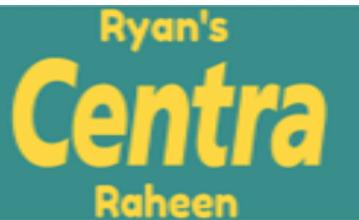


## Mungret Club Notes 3 Dec 2013



### Juvenile Club AGM

The Annual General Meeting of Mungret St Pauls Juvenile GAA Club will take place at **6pm in the clubhouse on Sunday 8 December**. All parents of juvenile players and anyone interested in getting involved helping to run the Juvenile Club are welcome to attend.

### U6 Football

Our youngest footballers had their last training session of the year on Saturday 30th November at 11am. We wish our players born in 2007 all the best with our u7 football team. Training will resume in the new year.

### Under 8 and Under 10 Camogie.

The under 8 and under 10 camogie panels had their last training session of 2013 on Sunday 1 December. We had a great turnout from both panels, all members of which were presented with their certificates at the end. Thanks to Helen McKeogh for organising the kitchen, and to all the parents who brought goodies and came along for a chat and a cup of tea afterwards. Thanks in particular to the coaches for the year, namely Miriam Gleason, Noelle Brennan, Niamh O'Grady and Kieran O'Keefe at under 10, and to the Under 8 coaches Regina Long, John Page, Siobhan O'Gorman, Carmel Ni Dhonaill and Ann-Marie Kennedy.

We would also like to congratulate U10 camogie club player Erika Long, daughter of U8 head coach Regina, who won the U10 Munster Irish Dance Championship in Killarney over the weekend, and is off to the World Championship in London next Easter. Her fellow Dooradoyle native Emma Hynes, daughter of U8 lead hurling coach Fintan, came second. Well done girls on a fantastic achievement.

### Camogie Disco

The Camogie club will run a Christmas Disco on Friday 6 December in the clubhouse, running from 7:30pm to 9:30pm. Admission €5, come along and join the fun.

### Mass for deceased members

Mass will be celebrated for all deceased members of the club at 11am in Raheen Church next Sunday 8 December.

## Senior Club AGM

The AGM of the senior club was held on Sunday evening 1 December. Comprehensive reports were delivered by Maurice Walsh, Rob Donnelly and Kevin O'Hagan covering all aspects of the clubs operations during 2013. We had many ups and downs, with the lows where some panels struggled to field teams contrasting with the high of the U14 county win. Gruelling year-long election campaigns saw Kevin O'Hagan, Maurice Walsh, Rob Donnelly and John Page triumphantly vanquish all opposition to return as chairman, secretary, treasurer and PRO respectively. Maurice completed a night of personal glory by adding the coveted title of city board delegate to his empire. Denis McCarthy returns as Irish officer, and Trish Barry was confirmed as Child Welfare officer. Fr Noonan was elected club patron, while Pa O'Brien and Raymond O'Hagan had their respective tenures as President and Vice President of the club extended to life, whether as an honour or a sentence remains unclear. Most of the meeting was spent on a vigorous debate on our overall impact on the field of play, and Raymond O'Hagan in particular received an ovation for his impassioned contribution. There were some motions and elections held over to what will be an EGM of the club in January. Thanks to everyone who attended the meeting this evening.



## Club Shop

Our club shop has recently taken delivery of a new stock of adult [COBI Sports](#) shirts. Ideal Christmas present. Only € 10 each. Limited stock available before Christmas so get your order in very soon. Club shop open Saturday morning 11.30am to 12.30pm. Available in S, M, L and XL

### General Note for all underage Club Members:

Santa Clause is Coming to Town!! Just to let all our underage Club Members know that Santa Clause will be arriving at the Club house on Sunday the 15th of December at 10:30 am. It promises to be a great event!!

## U6 Hurling

Friday the 29<sup>th</sup> of November 2013 saw many of our youngest hurlers take part in a blitz in the grounds of the Crescent Comprehensive College in Dooradoyle. 75 of our under 6 boys and girls took part in matches under lights on the Astro-Turf and in the main hall. Some fine skills were witnessed on a perfect evening for hurling. Thanks to all the players, coaches, photographers, parents and referees who helped out on the night. Training for under 6 hurlers will take a break now until the new year. The coaches would like to wish the 35 players born in 2007 all the best when moving on to our u7's hurling team.



## Ladies Football:

On Thursday the 5th of December the Ladies Gaelic Football Club will hold their Annual Underage Medal Presentation in the Clubhouse at **6:30 pm Sharp** (note change of time). We are looking forward to seeing all the girls together after an incredible year.

## **Limerick New Year's Eve - Volunteering Opportunity**

2014 will be a MASSIVE year for Limerick! Designated as the National City of Culture for 2014, Limerick will be celebrating with a bang by hosting the biggest New Year's Eve Festival the city has ever seen! The countdown has started and YOU could be part of it! Up to 300 volunteers are needed for this event to help create a celebration Limerick will never forget! Volunteers are needed for stewarding, stage hands, and general event management. More information and application details are available by clicking here

<http://hosted.verticalresponse.com/1324569/ba511e1682/543956333/1bd45d3b71/>

## **Lotto**

Lotto draw 2 December 2013; Numbers drawn; 2 3 5 13. No Winner. Lucky Dips Winners: Eoin O'Hagan, Ramie Dowling, Anne Duggan, Val Greaney, Mary Noonan, Mick Sheehan, Nancy Begley, Eamonn O'Hagan, Una Doyle, Annette Cusack. Next Weeks Jackpot: €2,600.

## **Movember**

Well done and Thank you to all who participated in the Movember this year. The Healthy Club are delighted with the response we got from the men in the club. We had 35 men signed up to grow a moustache. For some men this meant their wives would not go near them for the month so they gave up a lot for the promotion of Mens Health. Thank you to all who helped out during the month. Especially to Christopher John Hair Salon who gave free trims and to Christopher who gave up an hour of his time to start the Shave Off. Thanks also to Boots for the shaving Gel and after shave balm. More photographs of the event will appear on Facebook and on the website (shortly).

We have not collected all the sponsor cards yet but so far we are delighted to announce a total of €1840 which has been raised for the Irish Cancer Society. We will let you know the full total when we have it all tallied. Gary Smith must be recognized for raising a large amount of this.

At the beginning of November we sent out questions for men to ask themselves, here are the answers.

### **1. Have I had a check up with my GP recently?**

It is advised that every man should visit his GP annually for a full check up

### **2. Do I check myself regularly for a). skin – presence of moles, b). testicles – presence of lumps**

All lumps and bumps should be taken seriously, especially those occurring in the neck, chest, armpit, abdomen, breast and testicles. If they persist for more than 3 weeks it is necessary to consult with your GP. It is important to establish a routine in the bath or shower and carry out daily or monthly checks. It is also important to encourage this practice in younger members of the family, especially teenagers.

For those who have moles it is vital they are checked regularly (monthly) for changes in size, colour, and shape. Discharges must be taken seriously. Those moles in hard to reach areas – back etc – get your partner to check. If in doubt visit your GP.

### **3. Do I know how many units of alcohol men are allowed per day/week?**

Men are allowed no more than 21 units of alcohol per week and no more than 4 units per day. It is recommended that there is a minimum of 2 alcohol free days per week. Unit sizes are dependent on the alcohol content. Where alcohol content = 3%-4%, a unit of alcohol = ½ pint of standard beer, or pub measure of spirits or a pub measure of wine.

#### 4. Have I had a PSA blood check done by my GP lately?

Men, it is important to have your PSA levels checked by a simple blood test annually by your GP. Prostate Specific Antigen – PSA – is produced by the prostate gland in males and raised levels may indicate disease of the prostate.

#### 5. What is my Blood pressure? When did I have it last checked?

Your blood pressure is the force your blood is pumped by your heart through your arteries. The higher the pressure the stronger your heart must pump. Over time this damages your heart, arteries, veins and vital organs. The following scale applies to blood pressure measurements;

Less than 120/80;	Normal
120 -139/80-90;	Pre hypertension
140/90;	Hypertension
140-150/90-99	Stage One Hypertension

160 or greater/100 or greater. Stage Two Hypertension (*visible amongst the senior club officers when they realised with horror that their jobs were safe for another year*)

Symptoms may include headaches, vision problems or nausea/vomiting It is important your blood pressure is checked annually (*after the AGM, perhaps*)



## 6. What is my blood glucose level? When did I have it last checked?

A normal blood sugar level ranges from 3.5 mmols/l to 5.5mmols/l. This is checked by a simple 'fasting' blood test and should be done annually. High blood sugar levels may indicate Diabetes. Signs to watch out for are excessive thirst, frequency urinating, excessive hunger, weight loss. Left untreated excessive sugar levels can cause damage to eyes, kidneys, skin rashes and damage to extremities.

## 7. Do I suffer from chest pain or indigestion?

If you suffer persistent indigestion, burning sensation in chest and or pain when swallowing and it doesn't go away after a couple of weeks it is important your consult with your GP.

## 8. Do I suffer from diarrhoea, constipation or difficulty urinating?

Take notice of your bowel and bladder habits....if you notice any changes - constipation, diarrhoea, blood in the stools, difficulty urinating, changes in pattern, blood in the urine – it is necessary and important to consult with your GP.

## 9. Do I know what my weight, waist measurement or my body mass index is?

Extra weight tends to put added pressure on your heart, If you are excessively over weight check with your doctor before starting a diet or exercise routine.

## 10. Do I know the signs and symptoms of stress and depression?

Symptoms include Memory problems, Inability to concentrate, Poor judgment, Seeing only the negative, Anxious or racing thoughts, Constant worrying, Physical Symptoms Behavioral Symptoms, Aches and pains, Diarrhea or constipation, Nausea, dizziness, Chest pain, rapid heartbeat, Loss of sex drive, Frequent colds. Keep in mind that the signs and symptoms of stress can also be caused by other psychological and medical problems. If you're experiencing any of the warning signs of stress, it's important to see a doctor for a full evaluation. Your doctor can help you determine whether or not your symptoms are stress-related.

## 11). Am I healthy? And 12). Am I well?

To answer questions No 11 and 12 requires the assistance of your GP. Once you do this you are half way there. You can help by living a healthy life style, avoiding stress, taking regular exercise, social activity and adequate sleep and rest. Remember, it doesn't make sense to get your car checked and serviced more often than you get yourself checked out and serviced!

