Errigal Hotel, Letterkenny the two little children were present when Mr Fergus Cleary, Donegal Person of the Year launched the Buddy Bear Appeal. The Buddy Bear Appeal is a campaign to send children like Vicky and Paul who suffer from Cerebral Palsy and who will benefit from Conductive Education to the Peto Institute. It was set up over a year ago when four business-men in DUNGANNON, Co. Tyrone come together to help one child with Cerebral Palsy. It is now registered as a trust whose objectives are:

- a) to send children to the Peto Institute.
- b) to help establish an Institute in Dungannon, which would serve all of Ireland and possibly Scotland and which would be staffed by conductors-the specially trained teachers trained in Hungary.
- c) To raise public awareness.
- d) To make appropriate arrangements to provide conductive education for registered Buddy Bear Members who will benefit from it.

At the Letterkenny meeting chairman of the group Mr Brendan Mc Conville, a charismatic and powerful emotive speaker told how it all came about.

"The image we had was of a child in a locked room in total darkness, crying for help."

He said these were children with active minds, trapped inside their own bodies.

On March 24 last year, the group asked people to come together, regardless of religion, to help unlock that door for the children and "let in a little light".

Since then, the campaign known as the Buddy (Budapest) Bear Appeal had snowballed.

Mr Mc Conville said it was supported by politicians and church leaders alike, including Ian Paisley and John Hume.

The Buddy Bear Trust has a white Teddy bear as its symbol. "It's a bear of hope," said Mr McConville, "like some of our children who can't hug their parents' it can't close it's arms."

The Buddy Bear Appeal has already sent over 30 children to Hungary and at the Letterkenny meeting Mrs Cathy O'Donnell from Derry told how her little son Kevin aged 4 had benefited from the trip. The programme started at the Institute with the child has to be continued by the parents when they come back home and Mrs O'Donnell said it involved seven hours of hard work every day. However she says little Kevin can now for the first time stand up, feed himself and drink and is also a lot brighter.

Since the local Buddy Bear Appeal was launched on behalf of Vicky and Paul a fund raising campaign has got under way and a host of events and functions are planned over the coming weeks. It is a very, very worthy cause and hopefully the people of Donegal will respond with their traditional generosity. Should you wish to help please contact any of the Committee members:

- Sean O'Donnell (chairman) 24529
- Teresa Sheridan (vice chairperson) -24085
- Bridie Heron (treasurer) -24763
- Sophia McDavid (treasurer) -21992
- Caroline O'Brien (secretary) -24467

Anyone wishing to make a contribution can do so through the National Irish Bank, Letterkenny, Acc. No. 93048039



Fashion Show:- 30th May at 8.30
Venue:- Mount Errigal Hotel
Shops Participating:- Finese, Beneton, Fiji Classic Casuals and Gaeltex Ltd.

Cake Sale:- 2nd June at 3.00
Venue:- Conference Room, General Hospital.

Dance:- 4th June
Venue:- Corncutters Rest, Creeslough.

Guest Tea Buffet:- 6th June at 9.00
Venue:- Mount Errigal Hotel.

Dance:- 9th June
Venue:- Milford Inn.

Cake Sale:- 3rd June
venue:- Ramelton.

Dance:- 16th June
Venue:- Golden Grill Letterkenny.

Coffee Morning: 10th June at Robertson's Hall, Letterkenny.

Disco:- To be confirmed.

Dance:- 7th July
Venue:- 3 ways Motel.



Some forthcoming fund-raising events:

JUNE IN THE GARDEN

How we all enjoyed that week of lovely sunshine in early May which sure worked wonders in our own gardens. But what a contrast! The following week we took all the weathermen doled out to us: Rain, hail, sleet, showers and mighty frosts. Such extremes of weather can give our more tender plants a set-back. However, let us all look forward to June, hoping that it will live up to that old adage that "June is bursting out all over". June is the most colourful month of the gardening year when our roses should be looking

their best. Also a host of perennials: lupins, Aquilegia, Sweet Williams to name but a few, should be in their full colour and bring a dazzling display before the annuals make their debut. Watch out for Greenfly on the Lupins and the first sign give them a good spray with any pesticide which you can easily buy in any garden shop or store.

In the heather bed, with a pair of sharp scissors, clip off any dead stems back to new growth and any withered or dead flower heads. Give a liberal dressing of Peat-Moss, with a little general fertiliser



added, working it in well around the base of the plant. Rockery plants should respond well to similar treatment but add a little sharp sand to the peat moss and fertiliser working it well in to the crevices. Dead head polyanthus as soon as they are finished flowering and if you want their bed for your annuals, dig them out and divide the roots and plant in a corner until Autumn when you can replant them again once the annuals' flowering season is over. Don't forget to keep that hoe busy, keeping those weeds at bay.

All for now. Happy gardening.

I. J. Cowan.

THE SAMARITIN

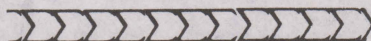
Few people under the age of fifty in the North West to-day will remember the railway and the trains that plied daily between Burtonport and Derry city from the dawn of the century right up to 1940. The normal schedule was two trains up and two down, passing each other at Creeslough station. the up-train from the 'Port' sat at this station until the down-train from Derry arrived, as did the up-train that left the 'Port' at noon the event occurring twice a day. They were a fascinating feature of the land, and no matter how pressing a man's chores in field or on the moor, he always straightened his back to watch the train out of sight.

At the station were meeting places for most teenagers, especially in the Winter when the emigrants usually returned home from their seasonal occupations abroad. Of course many people had occasion to go there to meet relatives disembarking, but many of the care-free 'high-spirited' type went there for less altruistic reasons. Platform lights were few and far between, and even if there had been more of them, their range of illumination was limited because they were of the wick type and fueled by crude Colza Oil. As the train began to move out in the semi darkness any passenger naive enough to stick his head out the window through curiosity, was likely to be the recipient of a sudden 'dundulan' on the jaw, and woe betide any man who had recently bought himself a new bonnet to impress the lassies at home, because the swiping of such articles from unsuspecting heads was the paramount ambition of many miscreants who went there for no other purpose.

In the early part of the century, the foot-plate staff, such as the driver and fireman were not available in the Burtonport region and for several years the men manning the trains were natives of Derry or the periphery of that city, and this remained true until suitable staff capable of taking over the occupation were at last available at the western terminus. I knew most of those men by sight from 1925 onwards, having been born in a gatehouse, and a few friendly waves daily from the engine staff was a great boom to a little boy whose childish aspirations

were to be an engine driver one day himself. In later years when I became an employee of the Company myself I encountered many people who had been on the railway all their lives, and related many anecdotes droll, hilarious and sometimes tragic.

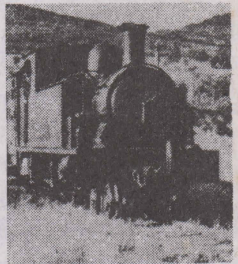
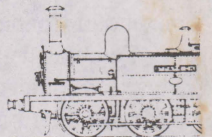
In the late twenties, the Derry engine was manned by two worthies, one of which resided in the city itself and another who was a native of Muff. I know their names but since some of their families are still alive it would not be judicial to name them here. So for the sake of avoiding confusion I will call the driver who came from Derry, 'Tierney' and the fireman from Muff 'Hannigan'. Now Tierney was a true blue Orangeman who was certain that all history started at the Boyne, while his mate was of the opposite persuasion and a stalwart bulwark of his own beliefs. Most of the year, the pair were on very amiable terms with the exception of the second week of July, when the 'Twelfth' was approaching and the Lambeg drum due to be polished and dusted again. Needless to say July was the same as any other month to Hannigan, but it was the highlight of the year for Tierney. Hostilities would commence by Tierney ceasing all forms of conversation and resorted to whistling 'Lullibulero' as a substitute. Not to be out-done, Hannigan counteracted this maddening intimidation, not by singing or whistling, but by producing his rosary beads and kneeling down on the foot-plate appealing loudly to the Mother Of God to save the engine-driver from eternal damnation. Apart from this puerile behaviour they never resorted to violence, although a man from Meenaweel was reputed to have seen them at each other's throats one morning as the train chugged at snail's pace through a cutting. But knowing Meenaweel men as well as I do, I'm inclined to attribute his 'vision' to an halucinary backwash from a night of over indulgence in Paddy Og's. However once July was over and all the martial tramping done, the team on the engine became as amiable and friendly as before.



By Brian O'Byrne

Apart from this fanatical obsession with all things Orange, Tierney had other eccentric quirks albeit much less objectionable. for instance he would keep putting silver coins aside over a period of weeks until he had the equivalent of a five-pound note. As most stations carried money accrued from passenger tickets and the more Lucrative collection of freight tariffs, this meant that Tierney had as many as ten banks at his disposal along the line. At Burtonport he would exchange the silver for paper money which he would flaunt about arrogantly. between the 'Port' and the next station he would become less fascinated with the promissory note on considering that it might be easier to lose than the bulky silver. So when the next station came along he converted the money again and so on all and all the note changed hands many times a week. In the end, the station-masters would have the cash ready for him every day to save time.

(Continued next month).



THE DERRY PEOPLE & DONEGAL NEWS,

Saturday, May 20th, 1989

The question must be raised, now that the European election is approaching, concerning the role of public transport and the possible restoration of rail links to the west.

JOE MANGAN

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Nico (18)

Steve Seagal is Nico - the new martial arts superstar, blazing into red hot action on Chicago's mean streets. Nico Toscani, haunted by brutal memories of Vietnam, is swept into an international covert operation to protect a Senator, targeted for assassination by the criminal drugs barons he has sworn to expose but the terrors of Vietnam return when Nico discovers that the man behind the sinister plan is Zagon - the "Chemical Interrogative" who tortured innocent soldiers. And despite threats of death to his family, Nico is determined to bring the evil Zagon to justice because Nico is a cop who believes that nobody is above the law.

Nico - film is full of all the necessary ingredients: blood violence and acting.

OASIS BAR

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Shopping Centre, Letterkenny,
Co. Donegal. Tel. (074) 23197

FOOD SERVED ALL DAY

Lunch 12.00 noon - 2.30 p.m.

Specials: 2.30 - 6.00 p.m.

Drink in Comfortable Surroundings
Complimentary Cocktail Sausages every
Thursday from 6.00 p.m.

Catering for all types of parties.

RING: DERMOT



CANCER

CERTAIN CANCERS MAY BE AVOIDED IF YOU:

Do not smoke.

Moderate your consumption of alcoholic drinks.

Avoid excessive exposure to the sun.

Follow health and safety instructions, especially concerning production, handling or use of any substance, which may cause cancer.

YOUR GENERAL HEALTH WILL BENEFIT FROM THE FOLLOWING:

Frequently eat fresh fruits, vegetables and cereals with a high fibre content.

Avoid becoming overweight and limit your intake of fatty foods.

MORE CANCERS WILL BE CURED IF DETECTED EARLY:

See a doctor if you notice a lump, or observe a change in a mole, or abnormal bleeding.

See a doctor if you have persistent problems, such as persistent cough, a persistent hoarseness, a change in bowel habits or an unexplained weight loss.

For further information on cancer related topics, dial 10 and ask for Freephone Cancer.

Coming to America. (15)

Eddie Murphy is a pampered African prince who comes to America in search of a bride. Accompanied by his closest companion (Arsenio Hall) Murphy soon finds a job, new friend, new digs, new enemies - and lots of trouble. Keep an eye out for Murphy and Hall in some unforgettable cameo roles. A very entertaining comedy warmly recommended for all the family.



Hope you enjoyed your hols. Sandra.

Expect to see the rally driver (J.S.) back in town soon - Donegal International is coming up.



VIDEO TOP TEN

1. Nico
2. Moving
3. Buster
4. Coming to America
5. Platoon Leader
6. Deadly Pursuit
7. Big Business
8. Big
9. Hello Again
10. Cohen and Tate

Courtesy of Video King Letterkenny

Moving - Richard Prior (15)

After weeks of unemployment, engineer Richard Prior receives a job offer of a life-time. It means relocating from New Jersey to Idaho, he will be glad to leave as his next door neighbour is a lunatic, though he has had a hard time convincing his family- especially his Whitney Houston Lookalike daughter.

It's a good laugh but frustrating at times for poor Richard Prior. If you're thinking of moving, don't watch this film!

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UNDER 10 PAINTING COMPETITION

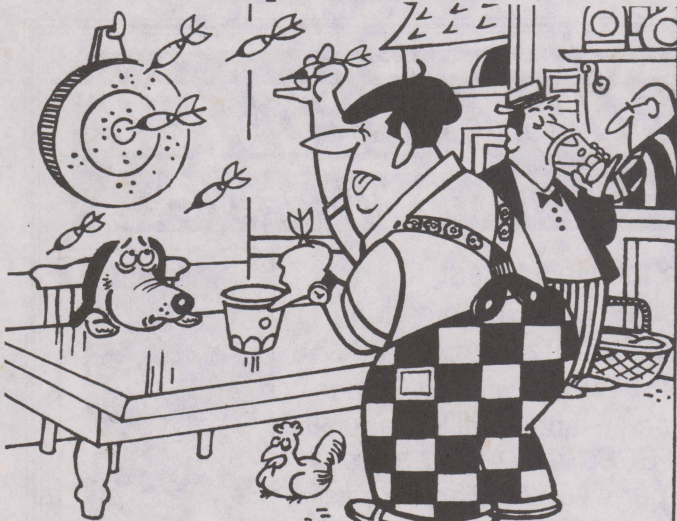
Name

Address

Age

Prize: Pencilcase, crayons, markers, coloured pencils.

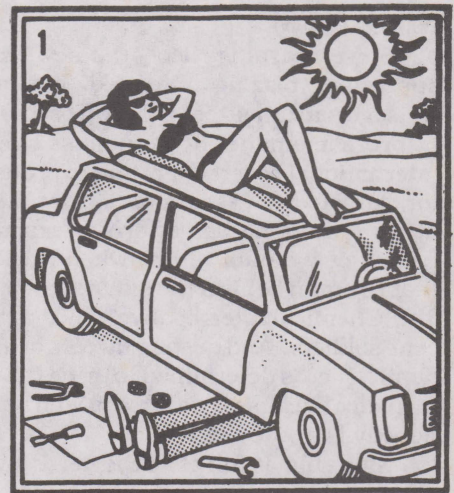
**How good a witness would you be ?
Look at this picture for 20 seconds
then cover the picture and answer
the questions below.**



1. What is the best mark on the target ?
2. Did you notice something at the foot of the man who drinks ?
3. Is the chicken on or underneath the table ?
4. How many darts does the man hold in his hands ?
5. Are there more darts stuck in the wall than in the target ?

**"LEADER",
Lower Main Street,
Letterkenny.**

6



SPOT THE DIFFERENCE

Last months winners: Catherine Mc Ginty, Bal-
Petra mc Bride, Rann Na laghderg, Letterkenny.
Feirste, Anagaire.
Pádraig Boyce, 26 Derryveagh Ave. Letterkenny.

**WONDERS
of NATURE**

He has a herd of greer, flies that gather in sap from plant stems. These flies are actually milked of the sap by the wood ant.

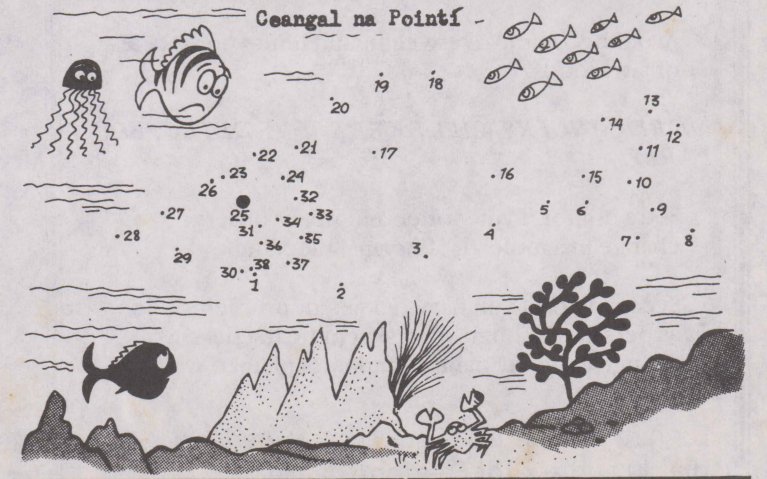
The wood ant is somewhat like a farmer.

When milking, the wood ant hammers with his antennae at the rear of the fly with such speed, that it is almost impossible to see the antennae strike. He continues the hammering until the fly ejects a small drop of sap.

One or two other ants watch over the herd, checking any strangers that may come around and moving the herd when the weather is too hot.

The ant then licks this up and proceeds to milk the rest of the herd. Then he goes back to his nest to deliver his store of sap.

Ceangal na Pointí



FÉILE ANAGAIRE 7

Féile Anagaire will be run this year from 1st to 5th of June. The official opening will take place on Friday 2nd June at 7.00 pm. and will be performed by RTE personality, Bibi Baskin. Bibi is no stranger to Annagry as she taught in the Summer College for several Summers. There is a great line-up of stage entertainment for afterwards and will include Derry singer, Johnny Mulgrew. Johnny will launch his first album at the Féile which is entitled, "My Rose Of Annagry". A native of Drumsurn,

Co. Derry, he has close links with the area as his grandmother was Margaret Sharkey from Annagry.

Féile Anagaire is now a well established annual event that attracts people from all over the country as well as from England and Scotland, who look forward to spending Whit weekend in Annagry. With a programme of events lined up to suit all ages, it promises to be a fun-filled weekend, so if you want a bit of crack and entertainment for the June weekend, Annagry is the place to be.

Sgt.
PEPPERS

* FAST FOOD
* TAKE AWAY
* COFFEE SHOP

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Telephone (075) 31110

FÉILE PROGRAMME

Friday 2nd June

- 7pm. Official Opening
- 8pm. 7 Mile Road Race
- Midnight Selecting Feile Queen



Saturday 3rd June

- 10am. GAA under 15s
- 2pm. 7-a-side soccer
- 3pm. Children's Talent Contest and Disco - Jack's Place
- 6pm. 10 mile Bicycle Race
- 10pm. Senior Talent Contest - Danny Minnie's

Sunday 4th June

- 2.30pm. Band Competition (Donegal Band Assoc.) Senior and Junior
- 10pm. Open Air Rock Concert (Car Park)
- 10pm. Final of Mr. And Mrs. - Jack's Place

Monday 5th June

- 2pm. Bonny Baby Show - Jack's Place
- 3pm. Clay Pigeon Shoot - Jack's Place
- 3pm. Married and Single Men's Soccer
- 3pm. Treasure Hunt - Assembly: Danny Minnie's
- 8.30pm. Election of 1989 Mayor of The Lower Rosses
- 10pm. Final of The 15 to 1 Quiz - Jack's Place Followed By Tramp's Ball



Not many people know that BENNY HILL visited Gort a Choirce recently where he was spotted doing his shopping in where else but Niall Rua's!

Lá Breithe

- Peggy Doherty, Bun Beag, June 23
- Petra Mc Bride, Rann na Feirste (8) June 1
- Patrick Mhánuis, Coiteann, (20) June 10
- Bríd Ferry, Cúl na Chnoic, June 10
- Olive ní Bhraonin, Dobhar, June 2
- Eileen Mc Bride, Rann na Feirste & London, June 27
- Carina Mulligan (11) June 8
- Doalty Sweeney, Dobhar, June 10
- Michael Beag Mc Bride, Rann na Feirste, (6) June 24
- Maria Doherty, Bun Beag, June 22
- Gráinne Curran, Gort a Choirce, June 22
- Vincent Doherty, Bun Beag, June 24
- Angela Doogan, Dobhar, June 18
- Michelle Mc Cafferty, Dún Lúiche (20) June 28
- Owen Curran, Gort a Choirce, June
- Brendan Doherty, Bun Beag, June 10



Dungloe "Ballroom of Romance" Committee six years ago.

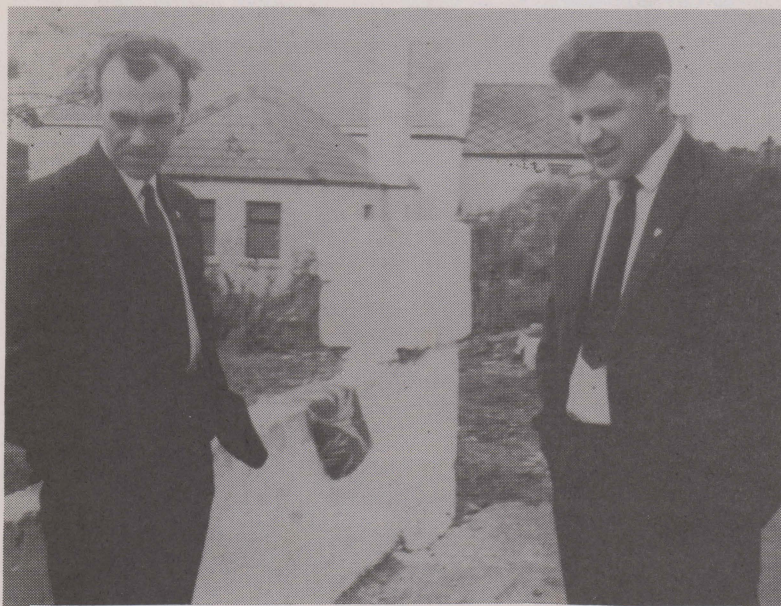


ANNAGRY CONFIRMATION GROUP - in the early 60's.

Have you looked in your attic recently?
Have you any old or interesting photographs???



Guess Who?



BENNIE and JAMES -
Members of the famous "La Scala Big Band"
thirty years ago.

1. Two "wee" Annagry ladies who are looking forward to the festival during Whit weekend.
2. Michael, who should be at below.
3. Tá style amach ar "Cowboys" Ghort a Choisce?
4. Gardeners beware - John H. eats flowers
5. Sylvia says hello
6. Spin maith
7. Charlie and Kathleen, Part 1. (Continued next month)
8. Sé Joe an fear is fearr
9. Muintir Inis Meáin
10. Oíche san Amarclann (1979)
11. Ain't she cute (Mullaghduff)
12. Lovely barmaid
13. Brenda's boyfriend
14. That was really funny says Donald and Breid
15. Mc Fadden Transport
16. Buddy Holly being mobbed by enthusiastic fans who even grabbed his trousers
17. Miss Dunfanaghy
18. Oíche Airneáil in 1984
19. No. 1 tea lady
20. Former Manchester United players, Margaret Mary and Bridie
21. Miss World and Miss Universe
22. Falcarragh footballers looking very grim. You see, they have to play Gaoth Dobhair
23. Come on....smile
24. Muintir Loch an Iúir
25. 26. 27. and 28. The hard working staff at Telectron
29. Anthony removing the garter
30. Dungloe children
31. Mark reckons Gaoth Dobhair golf club with the new 18 hole golf course and renovated club house is the best there is.
32. Muintir Falcarragh having a crack
33. Who's this posing on his wedding night in 1982?



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Car Cleaning



Lawn Cutting Service



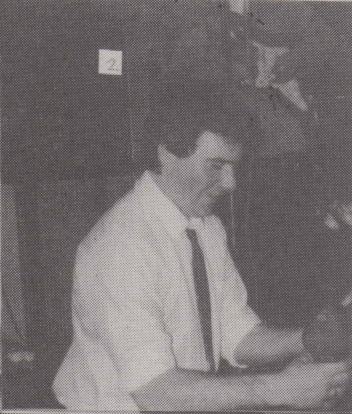
(075) 31167

GUESS WHO? →

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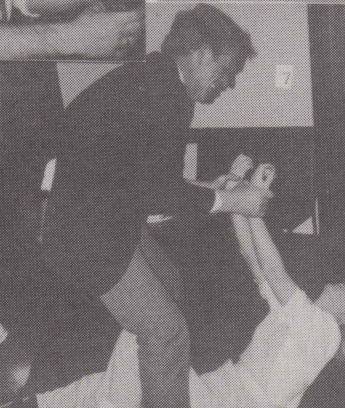
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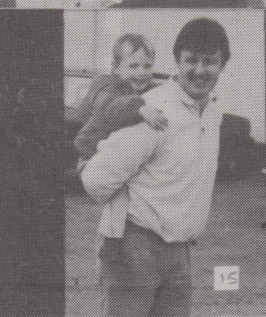
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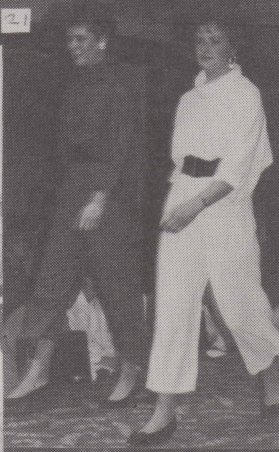


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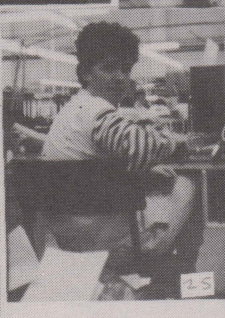
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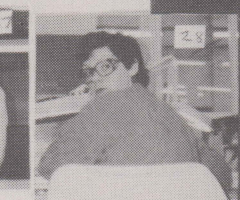
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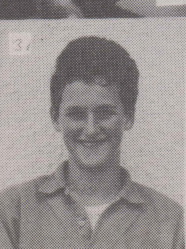
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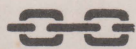


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CLOICH CHEANN FHAOLA



The Ballyconnell Committee have recently published a leaflet detailing Ballyconnell House and Estate as well as the facilities contained within. The leaflet is available from the Ballyconnell office.

Local man John Boyle of Falcarragh landed the First salmon caught in the area, at the Ascara Waterfall recently. The fish weighed 7 lbs. Two sea trout were also landed.

Work has been completed on the painting of the Olphert House section of the Ballyconnell estate in Falcarragh. The newly renovated buildings were used to host a number of events namely an E.C. Conference, a teaching college reunion and an arts and craft exhibition. The group from Northern Ireland called Extern have renovated the former orchard in Ballyconnell for use as a camping facility.

Kathleen Doohan, recently completed a successful parachute jump, Kathleen is the daughter of Mr and Mrs Packie Doohan.

Kate Grehan, a staff member of the Allied Irish bank, in Falcarragh has been transferred to Mullingar Co. Westmeath.

Cathal Ó Searcaigh of Mín a Leá and Francis Harvey recently held a number of poetry readings throughout the county.

There was a large attendance at a recent international basketball match held in the Community school, Gymnasium in Falcarragh, the two teams were the American All-stars and Harvard University. The pupils of Pobalscoil Cloch Cheann Fhaola recently raised a total of £1,700 in aid of the third World, through a 24 hour fast and class collections.

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This happy couple pictured after their wedding in Star of the Sea Church, Annagry, are Róisín Rodgers, Rann na Feirste, and John Carr, Dungloe.

(Photo: Donohue Studios, Letterkenny)

Thanks for the lift Theresa C. Good Luck in foreign lands Donna. - A, is very lonely!

Rosses Band "THE FAVOURITES" in the 60's.



Births

Ann & Tony Sharkey, Dungloe (girseach)
Bríd & Paul Greene, Dungloe (girseach)

Wedding

Bríd Mulligan, Machaire Chlochair and Eugene Gallagher, Anagaire.



Hope you're enjoying your holidays - Eddie & Fred who are home in Dungloe from Glasgow.

Picture Quiz

The winner of the competition in last month's Leader was Pádraig MacGairbhígh, Loch and I úir, who wins £15. Comhgháirdeachas Pádraig. The group in the photograph were of course the first Cope Committee.



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GRANDMOTHER'S BEAUTY WISDOM

Treatment for Dry Skin: If your skin is dry, apply face packs made from the yolk of an egg into which a few drops of lemon juice have been beaten. If the skin is so dry that it is flaking, after washing your face, dry thoroughly and apply a softening cream composed of 1/3 oz of lard mixed with a pinch of zinc oxide (obtainable from a chemist). If the condition persists, check up on your general health by consulting a doctor.

Sunburn relief: A potato poultice will give rapid relief from sunburn. Grate raw potato and spread between two layers of gauze. Apply this to the face or other affected parts.

OLD WIVES' REMEDIES

Cure for hiccups: There are dozens of remedies for hiccups. Here are eight simple ones.

1. Tickle your nose with a feather to induce a sneeze.
2. Drink in one draught a large glass of water in which there is an eggspoon. Drain the glass to the last drop.
3. Take a pinch of snuff to make you sneeze.
4. Swallow a small piece of ice - say, half a cube.
5. Ask someone to give you a fright - for instance by giving you a sudden slap on the back.
6. Hold your breath while mentally counting up to 20 slowly.
7. Breathe in and out of a paper bag 20 times.
8. Drink a glass of water from the opposite side of the glass.



"I know his tail is wagging but that's not the end he bites with!"

After you have sewn buttons onto a garment, paint the thread with colourless nail polish and they will stay on much longer — this is especially good for childrens' clothes which have to take a lot of wear.

WHOLE FOODS

Today, many people of all ages are turning to whole foods. What are whole foods? These are questions I will try and answer for you.

First, what is meant by the term "whole foods"? Wholefoods can be described as foods which have been refined or processed as little as possible - nothing added or taken away. Many of today's foods are processed and lose many of their nutrients and often have additives added to increase shelf life or make the product more attractive to consumers. In contrast, wholefoods are in their original unprocessed form, containing all the goodness that nature gave them.

Why do people eat wholefoods? There are many different reasons, one of the main ones being health.

Today many doctors are telling us that by changing our

diet, we can avoid many of the diseases that plague our western world, e.g. tooth decay, caused by the most common additive, sugar.

We all have heard about reducing fat and increasing fibre in our diet. By increasing the amount of wholefoods in our diet, we will improve our health for now and in years to come.

Also, many of today's sportspeople are well aware of the value of wholefoods in their diets - They have to avoid some foods which have additives that can harm their bodies when they are put under great physical stress. So many of today's sportspeople use wholefoods to keep in top form.

Next month, I will talk about the different types of wholefoods available.

DAVID.



STARSCOPE BY: ANGELINA

GEMINI (MAY 22 - JUNE 21) An important matter should come to ahead in the next couple of weeks. Avoid making snap decisions and plan ahead with great caution. Beware of a tall person with blue eyes. Lucky number: 9.

CANCER (JUNE 22 - JULY 21) You could find yourself drawn into the affairs of a neighbour but you must take a firm stand and refuse to be drawn into a quarrel. Handle the situation with tact and any friction can be avoided.

LEO (JULY 22 - AUG 21) You have been waiting and hoping for something to happen for a long time now. Well, I have news for you! The next two weeks will see your dreams come true. But, word of advice - don't let it go to your head.

VIRGO (Aug 22 - Sept 21) Surprise news from a close friend pleases you this month, and gives cause for celebration. It's a good time for travel and new friendships, but it could be a sore time on the pocket. Lucky colour: orange.

LIBRA: (Sept 22 - Oct 22) A chance of promotion will soon be in the offing and you are advised to make the most of it - even though it will be at the expense of a close friend. On the romantic front, a demanding month but remember - there's a light at the end of the tunnel.

SCORPIO (Oct 23 - Nov 21) Family burdens and domestic upsets can get you down so try and keep your distance if excessive demands are being made. A good time for outdoor activities so keep that sun-tan lotion handy.

SAGITTARIUS (Nov 22 - Dec 21) Suddenly your partner becomes awkward and unpredictable, jeopardising your carefully made plans. Your patience will be severely tested but keep your cool and in a matter of days things will blow over and will be rosy again. Lose your head however and there are dire consequences.

CAPRICORN (Dec 22 - Jan 20) A restless romantic period exists for the second half of this month. You will be bored and uncooperative, but don't worry - it's the influence of the stars and after the storm there will be better times ahead.

AQUARIUS (Jan 21 - Feb 19) It looks to be an important time ahead for decision-making and you must at all costs make the right ones. This requires careful thinking and simple logic but don't rush it - your whole future is at stake.

PISCES (Feb 20 - Mar 20) Financial worries will ease off during this month so you should have enough spare cash for a few of those little luxuries. A very attractive element comes into romance and remember, if you have to answer a question, answer it with a "yes".

ARIES (Mar 21 - Apr 21) Invitations are flowing and you could be planning a party of your own. If so, be aware of the evil intentions of of an Aquarian. Lucky colour: Navy.

TAURUS (Apr 22 - May 21) You have been living a rather hectic life lately and it's beginning to take its toll. Just take another look in the mirror! You can slow down and still enjoy yourself you know, so start applying the brakes. Your bank-manager doesn't seem to happy either, and that's another good reason.

Lucky day: Friday.



RTE personality, Bibi Baskin, a native of Ardara, who will officially open Feile Anagaire next week-end

KING BILLY AND ALL THAT

"Here's to the great and glorious King William and also Oliver Cromwell, who saved us from popes and popery. Slaves and slavery, brass money and wooden shoes! May the papishes be slammed, rammmed and jammed into the big gun of Athlone. May their bodies be fired against the bastion walls to fall as innumerable pieces to sparrable the soles of the Orangemen's boots to walk in the 12th of July. And Here's a fart for the Bishop of Cork."

That in full is said to be the Orangemen's toast and as one who has had the dubious experience of being tried by that august body, I can assure you each man-jack of them meant every word. The explosive allusion to the bishop of Cork is in no way aimed at a prelate of the old faith but to a churchman professing the creed founded by Henry the Eighth. This gentleman, it seems, taught tolerance and was a little ahead of his time in as much as that he was preaching Ecumenism long before Vatican II.

On November 5th, 1688, William Prince Of Orange, landed at Torbay, Devon, South West England, just 300 years ago, last year. He and his supporters marched some nine miles inland, and he held his first parliament in a long low L-shaped rural dwelling that was thatched and white-washed then. When I examined it some five years ago, it was unfit for human habitation, as the roof needed a proper coat of thatch and the walls had much ground damp.

However, I am told all that is being seen to. Maggie Thatcher is busy gathering the best quality oat straw and will carry out the operation herself. Ian Paisley and Gerry

Fitt have got the contract for pointing the scollops and William Whitelaw will be responsible for white-washing the walls. He is somewhat disappointed that his efforts with a white-washing brush on Derry's walls failed so miserably.

Then, to put the head sheaf on the joint operation, Paddy Harte is to lay a wreath. The event should be a great tourist attraction in 1990, the tri-centennial of the Battle of the Boyne.

I must say that the Protestant monarch, who was a much more tolerant leader than the Northern Loyalists take him to be, would not have approved of the crimes committed in his name. Indeed, he wished that all men might be free and equal, but was forced to bow his will before the bigots of his time.

This is why I condescended to be photographed with him. That I am not on equal footing with him is because I couldn't find a ladder to ascend the monument.

Behind us, lying at anchor in the harbour, is the Golden Hind, the flag ship of Sir Francis Drake. I never cease to be amazed at the deeds done and the battles won by those crusty old salts when one considers that they were handling such frail craft made of wood!

Immediately the words of Cavanagh's "Memory of Brother Michael" spring to mind:

"It never was morning, always evening, after a battle always lost, when Drake was winning seas for England we sailed in puddles of the past, pursuing he ghost of Brendan's mast."

Perhaps, eh defeat of the Vikings at Clontarf was a tragedy.



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Maybe, they'd have settled down among us and made us a great seafaring power, growing strong with strains of piracy and paganism. We too could have built a great fleet and commanded the seas. Maybe we'd have established the Irish Empire! But we chose a spiritual empire and the saving of souls. Would we have been better leave the wretches go to hell.



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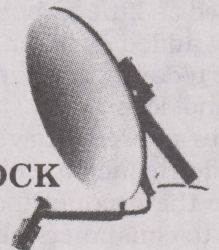
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(AS THEY SAY IN GERMANY)

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THE GUILFORD FOUR

In last December's edition of the Leader (Vol 1, No. 6) we focused on the plight of Carol Richardson, one of the so called Guilford Four who would be spending her fourteenth Christmas behind bars. Carol Richardson, Gerard Conlon, Patrick Armstrong and Paul Hill were jailed for life in 1975 for the Guilford and Woolwich pub bombings. The four maintained their innocence from the start and it is almost universally accepted, nowadays, that they were framed. and are completely innocent. The IRA Balcombe street gang, in fact, later admitted responsibility for the bombings, but in the highly emotional aftermath of this senseless carnage, results had to be shown- hence the framing of the Guilford 4. Many prominent people, including churchmen and politicians, have called for their release.

In our December, '88 edition, we told how the British home secretary, Douglas Hurd, was facing mounting pressure to send their case back to the court of appeal and he was expected to announce his decision after Christmas. Well, he did announce his decision - in April, and the court will look at the case - in October. Why the dragging of feet? Simply because Maggie Thatcher, Douglas Hurd and the whole rotten stinking British Legal System and Political System is not willing to face up to this grave miscarriage of Justice. Innocent people must be sacrificed to save face so the Guilford four are put on the long finger. Hopefully, the media will go away, people will forget and they can rot away in jail.



The prison wedding of Paul Hill and Marion Serravalli last year

But what of October? Sadly, the court of Appeal has always had an appalling record in the rectification of miscarriages of justice and, particularly after its rejection of the Birmingham Six appeal, in January of last year, there can be little real cause for optimism. So what now for these innocent people spending the best years of their lives behind prison bars?

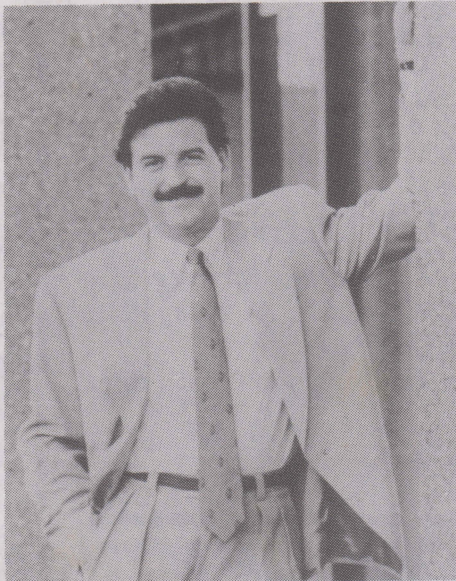
I think it's up to you and me to put as much pressure as possible on our politicians to bring the message home to that evil woman (who has the cheek to attack South Africa and the Soviet Union on human rights issues) that these people must be released, and immediately. Unfortunately, Irish politicians, from Charlie Haughey downwards, have, up to now, a dismal record in seeking justice for our nationals. Please, please, let's open their eyes for them and beg them to get up off their knees. With the elections coming up, now is the time for action.

Before voting for any election candidate, ask them what they're doing to put right this terrible wrong.

Anyone interested in starting a non-political local committee to help the Guilford Four, please contact this paper.



Milford in the 60's.



RTE's MARTY WHELAN

appearing
Mount Errigal Hotel
on 9th June.

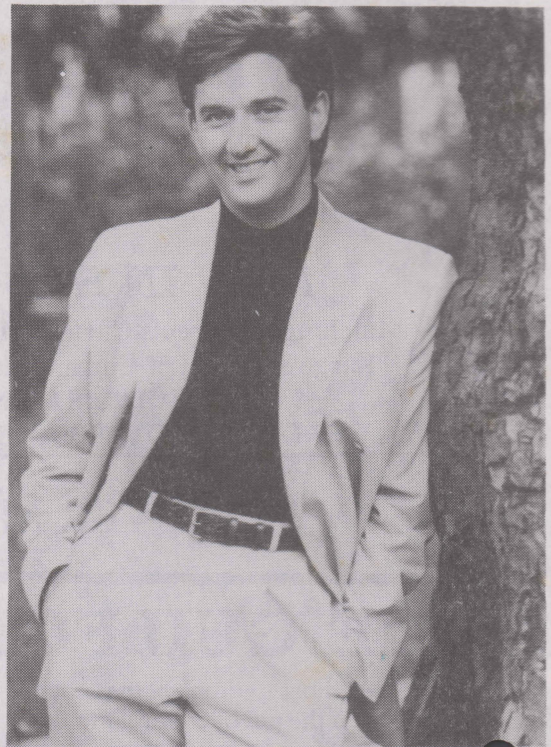
TOP 10 SINGLES

- | | |
|----------------------------|---------------------------|
| 1. Ferry 'cross the Mersey | Gerry Marsden and Friends |
| 2. Hand on your heart | Kylie Minogue |
| 3. Miss you like crazy | Natalie Cole |
| 4. Requiem | London Boys |
| 5. Bring me Edelweiss | Edelweiss |
| 6. Every little step | Bobby Brown |
| 7. The look | Roxette |
| 8. Manchild | Nenah Cherry |
| 9. I want it all | Queen |
| 10. I'm every woman | Chaka Khan |

TOP TEN ALBUMS

- | | |
|-----------------------------------|---------------|
| 1. Ten Good Reasons | Jason Donovan |
| 2. Street Fighting Years | Simple Minds |
| 3. Paradise | Inner City |
| 4. The Raw and the Cooked | F. Y.C. |
| 5. A New Flame | Simply Red |
| 6. Blast | Holly Johnson |
| 7. When the World Knows Your Name | Deacon Blue |
| 8. Past Present | Clannad |
| 9. Appetite for Destruction | Guns 'n Roses |
| 10. Diesel and Dust | Midnight Oil |

Courtesy of The Music Centre,
Main St., Letterkenny.



Daniel O'Donnell



MUSIC MAKER

By Maggie May

FAMILY AFFAIR

Delighted to see Clannad back in the British Top Ten with their current compilation album, "Past Present". The songs include "Theme From Harry's Game" to that duet with proud Daddy Bono "In a Lifetime", plus their current single "The Hunter". Meanwhile, the much traveled Enya wants to join sister Maire in Chartsville as WEA launch "Storms In Africa" (Part 1), not bad but not as appealing as "Orinoco Flow". Next month, Clannad play seven concerts, but as yet no dates have been set for Enya to return to the live music scene.

WHAT A LOAD OF RUBBISH

RTE's audience research study reveals that their Golden Wonder, 2FM's Gerry Ryan has increased his audience by 60%. But with the demise of the pirates, one would expect an increase of at least 500%. And what about the chat bores on Alternative Radio 1? Well, despite a massive pay increase, both Pat K. and Marion F. have lost listeners. Someone should tell RTE's Audience Research Bureau that every problem has an easy to understand wrong answer, and they have found it with their research.

THE SHOWBAND YEARS

A listen to the forty songs included on a new double cassette collection, "Irish Showband Years" reminds one of just how awful some of the singers were. Singing such forgettable titles as "Combine Harvester", "When The Sun Says Goodbye To The Mountain", "You'll Never Miss The Water", etc., from singers such as Larry, Brian Philomena, Susan, Brendan, etc., and to think that most of the singers jumped on the Country band-wagon. Little wonder that the Disco boom took over.

CHART TALK

Daniel O'Donnell made the number One spot in the 2FM IFPI chart with "my boots keep walkin' back to you". Yet this single failed to make the Golden Disc compiled Top 30. You see the 2FM IFPI charts are based on the number of records ordered by the record shops, while the Golden Disc Charts are based on actual record sales. Oh Terence, that lad who can't sing, can't dance and looks awful, but will go far, made the number one slot with "Que Sera Sera" in both charts. It is enough to give charity a bad name.



RATTLE AND HUM

We must be in the silly season for all the media coverage given the birth of Baby Jordan to Ageing Rock Star Bono. The before during and after tale gave the impression that each paper had the exclusive, and the departure from the hospital was more like a Royal Event. Let's hope that when the Edge and his wife have their third arrival during this month, it won't be greeted with the same media hype and fuss, and that both fathers can rattle and hum with their new arrivals in private.



FESTIVAL FEVER

Have you ever noticed everything in life is either illegal immoral or fattening, which reminds me that slimline Derek Davis is to take over from that grand old man of broadcasting, Gay Byrne to host the 22nd International Mary From Dungloe Festival. Strange this year how little information we got on not just Dungloe, but who will be performing in all the other festivals around the country such as Burtonport, Star Of Donegal or indeed the 21st Letterkenny International Folk Festival. It's time that the appointed PRO's got into action, or will the events be the best kept secrets in the tourist trade.

THE GOOD AULD DAYS.

Hard to believe that singers such as Margo, Johnny McEvoy, and Big Tom are celebrating 25 years on the bandstand. They enjoyed the hay-days of the country boom of the 70,s, and the great ballroom era. Big Tom is retiring from the ranks of the Travellers, and reforming the dear old Mainliners once more. With most of the old dry halls closed, one wonders where the old faces will play that old nostalgic sound, perhaps the "Derby and Jones Club".

SHAMBOLIC AWARDS.

Which well known recording artist was recently presented with a Gold Disc for 25,000 sales of the album. But it seems only 1,000 copies of the album were released, and 500 copies are still not sold. It reminds one of that famed tale of "Our Lord and the Fishes".

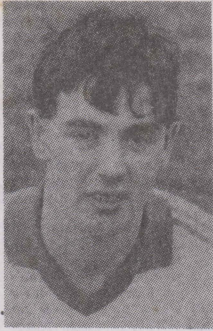
THE FUN CHARTS

- 1-JAILHOUSE ROCK.
- 2-BABY BLUE
- 3-OLDEST SWINGERS IN TOWN
- 4-THEME MUSIC FROM "HAIR"
- 5-EUROPA 7

- DICKIE ROCK (MOUNTJOY RECORDS)
- BONO (MOTHER RECORDS)
- MARGO 7 BIG TOM (OAP RECORDS)
- DESSIE O'MALLEY (PD RECORDS)
- THE PIRATE TWINSNEIL, PADDY 7
- SEAMUS (EEC RECORDS)

Joe Mc Cafferty
Glenea Utd. F.C.

Full Name: Joseph Anthony Mc Cafferty.
Birthplace: Scotland.
Height: 5 foot 81/2"
Weight: 11 stone.
Position: Midfield.
Previous Clubs: None.
Married: No.



Favourite Players: John Barns, Paul Mc Stay.
Favourite Other Teams: Celtic, Liverpool.
Most difficult Opponents: Tony Boyle (Keadue).
Most memorable Matches: Ulster school's U-16s All Ireland semi final.
Biggest thrill: Scoring a hat-trick this season.
Biggest disappointment: Losing U-16s All Ireland semi final.
Best Place Visited: Galway.
Favourite food: Sirloin steak & chips
Miscellaneous Likes: Driving.
Miscellaneous Dislikes: Smoking.
Favourite T.V. shows: Eastenders, Saint & Greavesie.
Favourite Musicians: Hot House flowers & Deacon blue.
Favourite Actors: Eddie Murphy.
Favourite Actresses: Cybil Sheperd.
Best friends: Many of them.
Biggest Drag in soccer: Referees.
Honours: Winning 2 Ulsters Championship medals.
Biggest Influence on career: A few.
Football ambitions: To win the Donegal League with Glenea United.
Personal ambitions: To be happy & healthy.
Which person in the world would you most like to meet? The Pope.

Signature: *Joseph McCafferty*



Naomh Mhuire trip to Leeds

In October of last year, the Naomh Mhuire GAA club from the lower Rosses area, organised a trip to the Yorkshire city of Leeds. The lower Rosses area has strong links with that city as many have emigrated there down through the years, and many who played with the club in the early eighties are now settled there. According to Statistics, the Naomh Mhuire club has been the most affected by emigration in the country, this decade, with over 40 players leaving to seek their fortune in places like London, New York, Boston and Leeds itself. Therefore, the club decided after an invitation from the people of Leeds, to go there and keep in touch with their many emigrants who, it was hoped, would go there for the weekend, from other parts of Britain.

The trip was hugely successful, with a party of fifty leaving the Rosses at 3 am. on the Thursday night/Friday morning and landing in Leeds at 5 pm. on the Friday evening, to be met by a huge crowd at the Woodpecker Inn which is run by Noel and Martin Roarty, who are brothers from Gweedore. The party then went to their various hosts all of whom were from the Rosses area. As the women on the trip took in the tremendous shopping facilities, the men went to get in shape for the challenge the following day with the Yorkshire champions,

O'Neill's GAA club. That match was preceeded by a very enjoyable challenge between a Naomh Mhuire Ladies select team and a team of Irish Ladies from the Irish centre in Leeds, who proved too strong for the visitors. The Naomh Mhuire v O'Neill's match was a cracker with lots of good open football and a draw was the perfect result for a match played in great spirit. A function was held in the club's honour that night in the Huge Irish Centre, and Mr. Dan Mc Gee who was the club's guest of honour in his capacity as Lord Mayor of the Lower Rosses, addressed the huge gathering present. Over 50 people travelled from various parts of Britain to spend the weekend with the Donnegal Club, and it was with great sorrow that the party set out on the return journey at lunchtime on Monday.

It was the biggest party on a GAA tour to Britain in recent times if not ever, and the fact that they were joined by emigrants from all over Britain made it a great success. The Naomh Mhuire club, who have been ripped apart by emigration are determined to keep in touch with their emigrants and this kind of trip is a great credit to the club itself. The hospitality they received from their hosts was second to none and plans are already going ahead for the second of what it is hoped will be an annual event.

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FEDA O'DONNELL COACHES



1955 ST. EUNAN'S TEAM AT DRUMKEEN SPORTS

Back (L. to R.): Pat English, Tony Boyle, Owen Travers, Pearse Dawson, Sean Curran, Harry Blake, Tommy Ryan (Dec.), Aiden McNally.
Front (L. to R.): Michael Ronaghan, Francis Cannon, Francie McLaughlin (Dec.), John Charlie Duffy, Seamus McCann, John Hannigan, Noel O'Donnell (Dec.), James (Farmer) Duffy.



Twins Shaun and Gavin Campbell from Middletown are keen Celtic supporters. They also support Liverpool so they've had a lot to cheer about lately. Ta na gasuiri ann Rang 2 ar Scoil Mhuire, Doire Beaga. They will be 8 years on June 24th.

Vincent O'Donnell

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FACTS AND FIGURES ABOUT MENTAL ILLNESS

More working days are lost through mental problems than through strikes.

Before the age of 17, boys are more likely to need psychiatric help: after this age women are more likely to need help.

When emotions get out of hand and reactions are out of all "normal" proportion - this is the beginning of mental illness.

People become mentally ill when they can no longer cope with the stresses and problems in their lives.

Mental illness is often a temporary condition. It can be treated successfully, although the possibility of a relapse can never be ruled out.

One person in nine will be affected by mental illness at some point in his/her life.

Although some people are more likely to become mentally ill than others, it is impossible to predict who will be affected.

People who have a mental illness need to be accepted need help to find work and accommodation without prejudice need to have sympathetic support and friendship. With this kind of help they can begin to pick up the pieces in their lives again.

Newspaper Cutting from 1956:-

OLD-TIMERS' DANCE
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THURSDAY, 23rd, 9.30 a.m.—BURTON-
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An old man died in an Irish Psychiatric Hospital in March 1980 - he was 104 years of age and had been in hospital since 1916. During that period, he did not receive a single visit.

One out of every three persons consulting his family doctor has a psychiatric aspect to his illness

One person in four surviving to 80 years will be admitted at least once to a psychiatric hospital

Many old people are in psychiatric hospitals simply because they have nowhere else to live and no-one to care for them.

The total number of patients attending psychiatric out-patient clinics was approximately 30,000 for the year ended March 31, 1977.

THE LEADER

☆☆☆☆☆

Lower
Main Street,
Letterkenny.

CHARLIE DUFFY & SONS COACH TRAVEL

DONEGAL - DUBLIN - DONEGAL DAILY

NEW TIMETABLE:

Dept. time from Letterkenny (Mon. to Sat.) 9.00 a.m.

Extra Service: Fri. 1.15 p.m. & 5.15 p.m. (Letterkenny)

Sunday: 1.00 p.m. & 5.15 p.m. (Letterkenny)

Dept. time from Dublin daily (Mon. to Sat.) 6.00 p.m.

Friday: 4.30 p.m. 5.00 p.m. & 6.00 p.m.

Sunday: 6.00 p.m. & 9.00 p.m.

Monday AND Saturday morning: 9.30 a.m.

ROUTE 1: Departs Annagry - Gweedore, Falcarragh, Creeslough, Kilmacrennan, Letterkenny, Lifford daily.

ROUTE 2: Departs Annagry - Kincasslagh, Burtonport, Dungloe, Cloughan, Twin Towns, Killygordon, Castletfin, Lifford daily.

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