

# THE LEADER

Iml 2 Uimh 4

October 1989

## THE GREEN REVOLUTION

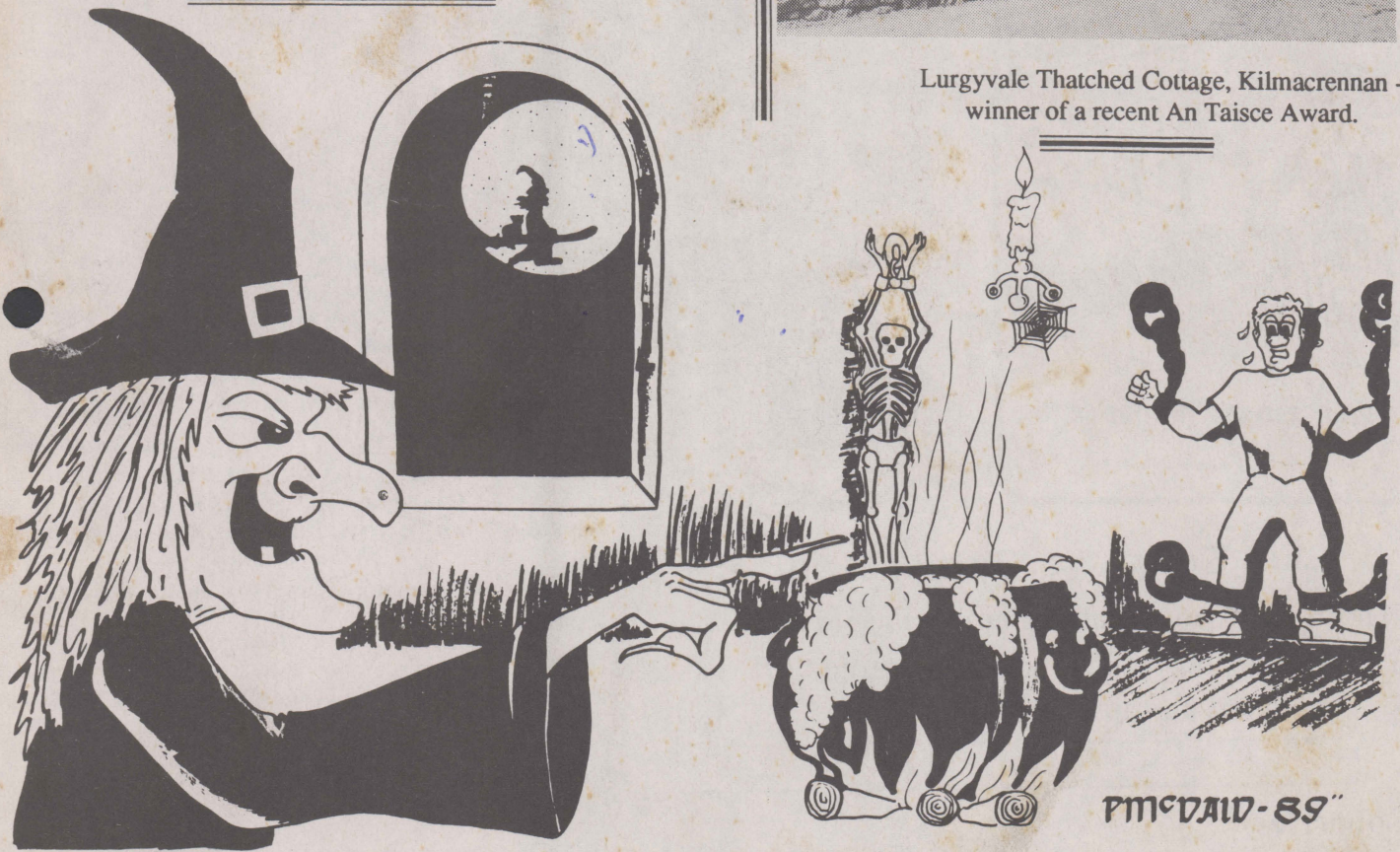
1989 will surely be remembered as the year when Green became beautiful. In Ireland and across Europe green politics hit the headlines in elections and words like Ozone layer, C.F.C.s, Lead-free Petrol and the Greenhouse Effect became a familiar part of our vocabulary.

Suddenly people were asking, "what can we do to save the world?", and a growing army of green consumers were demanding environment-friendly products.

But has the green revolution reached Donegal yet? Dunnes Stores and Quinnsworth are two of the largest supermarket chains in the country and their Letterkenny outlets are probably the two largest supermarkets in Donegal. So "The Leader" compiled a questionnaire on green shopping issues and asked them to fill it in. You'll find the results on Page 3.



Lurgyvale Thatched Cottage, Kilmacrennan - winner of a recent An Taisce Award.



DONEGAL'S ONLY MONTHLY MAGAZINE



Thinking of what you could have done is the most useless thing you could do.  
 A flea can make things more difficult for a lion than a lion for a flea.  
 A dry crust eaten in peace is better than a steak every day with argument and strife.  
 Learn from other people's mistakes. You just haven't enough time to make them for yourself.

**YOU HAVE TO WORK**

It's tough to try to find a job...but tougher when you don't. It's rough to have to work all day..but rougher when you won't. There is no way to easy pay...with honesty of heart, or any true reward in life without a humble start. A man must earn his daily bread...and pay for what he buys. And if he wants security....he must economise. He cannot live for just a day...and let tomorrow wait. The clock is always ticking...and the time is growing late. It's tough to pound the pavements...but it's tougher when you don't. It's tough to keep a budget..but it's rougher when you won't.



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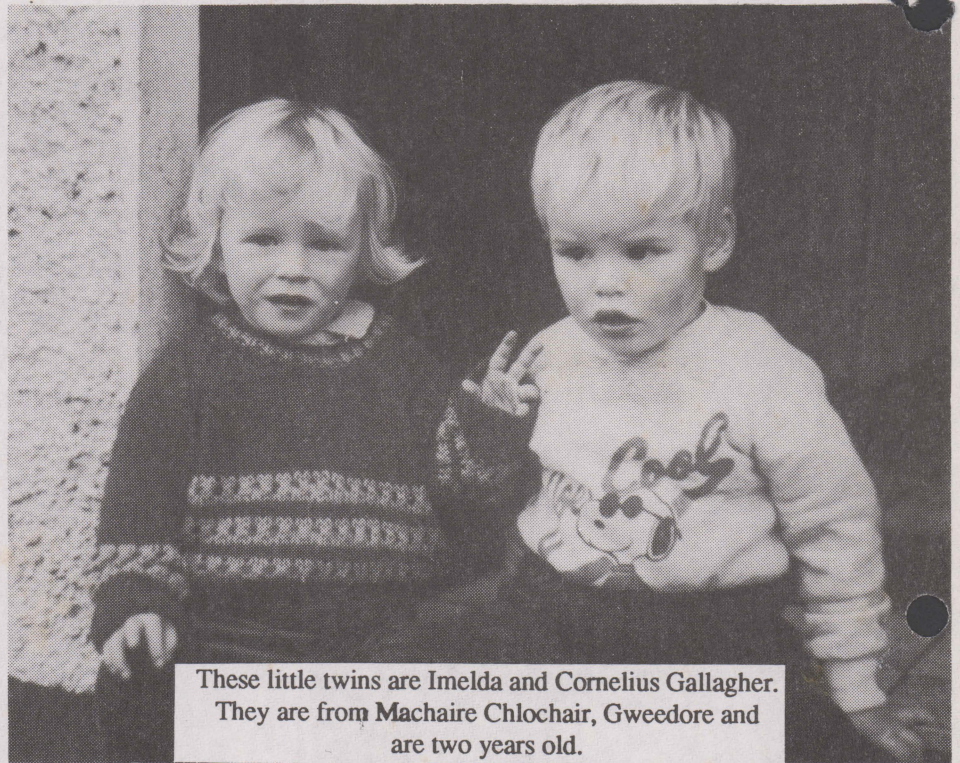
**"The Leader in Auctioneers in the North West"**

**SAM SPUDZ**



Irish Snack Foods Ltd.

Déanta i nGaoth Dobhair



These little twins are Imelda and Cornelius Gallagher. They are from Machaire Chlochair, Gweedore and are two years old.

**AN TEAGASC CRIOSTAIRÍO.**

How many people can remember the old Irish Teagasc Criostaí which had to be learned off by heart all those years ago ?



**Raspberries**

To the people who don't pay their water rates



**Roses**

To the individuals and the committees who promoted the Tidy Towns in various places throughout the country.



**AN CÉAD RANN.**

(Do mháns na gComaoinead.)

**AN CÉAD LEIḂEANN.** (Fá Dia agus fá éireugaḂ an Duine.)

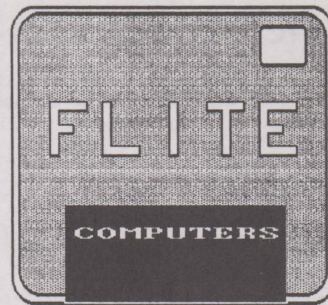
- C. Cía éireugaḂ agus éir ar an t-raogaḂ tú? Dia.
- C. Cao fáé ar éireugaḂ Dia tú?
- F. Le n-eolaḂ o'fágaḂ aḂ, é a gnaḂugaḂ, reirbir a beánaḂ oḂ, agus an beata fíorruiríe do raḂruugaḂ ar an mhḂ rín.
- C. Cía n-é Dia?
- F. ÉireugaḂteoirí neime agus Talaim, agus áro-tigeanna gaḂ uile nír.
- C. An raḂ Dia ann, gaḂ uile am?
- F. Dí, agus roim an uile am, ve b'riḂ go b'ruil Sé gan túḂ, gan veiríeáḂ.
- C. Cá b'ruil Dia?
- F. Tá Dia ann gaḂ uile aḂ.
- C. An b'feiceann Dia gaḂ uile nír?
- F. Téir Sé gaḂ uile nír, go ríú na rmuaintíe iḂ uaiḂriḂe i g-croiríe an Duine.



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## Green Shopping Questionnaire

(continued from front page)

Both stores referred us to their Dublin headquarters for the information and the Dublin offices didn't have detailed information on the Letterkenny shops, nor enough time to check with Letterkenny in the time we allowed them.

### OZONE SAVING

1. Do you sell CFC-free Aerosols ?

**Dunnes:** About 90% of aerosols now on sale are CFC-free, including our own St. Bernard brand.

**Quinnsworth:** Yes, we do.

2. Do you use CFCs in your refrigeration ?

**Dunnes:** All our new stores would have CFC-free refrigeration

**Quinnsworth:** Company policy is that all new refrigeration installed will not contain harmful CFCs.

### VEGETARIAN

3. Do you have a vegetarian section or sell products suitable for vegetarians ?

**Dunnes:** We have vegetarian sections in some stores, e.g. Stephens Green Centre. Not in Letterkenny. We sell vegetarian foods in all stores, e.g. Health Foods

**Quinnsworth:** We haven't a vegetarian section but do sell vegetarian food in our Health Food section and we will be enlarging our range with chilled products within the next 2 weeks.

Dunnes Stores have within the last two months introduced a range of environment friendly products in their major stores under the label "Green Force". They are English-manufactured and include washing powder, washing-up liquid, fabric conditioner, automatic liquid, toilet cleaner, cream cleanser and surface cleaner.

Dunnes felt we didn't give them sufficient time to respond to the questionnaire so we'll only be to happy to give them space in our next edition if its required. They do not have any one person dealing with green shopping issues, unlike Quinnsworth who have appointed a Green Manager.

Quinnsworth have a new "green" section in their Letterkenny store, stocking green laundry detergent, peanut butter, toilet rolls, acid reduced coffee, puffed rice, natural wheat bran, maxi pads, automatic dishwashing detergent, motor oil, all purpose cleaner and baking soda. All the products in their green section are Canadian produced at the moment as sadly no Irish manufacturer has yet joined the green bandwagon (calling all entrepreneurs !).

In future editions we will be keeping you up to date on green shopping developments.

### LITTER

4. Do you carry Keep Your Country Tidy messages or symbols on your products ?

**Dunnes:** Don't carry them on our own brands but some products available in our stores do carry them.

**Quinnsworth:** Yes, on our check-out bags, plus on our Yellow Pack brands.

### WASTE RECYCLING

5. Do you have bottle banks, can skips or newspaper collection points ?

**Dunnes:** In some stores but not in Letterkenny.

**Quinnsworth:** No collection point in Letterkenny but nationally Quinnsworth collected 300 tons of glass in 1988. In Dublin we are the major exclusive sponsors of aluminium can recycling and company policy is to expand collection points to as many of our stores as physically possible. We have no newspaper collection points.

6. Do you use recycled paper, cardboard or plastic ?

**Dunnes:** No.

**Quinnsworth:** Some of our green products use recycled material. But this is a very new concept, even worldwide and we'll be keeping up with developments.

7. Do you use recycled paper bags or Biodegradable bags ?

**Dunnes:** No

**Quinnsworth:** We use biodegradable bags in our Letterkenny store.



Sgt.  
PEPPERS



\* FAST FOOD

\* TAKE AWAY

\* COFFEE SHOP

Crunch 'em!

MAGHERACLOGHER, BUNBEG  
Telephone (075) 31110



## The Religious Society of Friends or Quakers

The number of Quakers in county could be counted on the fingers of one hand. They have never been common in the north-west. The nearest regular Meeting for Worship is held in Derry weekly and even in that city numbers would tend to be small. Numbers are not of great significance to Quakers.

There are about 20,000 members of The Religious Society of Friends in Ireland and Britain and worldwide there would be ten times that number. Many Quakers today have joined the Society and were not born into it.

George Fox (1624-1691), an Englishman, founded the Quakers. The name Quaker was first used in contempt and the early members suffered persecution. Quakers tend to use the word Friend to describe each other but they do not object to the term Quaker. To members of a formalized Christian church it may seem as if Quaker beliefs are negative as they have no creed but believe in the power of God in all. Meetings are held in silence where the individual waits for God. This period of contemplation should give help to enable the waiter to face the reality of life. Life is not seen as having separate compartments. The beliefs a Quaker has hold true in every aspect of life.

As Quakers see "that of God" in everyone they have no ordained ministry. As the early Quakers studied the Bible they found that there was no reference in it to a "trinity" or "sacraments" and they lack these elements which are found in certain Christian sects.

Quakers wish to see the good in people and they don't talk about sin very often. They have often worked for progress in social and industrial conditions. Certain Quakers have refused to pay that portion of their income tax which is spent on arms by the state in Britain. They would support Irish neutrality and some would wish to see it enshrined in the Constitution, at the same time, realising that even that may not guarantee that it would be upheld.

The Derry meeting for Worship is held in a library which is hired for a few hours on Sunday mornings. Most Quaker meetings are held on Sunday mornings as most people don't work that day but no one day is more sacred than another. Quakers do not normally hold meetings on Christmas Day.

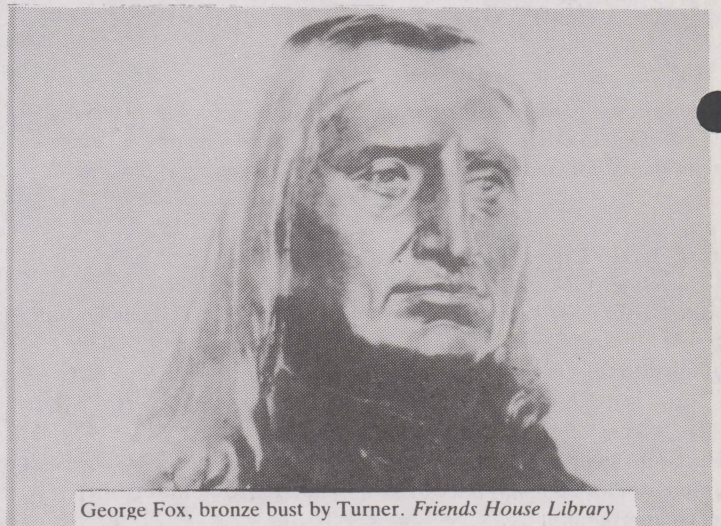
Early in Quaker history women were given an equal role with men in worship.

Saint James said that faith is dead if it is separated from good deeds. Quakers are concerned about the world. Many feel driven by the realisation that there is "that of God" in everyone. Quakers would wish to live by the dictates of truth. They would wish to get rid of much of the waffle which inhibits us. They seek to speak plainly. They do not use titles. They call people by their first names or the family name.

For Quakers in Ireland who use Irish the custom of addressing people as "a chara" suits admirably.

There is no attempt within Quakerdom to make people conform. There is a strong belief that nonconformity enriches us.

A Quaker meeting for worship is held in the Heritage Library, Bishop Street, Derry, on Sundays at 11.00am.



George Fox, bronze bust by Turner. Friends House Library

# Appeal to stop executions.

In almost 100 countries prisoners can legally be put to death for criminal offences or for political crimes.

Those who face the death penalty are disproportionately the disadvantaged, the unwanted or those whom the authorities deem their political enemies. Most of those executed do not receive a fair trial; all of them are made to face the unique horror of a violent death at the hands of the state.

AI believes that the death penalty is a violation of fundamental human rights. The organization opposes the death penalty in all cases.

The six appeals in this article are part of AI's worldwide campaign for the abolition of the death penalty. Those directed to the governments of China, South Africa, the United States and the USSR concern individuals or groups of prisoners now facing execution. In the other two appeals—those concerning Iraq and Iran—individuals are not named, for conditions in these countries make the identification of those threatened with the death penalty extremely difficult.

The appeals to the six governments are not only intended to prevent scheduled executions but have the wider aim of persuading the authorities to put an end to the death penalty and to join the 82 countries which have abolished the punishment or which have now ceased using it.

international  
amnesty

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## The S.V.D.P. Bargain Shop, Letterkenny

The Saint Vincent De Paul Bargain Shop opened approximately 2 years ago in Letterkenny. At first it was staffed by members of S.V.P. only, then it progresses by employing a person full time plus a part-timer at weekends.

There are over twenty S.V.P. shops operating throughout the country, North and South at the moment. The Letterkenny shop caters for everyone and especially for large families with young children. We also sell furniture and household goods from 25p to £5. We receive all our clothes and

goods from generous people who do not need them anymore and who wish that someone could make use of them. We would like to thank all these people who donate clothes and household items on a regular basis and without whom we would find it very difficult to carry on.

Our shop is a rather large building and we gave it a complete new look inside during the summer, with a new colour scheme. We also have central heating throughout the shop and changing rooms to cater for both men and women. We would

appreciate people who are thinking of sending in clothes that we would like them in good condition and worth of those who will wear them.

Finally, as its approaching Christmas time once again and a time when we all like to receive presents, lets keep in mind those who are less well-off than ourselves and who need our help. You can help by: (1) supporting the church gate collection on Sunday. (2) Putting something in our food boxes which can be seen at all supermarkets and shops during the Christmas period. Christmas is just around the corner, so don't forget - keep us in mind in your pocket and in your heart.

Thanking you,  
S.V. De Paul Society, Letterkenny.

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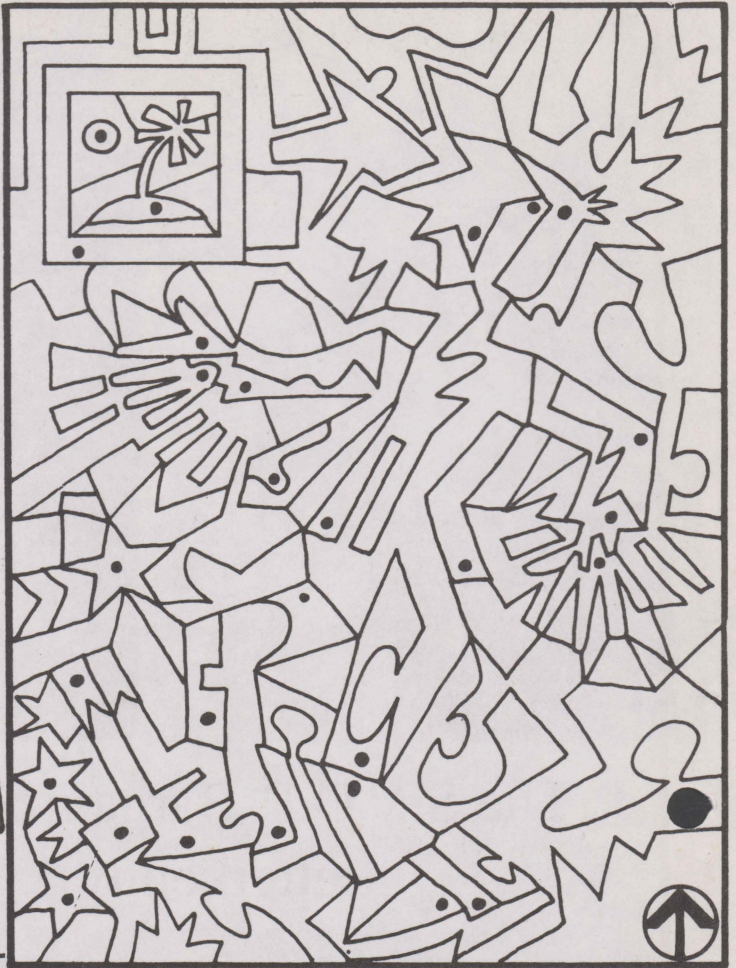
Gyproc coving fitted.

If you are interested, please Phone Mr. P. P. Sweeney  
075-31037, 074-22385.



Clarke's Newsagents, Lower Main Street, which was completely renovated during the year and which won a prize in the Tidy Towns Competition for its attractive appearance.





Colour in all the sections with dots to discover a hidden picture

**UNDER 10 PAINTING COMPETITION**

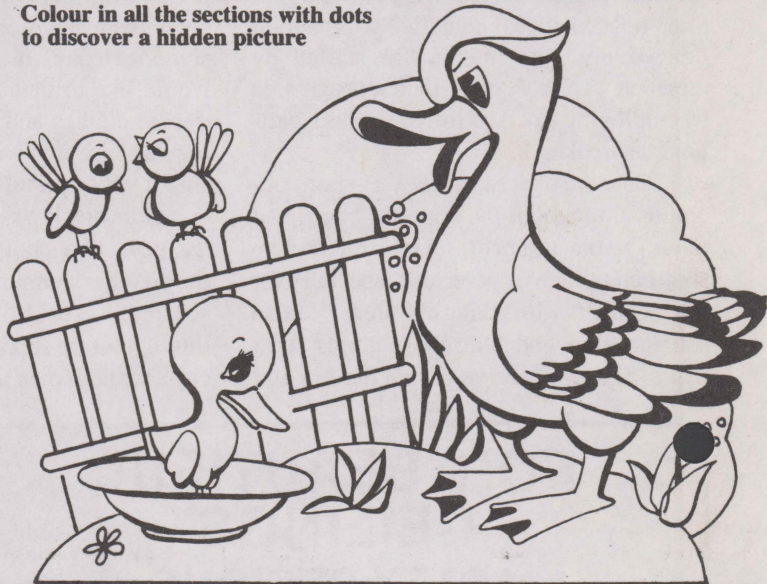
Name .....

Address .....

Age .....

*Last Month's Winner*  
Paula Whoriskey, Ard Donn, Gweedore.

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



**SPOT THE 10 DIFFERENCES**



- Personality is the only safe press agent.
- Talkers are rarely as popular as those who have learned to listen.
- Emotion may win audiences but generally loses arguments.
- A good heart will at all times betray the best head in the world.
- Although guilty is only one word it usually means a long sentence.
- A girl simply lives to be a picture but she hates to be a sketch.

**Video Top 10**



1. Die Hard
2. The Accused
3. Cocktail
4. Dirty Harry in the Dead Pool
5. A Fish Called Wanda
6. Arthur II
7. Alien Nation
8. Return from the River Kwai
9. Short Circuit II
10. Scandal

"I'll be frank  
- you have problems!"



Courtesy of Video Channel, Letterkenny.





The Married Men's team who soundly defeated the Single's during the Mary from Dungloe Festival

## The Green Fields of Gweedore



The ever popular RoseMarie from Dore, former member of the famous Slieve Foy family band has recently released a music tape. It's a souvenir tape, entitled "The Green Fields of Gweedore", and not aimed at the commercial market, but copies are available from The Errigal View Hotel or from Rose Marie herself. It's a beautiful recording in Rose Marie's own inimitable style and includes the following well-known songs: "The Green Field of Gweedore", Bheir Mj Ó, Shanagolden, Far Away in Australia, She Moves Through the Fair, My Lovely Rose of Clare, My Donegal Shore, Ag Siúl Cois na Trá Donh, The Fields of Athenry, Fiddlers Green, Red is the Rose, Faughan Side, and Destination Donegal.

A lovely Christmas present for music lovers at home or abroad!

## Lá Breithe



Margaret O'Donnell, Cnoc a Stolaire, Oct 13.  
Frankie Ferry, Falcarrach, (21) Oct 1.  
Seán Cathal Collins, (16) Oct 5.

Éamonn and Hugh Martin Sweeney, Machaire Loisce (8) Oct 20.  
Patrick McFadden, (21) Oct 8.  
Marion McBride, Carraic, Oct 26.  
Winnie McGee, Coiteann, Oct 22.  
Harold Doherty, (20) Oct 29.  
Dónal De Barra, Machaireacha, Oct 15.  
Angela Doohan, Carraic, (22) Oct 20.  
Seán McGarvey, Bailean Droichid, (4) Oct 6.  
Mánus O'Donnell, Machaire Chlochair (20) Oct 22.  
Marion Sweeney, Machaire Gáthlán, Oct 9.  
Máire Doherty-McGee, Bun a Leaca, (20) Oct 3.  
Neil Anthony Mulligan, Machaire Chlochair, Oct. Conal Curran, (14)  
Seán Mhicí, Coiteann, (13) Oct 10.  
Bernie - sorry - Bernadette McBride, Middletown (20) Oct 26.  
Pól MacCumhaill, Carraic (24) Oct 24.  
Brian McGee, (18) Oct 23.  
Manus McGarvey (12) Oct 4.

Get well wishes to Mary McG., m/r who fell out with a lovely old cat.

## The View from Iompaire

Some things never change! I came across the "Derry People" of March 10, 1962 and the Gweedore notes contained the following item:

"Speaking at Derrybeg, Deputy Cormac Breslin, Leas Cheann Comhairle said that a canvass was now in progress to ascertain how many householders are willing to connect their premises with the proposed local sewerage scheme. It is known that the decision on whether this valuable new drainage scheme comes to the district depends very largely on the response of the people themselves to the canvass. All should be urged to join in the favourable return to see that the change is fully availed of. The area is a growing tourist one and sewerage facilities become even more important. Deputy Breslin advised householders to take part in the scheme assuring them that any deposit made now would be later refunded".

Meanwhile, 27 years on, we still haven't got a sewerage scheme. Tourism proved to be a major growth industry alright, alas the proposed local sewerage scheme proved to be another case of Gweedore missing the boat.

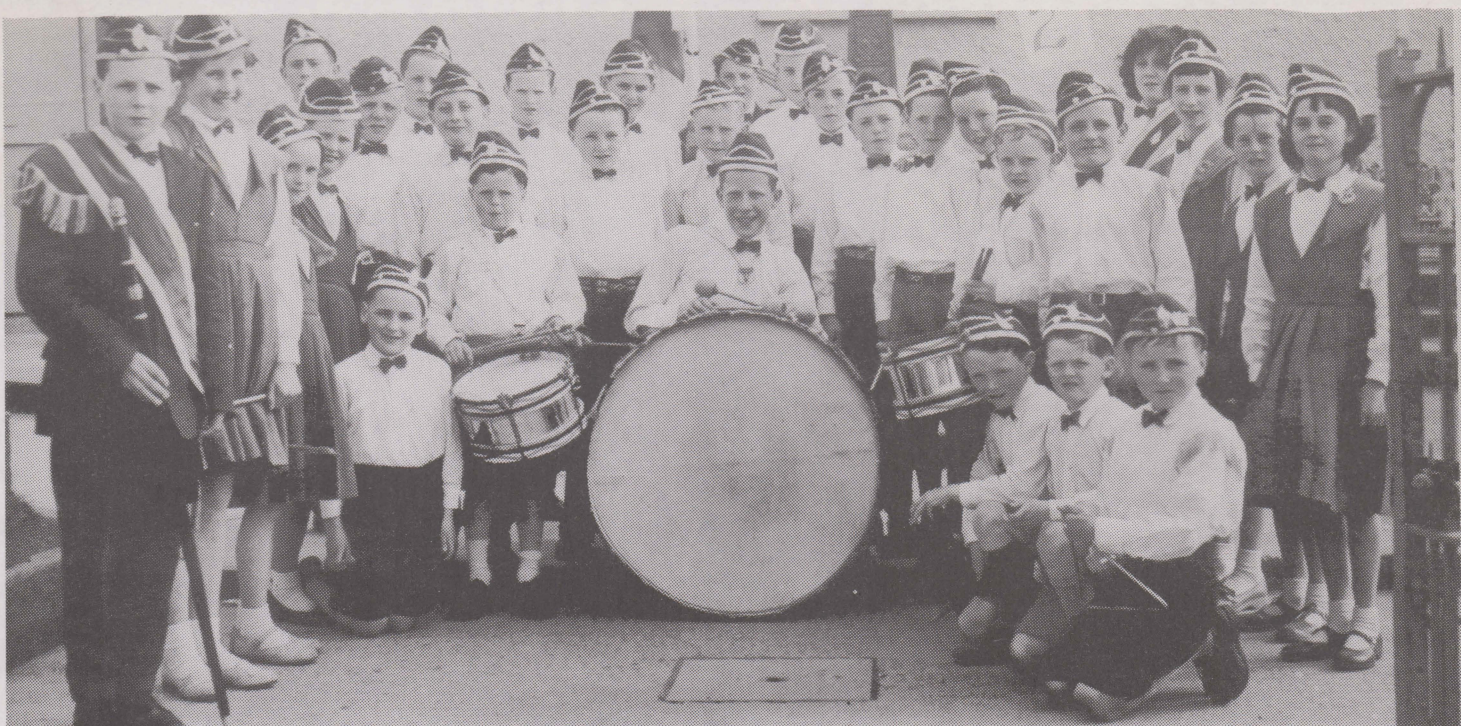
"An Chrubóg"

Why does Catherine C. make regular trips to Dublin?



Foireann Peile Rann na Feirste ins na '50s





● Mullaghduff Junior Band 30 years ago. Leader: Colm Sharkey

Four young ladies from Pobal Scoil Ghaoth Dobhair recently returned from an exhilarating trip to Brussels, which provided a perfect lift for the Leaving Certificate horizon looming ahead of them.

Sponsored by the Commission of the European Communities, the trip was the top-prize in the radio programme section of Slógadh, Ireland's Premier Youth Festival.

The students produced a high standard thirty minute radio programme on the theme of the situation of the European Communities Internal market in 1992. Having compiled this programme, the group were highly appreciative of the Brussels experience and benefitted greatly from the tours and discussions organised in their honour.

These included a visit to the Commission of European Communities, a tour of the city of Brussels, a fascinating introduction to the "Evoluon" Phillips exhibition in Eindhoven and a more lighthearted and frivolous excursion to the "Walibi" fun park. The latter proved to be highly enjoyable by all accounts.

The group, accompanied by teacher, Noel O'Gallachóir, also enjoyed some interesting discussions with Colm Larkin, "Chef du Cabinet" of Commissioner Ray MacSharry, on themes such as the E.C. Structural Fund. Eamonn O Ruairc, whose responsibility it was to look after the visitors and delegations to the Commission of European Communities, was greatly appreciated by the Gaoth Dobhair contingency, as he is a frequent visitor to the area and conducted part of the tour in Irish.



Outside the Berlaymont, Brussels, from left to right: Sinéad Nic Niallais, Colma Nic Niallais, Maria Nic Chumhaill, Carina Ní Fhearraigh, Éamonn Ó Ruairc, Commission of the European Communities, Daithí Ó Dúfaigh, Gael-Linn.

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Seeds • Bulbs, etc.

### FLORIST - WEDDINGS, FUNERALS, ETC.

An appropriate route covering the history of World War 2 from Dieppe to Abbeyville and the famous D-Day landings, ensured that the travellers got full value from their journey through France.

It was a thoroughly enjoyable and highly educational trip and certainly rewarded the students for their achievements.

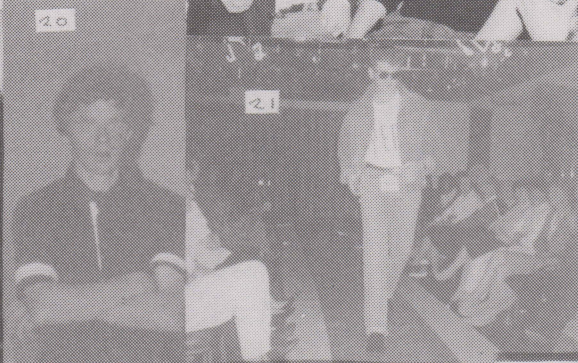
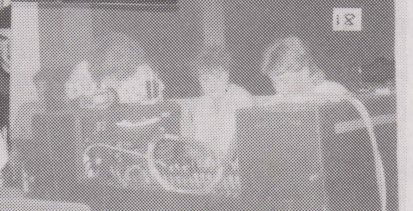
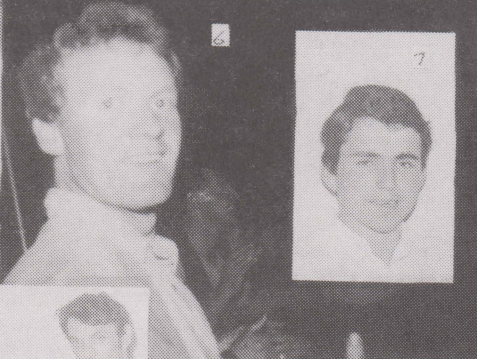
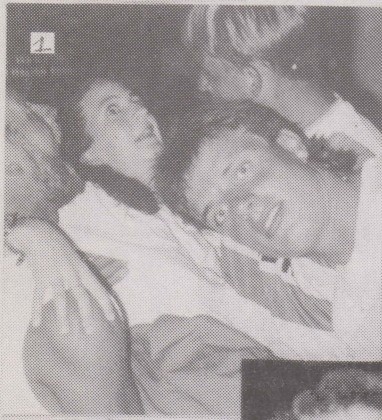
## GUESS WHO ?



1. Maria was a big hit with the Senors in Gran Canaria
2. Dungloe's answer to Big Tom.
3. Kathleen Catch with her trousers town.
4. The long arm of the law moves in to arrest 3 lady outlaws for showing too much leg in public.
5. The defence is so good Adrian has time to pose.
6. Seán Rua is a happy man.
7. Young Mr. Doherty.
8. Football chat.
9. The only Harold in Donegal.
10. Bartonport folk.
11. Golfers Three
12. CND's Falcarragh Top Dog.
13. Miss Ireland 1992.
14. Mr. Universe doing the streak
15. Smile Bríd Scanlon, you're on Candid Camera
16. Eddie & Séamus pullin' a wee lorry for t he People in Need.
17. Three Musketeers
18. A Sound Man called Danny - Nice lady too !
19. Singing in the Sean Nos
20. I can't see without my glasses.
21. James Dean lives on.
22. Anne Marie & Lorraine
23. This wouldn't be Michael R. & Stephen D. by any chance ?
24. Pool Champ
25. Gortahork kids
26. Young Andrew
27. Dungloe get-together.

Brid D. in Holloway Rd. says hello to all in Gweedore.







## Did you Know...

that "The Leader" is on sale in London in Danny Gallagher's Pub (Prince Arthur) Caledonian Rd. and at Eyre Records & Gifts, Holloway Rd., beside St. Gabriels. In Glasgow you can buy your favourite mag at 165 Ballater St., (formerly Mary McFadden's shop).

In Edinburgh its at McAuley & Allen, Drum St., Gilmerton. Oh, and happy reading to the members of her Majesty's Secret Service who open and inspect some of the parcels containing "The Leader" every month en route to Britain.

## CLOICH CHEANN FHAOLA

Falcarrach Drama Workshop for children recommenced recently. Drama workshops for seven and eight year olds are held are catered for from 5.30 on a Monday. Drama Workshops for 11, 12 and 13 year olds are held on Thursdays at 5pm. The venue for the drama workshops is St. Fionan's National School. All children in the above age groups are most welcome.

Cloughaneely Angling Club have been informed that a grant totalling £6,500 has been sanctioned from the International Fund for Ireland. £3,600 will be spent on the Ray river, and £2,900 will be spent on the Tullaghobegley river. There has been a late run of salmon on the local rivers. The total number of salmon landed on the Bawan so far this year has been 240.

Good wishes are extended to Rev. Bro. Camillus McHugh, O.S.C. of the Camillian Order who is at present on holiday with his sister, Mrs. McLean of Ballina, Falcarrach. Brother Camillus has been caring for the sick and poor of the Gusli and Lon tribes near Lake Victoria in Kenya. He is expected to return to Africa in October to assist at the Order's new Seminary in Nairobi.

At the A.G.M. of Falcarrach Karate Club the following officers were elected for the coming year:

Chairperson	Louise Diver
Treasurer	Owen Diver
Assistant Treasurer	Danhy McGinley
Secretary	Aisling McFadden
Assistant Secretary	Raymond O'Donnell
P.R.O	Gerard Smullen

Beginners karate classes have resumed on Wednesdays at 7pm in the P.C.C. gymnasium.

Congratulations and best wishes to Shaunie & Anna Bonner who have just bought the Shorlan Hotel and Steak Bar Restaurant in Gortahork. The Bonners who hail from the Rosses have just returned from Birmingham where they have lived for many years. An Shorlan has 14 bedrooms en suite and the restaurant is open every night from 6 till late.

### John McGinley Coaches

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Donegal - Dublin - Donegal

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**NEVER SEE ONE WITHOUT THE OTHER**

Ronan Mac A. Bh. & Dennis D.  
Seán Cathal C. & Charles D & Emmet McG & Pól D.  
Imelda S. & Catherine McK. & Marie G.  
Michelle O'D. & Sharon G.  
Rónán M. & Séamus D.  
Kieran B. & Éamonn S.  
Caitríona D. & Maoiliosá McB.  
Sinéad McN. & Carina F. & Colma NicN.

10



● Mr Tom McCagney, Ennis Co. Clare and his bride Miss Nollag Boyle, Mullaghdergh, Kincasslagh, pictured after their marriage in St. Mary's Church, Kincasslagh. Photograph by Dermot Donohue Studios Letterkenny

Tá súil agam go raibh oíche ar doigh ag Alice Ó'N. Ardaí Bheag ag an Harvest Dance.

The King of Maghera is leaving the Gaza Strip to have talks Thatcher.

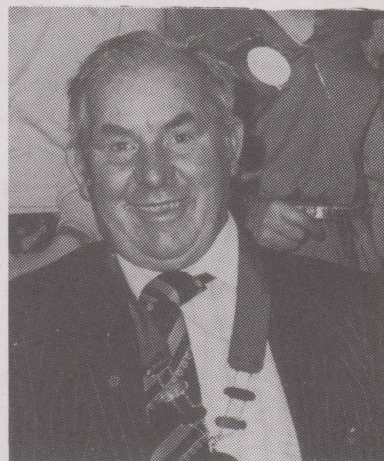
Why does Cecelia eat so much coleslaw? Because of a certain R.P.?

Good luck in London - Bernie R. & Francis O'D.

Making a very big splash at the moment - Buddy McL. & Anna-mae who are taking swimming lessons.

Did Pat K. enjoy the burger in Smokey Joes. Or is it next week? For the best babysitter in East London contact Johnnie & Teresa. Helen, don't cry, the boys will be home at Christmas. Brigidina is suddenly all interested in London. Could it be C.B.?

Our next edition will be in the stores during the first few days of November. Last date for copy - Wed. Oct 25. The Leader, Lower Main St., Letterkenny.



### NOISEÁIN

Cathy D. & Kieran B. (again)  
Ronanne G. & Paddy Joe  
Paul D. & Bernie D.  
Seamus D. & Ann Marie  
Hughie B. & Bríd McG.  
Setanta D. & Bríd G.  
Martin McC. & Deirdre McB.  
Eamonn S. & Doine McG.  
Anne G. & Paul T.  
Bríd O'D. & Vinegar  
Rónán M. & Sheena

The Big News from the Rosses is that Belcruit has a new Mayor. Yes, its the one and only Michael Óg Hanlon, who is the uncrowned King of the Rosses. Michael would like through this paper to sincerely thank everyone who voted for him and helped with his campaign.

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# 11 Foot Reflexology and Aromatherapy

Along with all the other treatments available in a beauty salon Maura McHugh, Port Road, Letterkenny has now introduced the practice of foot reflextherapy and aromatherapy.

Foot Reflextherapy and aromatherapy are two of the much talked about and increasingly popular complimentary medicines available to the general public. Nowadays, the stressful conditions of society leave our bodies so tense that they can not function correctly - they can not cope, and so manifest all sorts of disorders and diseases. Our bodies are intrinsic, complex structures which under normal circumstances and in most instances should be able to heal themselves.

Reflextherapy and Aromatherapy help to reverse the effects of stress, so that the body is in a more relaxed state and can therefore heal itself. These are totally natural forms of treatment. No drugs or instruments are used, they are not cures nor have they anything to do with faith or religious beliefs.

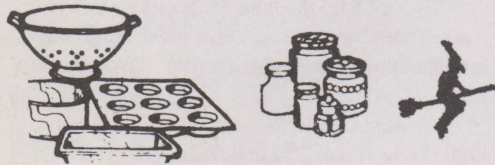
## What is Foot Reflextherapy ?

It is a treatment based on the principle that by working the reflexes of the feet, the entire body is brought back to its natural and balanced state of health.

## What is Aromatherapy ?

It is a total treatment for the body through the use of massage with essential oils. These oils are extracted from flowers, plants, etc. and have therapeutic effect.

These ancient arts of healing are being welcomed into western society to enhance our well-being and our lives. For further details, contact Maura or Brenda at (074) 24624



## New Ways to Serve Everyday Vegetables

### 1. Turkish Fried Carrots

#### Ingredients:

- 1 of carrots 1 level tablep. seasoned flour
- Salt & Black pepper 2 tablespoons olive oil
- 1/2 pint natural yoghurt
- 1 level tablespoon chopped mint or caraway seeds

#### Method:

1. Cut scraped carrots crossways into 1/4" slices
2. Bring a pan of salted water to the boil and cook the carrots for about 10 mins or until nearby tender. Drain in a calendar and dry thoroughly on absorbent paper.
3. Toss the carrots in seasoned flour, shaking off any surplus
4. Heat the oil in a heavy pan and fry the carrots over moderate heat until golden brown.
5. Season to task with salt & freshly ground pepper.
6. Put the yoghurt in a saucepan over low heat to warm through. Do not let it boil or it will curdle.
7. Spoon the carrots into a hot serving dish pour over the yoghurt and sprinkle with mint or caraway seeds.

Preparation time: 15 mins  
Cooking time: 20 mins  
Serves 4



#### Ingredients:

- 1 lb sultanas 1 lb plain flour
- 1 lb raisins 3 teasp. baking powder
- 1 lb soft brown sugar 3 teasp mixed spice
- 3 lightly beaten eggs
- 1.5 pints of black tea or (if liked !) 1 pint of tea & 1/2 pint Irish Whiskey

## Hallow E'en

## Barn Brack

1. Soak sultanas, raisins and sugar in tea or tea/whiskey mixture, overnight.
2. Next day, add gradually plain flour and beaten eggs to the fruit and sugar mixture.
3. Blend in the baking powder and spices.
4. Spoon the mixture into three greased loaf tins 8" long x 4" wide x 3" deep.
5. bake in the centre of a pre-heated oven at 300°F Gas Mark 2 for 1 hour 40 mins.
6. Leave the loaves to cool on a wire rack.
7. Glaze the tops lightly with melted honey.

## STARSCOPE Le Angelina

### CAPRICORN (DEC 20-JAN 20)

You are expecting too great a dividend on an emotional investment but that is only part of a rather complex saga. For you must wait and see what transpires on the work front over the next few weeks before reaching your conclusions.

### AQUARIUS (JAN 21-FEB 19)

Your solar chart signifies than even through you are bursting with energy, you must continued to be careful when dealing with career issues. Also, realise that loved ones have problems they simply cannot discuss.

### PISCES (FEB 20-MAR 20)

What occurs over the next week or so should make you realise that your must never again be influenced by outside pressures or by those who haven't your knowledge.

### ARIES (MAR 21-APR 20)

You must be in the thick of it either personally or professionally. However, by facing difficulties head-on, you will achieve something of lasting importance.

### TAURUS (APR 21-MAY 21)

Current offers may appear to promise a great deal. However you must be aware that much of what is now being presented as fact is intended to cover over the cracks.

### GEMINI (MAY 21-JUN 21)

Unless you can provide the financial assistance others now require without straining your own resources, then sadly you must refuse to bail them out.

### CANCER (JUN 22-JULY 23)

Unless you wipe the slate clean now, some adverse aspects over the next few weeks will create emotional dramas the like of which you have seldom experienced.

### LEO (JUL 24-AUG 23)

Circumstances completely beyond your control appear to be forcing you to delay travel plans. What lies ahead is decidedly more rewarding than anything previously offered.

### VIRGO (AUG 24-SEP 23)

Your real problems relate to finances and the time is fast approaching when you simply have to bring matters to a head.

### LIBRA (SEP 24-OCT 23)

Certain doors simply have to close if you are to safeguard your security. The Sun, entering your birth sign, affords you the perfect opportunity to prove just how independent you can be.

### SCORPIO (OCT 24-NOV 22)

If it is at all possible, wait before making any more decisive moves on the work front. Much of what is currently being discussed is meant to put you off the scent or make you feel you have betrayed a confidence.

### SAGITTARIUS (NOV 23-DEC 21)

You appear to be preparing for some kind of a confrontation. However there is a definite danger of allowing your emotions to get out of control and alienating those who have had no part in current intrigues.

Beauty  
is Health  
Health  
is Beauty

*Maura's*

HEALTH

B E A U T Y

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# The Luinnagh Men 12

by Brian O'Byrne

(Continued next month).

It was twilight in Gartan, and small ragged clouds flitted westwards to witness the glory of the setting sun. Heedless they went and reckless, until eventually they were torn into shreds on the pinnacles of Derryveigh where like a child's tears after it's glee they fell in little cold drops on the heather. A fresh breeze, it's breath fragrant with the scents of Autumn rustled the gorse around me, while it crowned a doleful dirge, as if it was fearful of wakening the day that was all but now dozed off into it's ordained slumber.

I came to a half on the summit above Lagnahoorie, and scanned the fading landscape with a feeling that was almost sad and profound. I felt isolated of a sombre tranquility that enveloped me, whether in reverence to the dying day or in awe of the approaching night, I could not say. The sun glanced with a half closed eye over the landscape and slinked slowly into the sea after coasting a farewell beam on the hill-tops that were the last to see her go. Here I was benighted, a stranger in a strange region on my journey home to the fastness of the Rosses of North-West Donegal. I was a trifle weary, having left two score miles behind me since dawn, and even though I had sufficient stamina to proceed on into the night, somehow my better judgement convinced me of the imprudence of doing so. Without much deliberation I conceded to its demands and drawing my great-coat tightly over my shoulders directed by steps down onto the hamlet of Lanahoorie, now scarcely visible in the valley below. This was in the days before the railway came when people were accustomed to walking great distances without complaint. When the silver mines near Keeldrom were in operation, a certain Donal Ferry was appointed to travel to Derry once a week to collect the men's wages. He left at dawn on the Saturday morning, and was back before sunset the same day having travelled more than a hundred miles in between. Small wonder that he was known far and wide as "The Hare", a nickname that survives in his offspring till this day.

The first dwelling I came to was a type very common in Ireland at this time and could still be seen up until recent times. It was long and low with two tiny chimneys barely visible over a roof thatched with rushes of straw. It's walls had once been white, but now the portions near the ground were discoloured from the growth of that green fungus that flourishes in damp places. There was no light shining from within, only the glow of a lively peat fire visible through the open door, silhouetting the form of an old man sitting on the threshold apparently making a new osier creel. There and then I decided to ask him if he would be willing to offer me shelter against the cold of the night. He removed a short clay pipe from somewhere below his moustached and stared at me for a long time before he ventured to answer. "Muishe, Ghiolludai", he said in the Gaelic. "It's hardly for me to say yes or no to such a request nowadays. Different from the times a man was thought something of, in this house. Where did you come from?"

"Coming home from Scotland I am", I answered. "Just off the Derry steamer this morning".

"Yerra, dammit man, sure we all know you are coming from Scotland", he snapped, "who else would be coming down the clochan at this time of year. What I meant was; where did you come from down West?"

He jumped suddenly to his feet, and drawing closer he began to study my faced with earnest attention, and then his deep dark eyes travelled from the toorie on top of my bonnet right down to the toe-caps of my boots.

"Oh, I see", said I apologetically, "well I come from Burtonport in the Rosses which is as far West as you can go unless you're a strong swimmer".

He chuckled at this remark, yet he still stood there sullen and silent.

"Do you know the place?", I ventured.

"Know the place" he more or less mumbled to himself. "My good man, I was never farther West than the foot of Errigal in my life, and that's ten year ago at that. A Sunday morning in

the Spring it was, and a day I am not likely to forget for the rest of my life. A full batallion of mounted peelers stamping round the chapel as the people were going to to Mass, with nothing to be seen but horses and carabines and the reading of the "Riot Act" instead of the sermon. Looking for the priest they were but they never got him in Dunlewey that morning. God's curse to them, the ruffians that they were".

Having said this with caustic venom he flung the partly finished creel aside but still stood in the doorway staring out into the night over my head. I noticed that he was extremely tall for an old man, and surmised that he must have been a strong one as well in his time. I produced my bent-stem pipe and offered him a chunk of tobacco in the ope that he would come to some definite conclusion as regards my request before much more time was wasted.

We lit our pipes in silence and when his was aglow, he turned his head sideways as if he was listening to some discussion going on inside, after a while he faced me once more.

"You are certain you are not a Luinnight man", he queried.

"I am that" I replied while I pondered over the irrelevance of the question.

"Then you better be coming in", he said last as he stepped aside and bowed me into the house. An old grey woman arose from a stool in front of the fire and advanced towards me with caution.

"Nora", said the man, "this one says he's a Rosses man and wants to know if we could offer him shelter for the night. Do you think we can risk it?"

"A Rosses man indeed" said the carlin in a high raspig voice. "He may very well be, if he's telling the truth, but he sounds very much like a Luinnagh man to me. How am I to know that you're not one of the scoundrels?"

While this extraordinary exchange was taking place I became aware of another presence in the house, a youngish woman sitting in a dark corner making rush candles. But the old woman kept closing in to stand directly before me. She placed an open palm over her eyebrows as if she was scanning something far out to sea, and I thought heres were the darkest eyes I had ever seen

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## No Chart Joy for Clannad

Despite the success of the re-released single "In A Lifetime" and their compilation album "Past Present", both of which enjoyed chart success in the U.K. and down-under in Australia and New Zealand, it would seem the follow up release "Hourglass" failed to make the play-list with many deejays. The single entered the British charts at number 81, but by the following week it had faded out of the Top 100. Clannad will be playing seven Irish concerts in December, and in January Maire, Ciaran, Pol, Noel and Pdraig return to the recording studio, to record new material.

## The Sound of Silence

Anyone looking for Century Radio on their radio sets will be very disappointed, as it will be at least another year before they go nationwide. The sound of non-stop pop on Atlantic 252 is loud and clear on long-wave from 6.00am till 7.00pm daily. And by Christmas Donegal Highland Radio should be available. They will have their studios just outside Letterkenny and will broadcast from 7.00am till 1.00am daily, with a crew of 20. It seems the Donegal Highland Radio are inundated with deejays looking for that elusive break.

## Eurosong '90

It's that time of year again, when RTE invite our aspiring composers to enter "Eurosong '90". As always eight songs will be selected for the final in March, and the winning entry will of course represent us at the Provision Song Contest, which will be staged in Yugoslavia next year. "Eurosong" has lost much of the old magic, with top composers, and indeed performers no longer keen to take part in the contest. The event looks more like "Opportunity Knocks" than Europe's top musical event. Composers are requested to write to Eurosong '90, RTE, Donnybrook, Dublin 4, for an entry form.

## Down-Under

Bono, the Edge, Larry and Adam are back in action with a series of sell-out concerts in Australia, New Zealand and Japan, before returning home via France and Germany. It is now certain that U2 will play a series of Dublin concerts over the Christmas Period in Dublin's Point Depot. So stand by for the publicity hype for the dear old rockers.

## Top 10 Singles

- |                       |                    |
|-----------------------|--------------------|
| 1. Ride on Time       | Black Box          |
| 2. Pump up the Jam    | Technotronics      |
| 2. Right Here Waiting | Richard Marx       |
| 4 Drama               | Erasure            |
| 5. Only Could         | Sidney Young Blood |
| 6. Sweet Surrender    | Wet Wet Wet        |
| 7. The Best           | Tina Turner        |
| 8. You Keep in all In | Beautiful South    |
| 9. Chocolate Box      | Bros               |
| 10. Cherish           | Madonna            |



## Local Record Sales

by Margarita O'Donnell

The Virgin Megastore, HMV, Golden Discs etc - these are all familiar names to the record buying public. They are major record shops, renowned for containing a large and varied range of records, cassettes, videos and the latest addition to high-tech listening, compact discs.

None of these "elaborate" record stores have launched a branch in Donegal, but Letterkenny successfully mothers two record shops just as advanced as those previously mentioned, supplying the music loving public with records, tapes, CDs and videos.

According to Mr. Frank Mullen, owner of **The Music Centre**, the town is steeped in music lovers of all ages due to the fact that "we deal with pop, country, classical and Irish". Because of the variety of music Mr. Mullen holds proof of the theory that every age group has its own specific musical taste. It's doubtful if your typical teenager would be enthralled by Daniel O'Donnell's latest hit, whereas your granny wouldn't be bopping to

## The Wooden Disc Award

I am not surprised that poor Liam Brady decided to retire from the Irish soccer squad, he may have had a listen to the new theme song "Ireland in the Green". This song was composed and recorded by a gentleman called Pete St. John, yes, he is the gentleman who wrote "The Fields of Athenry". But "Ireland in the Green" will not be a classic, with lyrics such as "There'll be a grand victory. Where? Down in Italy. We'll be there with Ireland in the Green." What dreadful lyrics for any poor team to suffer. The English have soccer thugs, and Ireland have composers trying to cash in on a set of dreadful lyrics. "Ireland in the Green" deserves our "Wooden Disc '89" as the worst recording of '89, to date.

## A Decline in Sales

British pop magazines seem to be on the decline, according to the latest ABC sales figures. Sounds have dropped from 55,457 to 49,201 copies, RM report another slump from 43,930 to a new low of 41,089, and the glossy Number One suffered the greatest decline from 146,980 to 130,721. The current best selling pop magazine is Smash Hits which sells 786,886, while the once might NME sales now stand at just 95,949. Ireland's only pop publication sells over 18,000 copies, and reports that the glossy pop months "Fresh" may soon be re-launched.

## Good Daniel

Tyrone Productions are busy recording Daniel O'Donnell's new series which will be transmitted by RTE from Sunday 22nd October. Daniel will be introducing Ireland's leading country stars in the sixty minute show each Sunday, names from Philomena Begley to Mick Flavin and from Seamus McGee to John Kerr, plus his famed big sister Margo will be joining him during the series. Daniel embarks on a forty-one date British tour which starts on October 17th, and most shows are fully booked.

## The Fun Charts

1. The Voyage Peter Barry
2. Hey DJ Century Radio
3. When I'm 64 Charles J. Haughey
4. Blame in on the Boogie English Soccer Team
5. Revival Brian McEniff



## Top Ten Albums

- |                             |                |
|-----------------------------|----------------|
| 1. Foreign Affair           | Tina Turner    |
| 2. Voyage                   | Christy Moore  |
| 3. Cuts Both Ways           | Gloria Estefan |
| 4. We Too Are One           | Eurythmics     |
| 5. Ten Good Reasons         | Jason Donovan  |
| 6. Appetite for Destruction | Guns 'n Roses  |
| 7. Pump                     | Aerosmith      |
| 8. Repeat Offernder         | Richard Marx   |
| 9. Steel Wheels             | Rolling Stones |
| 10. Like a Prayer           | Madonna        |

Compiled by Maria, Music Centre, Letterkenny.

Jason Donavan (although there may be a few exceptions!). Music from years gone by, especially middle of the road stuff is still quite popular, according to Mr. Mullen. Records from Smokie and Fleetwood Mac, two long-standing bands, are still selling, although the sales of Rolling Stones have decreased slightly, and as an added attraction many of these albums have been reduced in price which could be pleasing to the pocket.

As regards the best sellers at the moment, the Irish market is doing extremely well - the good tourist season has helped this sector, while Deacon Blue and R.E.M. have done very well chartwise recently. Naturally U2 continue to be in huge demand with music lovers.

And if you happen to like a record which isn't in the charts don't instantly presume that its unavailable. At no extra charge you can order your favourite record and it will be available in a matter of days. Good music does not necessarily come accompanied by an expensive price tag. C.D.s range from £5.99 upwards - tapes and albums can be purchased between £4.99 and £7.99.

Finally, if you are a dedicated fan you can also buy tee-shirts and badges to wear, and posters to deface your wall!



# Kilmacrennan -Cultural Cradle of East Donegal

*How happy the son of Dinah, no sorrow  
For him is designed  
He is having his hour in his old dun in Durrow  
The wish of his mind.*

*The sound of the wind in the elms like the strings  
Of a harp being played  
The notes of a blackbird that flaps with the wings  
Of delight in the glade.*

*With him in Ros Grencha the cattle are lowing  
At earliest dawn  
On the fringe of the forest the pigeons are cooing  
And doves on the lawn.*

These lines, translated into the Bearla by the true-hearted Doctor Duglas De h-Ide from verses attributed to our own Saint Colmcille, epitomises the love our great saint had for nature and his fellow clerics.

That the Holy Man of Gartan received his primary education from Cruithnechan in Kilmacrennan is, at this point in time, accepted by historians without reservation. And so it can be stated without fear of contradiction, that Kilmacrennan was privileged to nurture the genius of our most illustrious saint and patriot in the early sixth century.

Again in the early twentieth century, round about 1904, we find a gathering of poets and musicians in the Kilmacrennan area that included such notables as Patrick Colum, Joseph Campbell and Herbert Hughes. It was then that Colum extracted his world famous song - She Moved Through the Fair - from an older version of the song known as I Once Had a True Love, recorded by me from Barney McGarvey of Clonkillymore, Termon in the early sixties, and Joseph Campbell put the finishing touches to his Gartan Mother's Lullaby, the air of which he claims to have learned from the singing of a MacSweeney lady in the Termon area.

Indeed it is argued that My Lagan Love; words by Joseph Campbell, air collected by Herbert Hughes in Kilmacrennan during 1904 as the Belfast Maid, may refer to the Lagan of East Donegal and not the river at the mouth of which Belfast lies.

It is reasonable to conclude that the Lagan stream referred to in Campbell's text was none other than the Lennon or maybe the Lurgy, two streams watering the meadows of Kilmacrennan.

At a later date in that decade a Young Lochinvar came out of the East - that is from



England's green and pleasant land - to build a church in the same village. With hammer, square and trowel he raised the edifice but allowed his heart to be stolen by a local, lovely maid.

The poetic effusion in which he manifests his consuming love for her, is known and sung as Lurgy Stream.

It is right and fitting that Eamon McGettigan, local business man and master-builder, should be the first in East Donegal to provide us with a *teach a chebil* equal to the best in the land and it is gratifying to learn that his efforts on behalf of folk culture and traditional Ireland have not gone unnoticed. Quite recently he was the recipient of a beautiful trophy as a token of the country's appreciation of his work and a cheque for £1,000 to aid him in his promotion of our traditional way of life.

It is to be hoped that the example of Eamonn McGettigan will be emulated by many other areas of the county at the moment stifled and polluted by the poison and slurry of American pop culture and that the stigma of "cultural desert" can eventually be obliterated from references to our Cathedral Town for all time.

More power to you Eamonn! We are in dire need of trail blazers like yourself.



Our roving reporter snapped this little car at the Mary from Dungloe festival parade. It's an Austin A30, otherwise known as the Baby Austin which was first introduced by the Austin Motor Company at the 1951 Motor Show. Can any of our readers supply more details of the model pictured here, registration number ZP 720 ?



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Dep. Galway	5.30 p.m.	10.00 a.m.	8.00 p.m.	4.00 p.m.
Dep. Sligo for Donegal	8.00 p.m.	12.00 p.m.	10.30 p.m.	6.00 p.m.

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# 15 Focus On FRED COLL

*Gweedore Golf Club*



**Full Name:** Fred Coll  
**Birthplace:** Derrybeg, Co. Donegal.  
**Height:** 5' 8"  
**Weight:** 12st 7lbs  
**Favourite Golfers:** Christy O'Connor Jnr., Sevie Ballesteros.  
**Favourite Other Club:** Cruit Golf Club.  
**Most Difficult Opponents:** Every golfer on the day.  
**Most Memorable Matches:** The last match against Letterkenny in the Donegal League 1983.  
**Biggest Thrill:** Winning the Minor League.  
**Biggest Disappointment:** Losing the Captain's Prize in 1988 by 1.  
**Best Place Visited:** U.S.A.  
**Most Notable Courses Played:** Turnberry and Ballybunion.  
**Miscellaneous Dislikes:** Disagreeable People.  
**Favourite T.V. Show:** Natural World, Quiz Programmes.  
**Favourite Music:** Phil Coulter, Daniel O'Donnell & Traditional Music.  
**Best Friends:** Many  
**Hobbies:** Working with animals, old traditions, hill walking.  
**Biggest Drag in Golf:** Slow Play.  
**Honours:** Minor League 1983.  
**Biggest Influence on Career:** Mother & Father & School Teacher.  
 William Coyle, N.T. Derrybeg.  
**Four Handicap:** 18  
**Golfing Ambitions:** Single Handicap.  
**What You Like About Golf:** It's a health physical and mental exercise.  
**Which Person in the World Would You Most Like to Meet:** Everybody has an interesting story.

**Signature:**

*Fred Coll*

## St. Eunan's team of 1956-7



Left to right Top Row: 1. Mick McGinley, 2. Neal Carlin, 3. Jude McClafferty, 4. Joe O'Donnell, 5. Sean Sweeney,  
 6. Austin Coughlin, 7. Andy O'Brien, 8. Anton McLoughlin, 9. Dodo Sweeney, 10. Manus Ward, 11. - ,  
 12. Sausage McDevitt, 13. Jerry Callaghan  
 Left to right Bottom Row: 15. - , 16. J. McBride, 17. Seamus Caldwell, 18. Seán Ferriter, 19. - ,  
 20. Micheal McClafferty, 21. John Campbell.



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### "The Leader" Girls Post-Primary Gaelic Football Competition.

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**SPORTS**







# Amnesty International Prisoner of the Month

## — COLOMBIA —

**Isidro Caballero Delgado: a 33-year-old teacher, he was detained on 7 February 1989, together with 20-year-old María del Carmen Santana, in Guaduas, northern Colombia.**

The two were held by an army patrol believed to be from the Morrison military base in Libano, attached to the V Brigade. A number of villagers witnessed the detentions. Two of them made formal statements to the authorities.

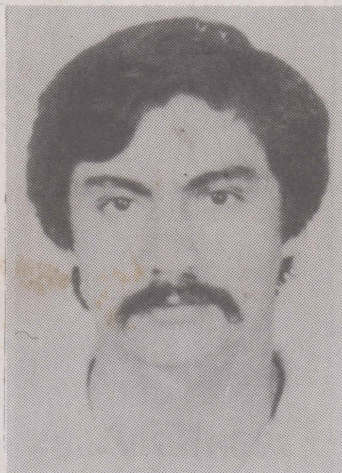
According to one statement, the two detainees were arrested by soldiers at 1 pm and held on the roadside for three hours before being taken away. Isidro Caballero Delgado had been made to dress in army camouflage uniform. Other reports indicate that María del Carmen Santana was dressed only in her underwear when the two detainees were taken away in the direction of the mountains.

Some reports suggest that both detainees were seen accompanying the military patrol in the region for several days after their detention.

Military authorities have persistently denied the detention of Isidro Caballero Delgado and María del Carmen Santana. Their whereabouts remain unknown.

Isidro Caballero Delgado is a teacher and a member of the *Sindicato de Educadores de Santander (SES)*, Santander Teachers' Union. For some time before his detention he had reportedly been receiving anonymous threats warning him that unless he stopped his trade union activities he would be killed.

In recent years teachers have increasingly become a target for human rights violations including extrajudicial execution and "disappearance". In April the *Federación Colombiana de Educadores (FECODE)*, Colombian Federation of Teachers, reported that over 600 teachers had received death threats, 54 teachers had been killed and 10 had "dis-



appeared" during the last two years. ■ Please send courteous appeals asking for investigation of the "disappearances" and the release of Isidro Caballero Delgado and María del Carmen Santana to: Presidente Virgilio Barco/ Presidente de la República/ Palacio de Nariño/Bogotá/ Colombia. □

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We are off,  
Then on rush scatters pigeons  
Sets a dog to barking  
And applause  
To ripple out among the  
Liberties  
Where already stronger men  
Are surging stride for stride  
While we go chatter boxing  
In their wake  
A coloured cordon weaving from  
The Green to Ballyfermot  
Of the serried houses

Jogging, heaving, pacing,  
Slowing for the precious  
Silver drops of water at the  
Feeding stations.  
In the Park the chatter dies  
And out beyond we soon  
Become Pains River.

Washing through the northern suburbs  
See us each as part - ten  
Thousand currents in a stream  
Seeking out to wash against a wall.  
Raheny proffers sweets, water  
And tea but never sympathy  
The watchers see us still  
As heroes though we know  
Within that spirit strength  
Alone may move us now, may  
Bring us in -  
Through Fairview to the Green  
The Magnet Green, crowd  
Lifted, then we will see the Arch  
Across the Road the tunnels  
And indulge ourselves in  
One brave final dash.  
We will grasp the plaque  
And trundle off, too tired too happy  
To give voice to Pheidippedes cry  
Rejoice with us for we have conquered.

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