



LIHH Now on Wheels!

New Minibus has now arrived

March 2008

LIHH recently took delivery of a new disabled access seventeen seater minibus thanks to grants from the Irish Government's Díon Fund and Leeds City Council. Ant Hanlon, Chief Executive of LIHH said 'we are extremely grateful to our funders for making this venture possible. LIHH has recognised for some time the need to be able to provide transport services for our clients to take them to groups and on outings. Our first venture is to establish a weekly shopping trip for people who are housebound and who would like to be accompanied to the supermarket. We would also love to see the bus being used by other Irish groups in the city and the wider community so that everyone benefits from our good fortune.'

If you are an Irish group of any type, or a wider community organisation and would like to use our minibus, please contact Geraldine Ryan on 0113 2625614



Hi Everyone,

Spring is here again and a lot going on in the city. It has been another busy time for Leeds Irish Health and Homes with expanding services and staff changes all adding to the interesting times we are experiencing. We are again involved in various activities around the city including research into service provision for older people. We are anxious to ensure that older people from the Irish community get the sort of services that they are entitled to and we want to have influence over the shape of the future care provision for older Irish people in the city. We have been involved in the planning of the new national dementia strategy that will be launched by the government this year. We have also just completed a project to help older people living with depression. This project will be distributed nationally and will hopefully be of help to the Irish community in Britain.

We have an issue packed with articles of both local and national interest to the Irish community. Easter is early this year and we have an article explaining why this occurs. It is also a leap year and we have an item on that as well. Could I remind all our readers that this newsletter is for you! Please feel free to contribute items for publication or ask for articles of interest to you.

Cáisc Shona Dhaoibh,

Eddie Mulligan.

Editor.

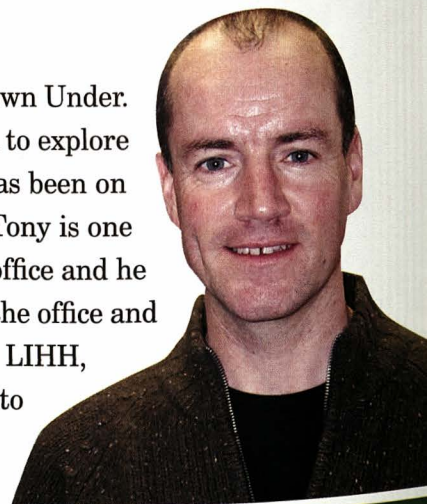
LIHH Wins National Tender

LIHH has recently won a national tender through the Care Services Improvement Partnerships (CSIP) to produce a resource to help national agencies deal with older Irish people with depression in a culturally sensitive manner. Geraldine Ryan, Director of Operations said 'we are extremely excited about this opportunity to highlight the work that is done at LIHH in helping older members of our community work through depression. We know depression can affect people in many different ways and impacts greatly on their health and well-being. For Irish people there is often a reluctance to seek help and we hope that our work will help to address this'.

The resources pack will be available in April 2008.

Waltzing Matilda

We are sad to see one of our most valued staff members leaving us for adventures Down Under. Tony Mone has got the travel bug again and has set off once more with his rucksack to explore Australia. Tony has recently been our Housing Team Leader while Karen Mallon has been on maternity leave. He was a Housing Support worker for several years prior to this. Tony is one of the most welcoming friendly people, particularly to new staff and visitors to the office and he made the values of LIHH a reality. We will miss his calm, quiet friendliness around the office and I have no doubt the many tenants he supported will miss him. He has given a lot to LIHH, which is very much appreciated, and I am sure his experience with us will be put to good use in whatever he does in the future.



Services for Older People in Leeds

Are you an older Irish person living in Leeds?

Are you a relative of , or know of an older Irish person in Leeds who is currently using Home Care services, social services or having difficulty getting the support and care they need?

Would you like to share your experiences with us?

There is much discussion about the ageing population with many strategies and political commentary about what services are available and what is needed. Studies highlight difficulties faced by older people in accessing low levels of help for every day tasks such as shopping and cleaning. They also point to the increasing numbers of older people with dementia and the lack of appropriate services for them. Twenty four percent of the Irish population in Leeds are over 65 years of age. At LIHH are concerned that service provision in the city recognise the culturally sensitive needs of the Irish Community.

It is an issue of great importance to us as an organisation. In particular we want to ensure that we can respond to those needs wherever possible. Some of this we can do through our current support and befriending services, but there is much more that can and should be done. Two areas we have identified are housing for older Irish with care needs and the provision of social care and mental health support services, particularly for those with dementia. We are undertaking two pieces of research in the coming months to look in more detail at some of the issues facing Irish people in Leeds.

We will be researching the need for specialised Extra Care Housing for the Irish community. Our ambition is to be able to provide Extra Care Housing aimed specifically at the needs of older Irish people. This will be subject to future funding. Extra Care Housing provides older people with their own home in a self contained flat. Then, depending on individual needs, on-site care and support is available and will be delivered to people in their own home. This will help people maintain their independence for as long as possible. Other facilities such as a restaurant and communal lounges are also provided in the scheme. This will give people the opportunity to remain active and part of the community.

A second area of research is evaluating what current mental health and social care services offer the older Irish community. It will look at their experiences of accessing and using services such as Home Care services, Dementia cafes, sitting services and identify gaps in provision. We feel it is important to include the experiences of older Irish people in Leeds or their relatives so if you are interested in sharing your experiences, answering some questions etc we would be glad to hear from you.

Without such research to identify the needs of older Irish people we are unable to lobby Leeds Council and other funding bodies to provide more and better services.



Contact
Geraldine Ryan,
Director of
Operations on:
0113 2625614

Living with Depression Project

Depression is a term used for a heterogeneous group of related disorders and refers to a wide range of mental health problems characterised by the absence of a positive affect (a loss of interest and enjoyment in ordinary things and experiences), low mood and a range of associated emotional, cognitive, physical and behavioural symptoms. Distinguishing the mood changes between major depression and those occurring 'normally' remains problematic: persistence, severity, the presence of other symptoms and the degree of functional and social impairment form the basis of that distinction. The causes of depression are complex and are often identified as 'social' or 'biological' but often it is difficult to identify the causes of depression. We all suffer from feeling down at different points in our lives but depression is often indicated when feeling low/ depressed don't go away (enduring) and that those feelings are so bad that they interfere with a persons daily life. Later life can be a time of considerable change and for many people this can be a life enhancing experience. Unfortunately, as we age, we also experience dramatic life changes and this can present us challenges to our wellbeing and mental health. Commonly these include experiences of Retirement that can result in loss of role, status and a lower income with associated increased risk of physical illness. Many people experience bereavement and loss of close family and friends and people with restricted mobility can find themselves socially isolated.

Many BME elders have the historical experiences of living in a 'racialised culture' where many people have had to fight for their rights and they have had to struggle for employment, housing, education and the right to be recognised as equal citizens. Research suggests that many Irish elders are more likely to face a greater level of poverty and have lower incomes than older people from the indigenous community. They are more likely to live in

poorer quality housing lacking basic amenities that may affect their health and wellbeing. This does not mean that Irish elders are necessarily more susceptible to mental health problems in older age – indeed many people age actively and remain fully engaged with life!

There may be little awareness of mental health issues within some groups in the Irish community. Lack of understanding and the stigma attached to mental illness may prevent families from seeking help for conditions such as dementia and depression.

Lack of familiarity with care services may prevent people from requesting services or lead to misunderstandings about their role. Health and social care services may not seem appropriate to their needs (e.g. language, religious and dietary needs etc) Service providers may discriminate against BME elders. So we are involved in a project to combat some of these anomalies and while our project will not be able to answer all of these concerns we hope that it will:

- Make a contribution to the understanding of 'depression' within the Irish community
- Help to reduce some of the stigma attached to living with depression
- Help elders and their families/ carers to recognise the condition and understand how to help themselves and ask for support/ treatment
- Provide a resource that can be used by other Irish groups across the UK

Some of our readers in Leeds have already been involved in collecting the information that we hope will make this project a success. We would like to extend our thanks to all those who participated.

Leeds Irish Health and Homes Walking Group

Come and join us on one of our regular walks, (last Thursday of every month) meet new people, enjoy the fresh air and get out and about in Yorkshire. **For more details ring: Teresa or Adrian on 0113 2625614**

Why does the date for Easter Change every year?

Have you ever wondered why Easter Sunday can fall anywhere between March 22 and April 25? In Western Christianity, Easter is always celebrated on the Sunday immediately following the Paschal Full Moon date of the year. Easter used to be celebrated on the Sunday immediately following the first full moon after the vernal (spring) equinox. The Council of Nicea established this in 325 AD. Most people have no idea how the date of Easter is calculated so here is an attempt to clear up at least some of the confusion. The date of the Paschal Full Moon is determined from historical tables and has no correspondence to lunar events. In the year 325 AD, astronomers approximated the dates of all the full moons in the year for the Western Christian churches. These Ecclesiastical Full Moon dates have been used since 326 AD to determine the date of Easter. The Paschal Full Moon is always the first Ecclesiastical Full Moon date after March 20 (which happened to be the vernal equinox date in 325 AD). The Paschal Full Moon can vary as much as two days from the date of the actual full moon, with dates ranging from March 21 to April 18. As a result, Easter dates can range from March 22 through April 25 in Western Christianity.

In 1572, when Ugo Boncompagni became Pope Gregory XIII, there was a crisis of the calendar - one of Christianity's most important dates was falling behind with respect to the seasons. Easter, which is based on the date of the vernal equinox (the first day of Spring), was being celebrated too early in the month of March. The cause of this calendrical confusion was the over 1,600 year-old Julian calendar, established by Julius Caesar in the year 46 BC.

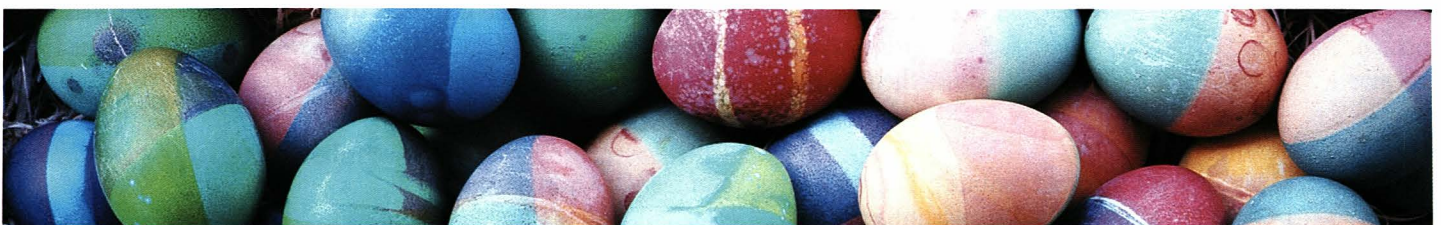
Julius Caesar took control over the chaotic Roman calendar, which was being exploited by politicians and others with the haphazard addition of days or months. It was a calendar horribly out-of-synch with the seasons of the earth, which are the result of the



rotation of the earth around the sun. Caesar developed a new calendar of 364 1/4 days, closely approximating the length of the tropical year (the time it takes the earth to go around the sun from the beginning of spring to the beginning of spring).

Caesar's calendar was normally 365 days long but included an extra day (a leap day) every four years to account for the extra one-quarter of a day. This day was added prior to February 25 each year. Unfortunately, Caesar's calendar wasn't quite accurate enough because the tropical year is not 365 days and 6 hours (365.25 days), but is approximately 365 days 5 hours 48 minutes, and 46 seconds (365.242199 days). Therefore, the calendar of Julius Caesar was 11 minutes and 14 seconds too slow. This added up to be a full day off every 128 years.

By the time of Pope Gregory XIII, this one day every 128 years added up to a full ten days of error in the calendar. A serious change was needed and so Gregory, aided by astronomers, developed a calendar that would be more accurate than the Julian calendar. The solution was almost perfect. Western churches use the Gregorian calendar to calculate the date of Easter and Eastern Orthodox churches use the Julian calendar. This is partly why the dates are rarely the same.



Befriending Project Launch

Leeds Irish Health and Homes (LIHH) the organisation for supporting and advocating on behalf of the Irish Community in Leeds are delighted to announce the launch of their Be-friending Scheme. The Launch took place on the 8th Feb at the Montague Burton Resource Centre, Roundhay Road. With love in the air for Valentines Day we were looking for individuals who are keen to share their time in providing a listening ear to people from the Irish community who are lonely and isolated.

The Launch was held in partnership with the Friday Club which is held every Friday at the Montague Burton Centre between 12pm-3pm. The clients were celebrating Valentines Day with themed food and decorations.

There was music provided by the Irish Arts foundation. The clients who attended the Launch enjoyed the music and all commented on how much pleasure they get from live music. Live music is an integral part of Irish culture and due to the isolation that many of our clients face they no longer have the opportunity to attend functions where live music is played.

There was an opportunity for Volunteers to meet the Friday Club members. It provided a snap shot of the clients we work with. A great day was had by all. **May I take this opportunity to thank Eileen and Caroline for making the day so special.**



Volunteer Project

Volunteer and make a difference

The work of LIHH has been a lifeline for many individuals since its inception 12 years ago. Now with the appointment of Tanya Stirling as Volunteer Coordinator LIHH can dedicate and invest time in building its number of volunteers to support the continuation of its work in the community.

Ant Hanlon, CEO, LIHH comments: "Volunteering provides the opportunity to meet a wide range of people and make new friends as

well as making a difference to people in your local community. There is a real team spirit at Leeds Irish Health and Homes and we provide a supportive environment to make sure that you get the most from your time volunteering. Volunteering provides a powerful opportunity for individuals to give, grow and be nurtured. All sorts of people volunteer for many reasons, but one thing that unites them all is that they find it exciting, rewarding, challenging and varied."

Current volunteer, Ellen Fitzgerald LIHH highlights that "Volunteering with Leeds Irish Health and Homes provides the opportunity to learn new skills, and develop existing ones. LIHH do their best to find a role for you that fits in with your interests, and they will be as flexible as possible in enabling you to volunteer at the times that suit you. Volunteering provided me with the opportunity to contribute to the well being of others, and offers a great feeling of achievement whilst enhancing my personal skills.

There are so many varied activities and there is something for everyone. Some of the activities that you could get involved with include: Walking Club, Gardening Projects, Creative Activities, these are just a few of the opportunities available so if you feel you can give 1-2 hours a week to make a difference then please get in touch.

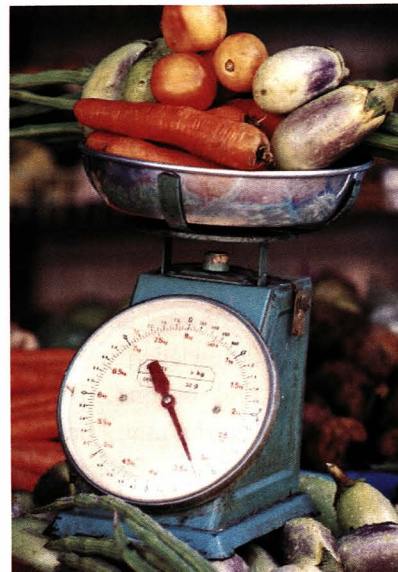
For further details or to get involved contact : Tanya Stirling, Volunteer Co-Ordinator
Telephone: 0113 262 5614 • Email – Tanya@lihh.org

Recipe: Dublin Corned Beef and Cabbage

Serves 8

- 5 pounds of Corned beef brisket
- 1 large onion with 6 cloves embedded
- 6 peeled and sliced carrots
- 8 new potatoes, peeled and cubed
- Some dried thyme
- A bunch of Parsley
- 2 Heads of Cabbage, quartered
- Sauce: half pint of whipping cream
- 3 tablespoons of prepared horseradish

Boil the beef, onion, carrots, potatoes, thyme and parsley in a pot of water. Simmer and cook for 3 hours. Remove sediment and the thyme, parsley and onion. Add the cabbage and simmer for a further 20 minutes or until the cabbage is cooked. Remove the meat and divide into pieces. Remove and season the cabbage heavily with black pepper. On a large plate surround the beef with the cabbage, carrots and potatoes. Prepare the horseradish sauce by whipping the cream and adding to the horseradish



Recipe: Wicklow Pancakes

Serves 4

- 4 large eggs
- 600 ml of milk
- 4 ounces of fresh breadcrumbs
- 1 tablespoon of chopped parsley
- Some chopped thyme
- 2 tablespoons of chopped chives or scallions
- Salt and pepper
- 2 tablespoons of Butter

Beat the eggs lightly, add the milk, breadcrumbs, herbs and seasonings, and mix well. Heat 1 tablespoon of the butter in a pan until foaming, then pour in the mixture and cook over a low flame until it is brown underneath and just set on top. Put under the grill to finish. Serve cut into wedges with a knob of butter on each piece.



Irish History Month



The Long Notes - Jamie Smith: Fiddle Colette O'Leary: Piano Accordion Brian Kelly: Banjo

Irish History Month is a pioneering venture in Britain to promote knowledge of Irish History and experiences in Britain and beyond. Its purpose is to disseminate information on the many positive contributions that Irish people have made to British society and also to introduce new audiences to the vibrancy of Irish arts, heritage, culture and history.

Irish History Month will take place in venues across the city throughout the month of March. There is a programme of events to suit all tastes. The official launch included guest speakers Gerry Kelly (Embassy of Ireland /Chair Dón Committee), Dr Mary Tilki (Chair Federation of Irish Societies), John Roles (Leeds City Museum), Sean Gallagher (Development Director, Leeds Metropolitan University), Jackie Dwyer (Chair Leeds St Patrick's Day Parade Committee) and Anna Gilbert (Director, Liverpool Irish Festival).

The Experience Ireland event on Sunday 2nd March at the Carriageworks Theatre on Millennium Square in the heart of Leeds, was a one day, free, family-friendly day with workshops on music, dance and crafts, live traditional music

sessions and a range of stalls, exhibitions and displays. There were performances from Ceoltoiri Coleman a group of traditional Irish musicians all the way from County Sligo in the west of Ireland and a CD launch from the London based traditional Irish band The Long Notes.

The day culminated with a performance from one the most popular Irish comedians to have emerged in recent years Dara O'Briain who performed at the Grand Theatre.

There were also events in the new Arts Centre SEVEN on Harrogate Road. These included a traditional Irish music concert on the 7th and another on the 25th of March.

We are delighted this year to be working closely with Leeds Metropolitan University who are organizing a series of events to celebrate Irish History Month under the Leeds Met Ireland Banner and the Leeds St. Patrick's Day Parade which took place on Sunday 9th March.

For the fan of visual arts the month features the mightily impressive Roisin Bán exhibition about the Irish in Leeds created by Leeds Irish Health and Homes. There will also be photographic displays from local groups and photographers and much more.

There are also a number of concerts and recitals featuring local and national musicians and performers as well as schools workshops, literary events and parades. For further details see www.irishhistorymonth.com

Poem. Snares.



History lies heavy in the blood,
a dark sluggish weight that refuses
to lift; a legacy unasked for
and misunderstood.

In Ireland, memories are long:
there is an almost perverse
obsession with the martyred past;
a cult of victim-hood.

It can be clearly seen
in statues, castles; in the ruins

of monasteries and abbeys;
in the lethal intensity of Ulster.

History is a nightmare, Joyce said,
and he was right. But sometimes
that horse of darkness canters loose
and runs, snorting fire, in broad daylight.

Have I escaped? Not so—
the traps of history have me in their teeth
and will not let me go.

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Dementia

Dementia is a progressive and largely irreversible clinical syndrome that is characterised by a widespread impairment of mental function. As the condition progresses, people with dementia can present carers and social care staff with complex problems including aggressive behaviour, restlessness and wandering, eating problems, incontinence, delusions and hallucinations, and mobility difficulties. People may live for twenty years with condition although the average lifespan from diagnosis to death is about twelve years. Last year a National Audit Office report raised major concerns about the diagnosis, care, treatment and planning for people with dementia. The future impact of dementia on the services is unclear but the increase in cases means that it will be significant. There are at least 560,000 people in England with the condition at present and because of ageing patterns that figure is expected to rise by over 30% during the next 15 years. Dementia costs the economy £14.3 billion a year and accounts for 3% of all deaths.

The report says dementia is given too low a priority by health and social services, too few people are diagnosed or not diagnosed early enough and many of the interventions that are known to be cost-effective are not widely enough available. About a third of all those with dementia live in care homes or hospitals. Around two thirds are looked after in the community by informal carers who receive little or no support in some cases. They save the exchequer in the region of £5 billion a year. The inappropriate care and treatment of those with dementia is further compounded for those from minority ethnic groups. The nature of the condition means that those people with it tend to lose their short-term memory and recall their distant past. There is an urgent need for appropriate day care and respite care facilities as well as a home support service for Irish people with dementia. Good social support will help to slow down the rate of deterioration that is a feature of the condition.

Early diagnosis and interventions have been shown to be cost-effective and yet only between a third and a half of all cases of dementia are ever diagnosed. Age Concern recently stated that only about 15% of cases of depression in older people are diagnosed. This worrying lack of regard for older people in society is something that needs to be addressed urgently. Older people are entitled to be treated with dignity and respect as they have made a major contribution to the standard of life that we presently enjoy. Older Irish people have made a significant contribution not only to this city but the land they were forced to leave for economic reasons in the prime of their lives. It is incumbent upon those of us fortunate enough to enjoy good health to ensure that the lives of our senior citizens are as comfortable and stress free as possible. Leeds Irish Health and Homes (LIHH) as an Irish organisation intends to take a lead in the care of the older people in the Irish community.

The 2001 census identified 109,548 people over the age of 65 in Leeds. Irish people make up 1.2% of the population making 1,314 the number of Irish people in the city in that group. They estimate that about 7% of people over 65 develop dementia. That means there may be 92 Irish people in the city with dementia. There is a need for ethnic monitoring of Irish people who come into contact with all health and social care services so we can make accurate estimates of those in need. In addition to this there is a need to co-ordinate the information in a way that would enable us to understand the full nature and extent of the problem. In August 2007 Health Minister Ivan Lewis said he was going to “bring dementia out of the shadows”. He unveiled plans for the first ever-national dementia strategy that would transform dementia services in all parts of the country. So at last it seems that dementia is going to be given the priority it deserves and so it is vital that we make sure that the Irish community benefits from these initiatives

Edmund Burke

Biography

"The only thing necessary for the triumph of evil is for good men to do nothing." -- Edmund Burke



Edmund Burke was one of the most famous political thinkers of the 18th century. Through his speeches and writings he raised the level of political debate and attempted to make moral principles part of English politics. A champion of Catholic emancipation, Burke wielded his influence to weaken the heinous Penal Laws. He was born on Jan. 12, 1729, in Arran Quay, Dublin the son of a mixed marriage. He graduated from Trinity College in 1748 and studied law in London. In 1756, Burke published his first book, "A Vindication of Natural Society" and in 1757, he married June Nugent, a Catholic and in 1759 he became editor of the Annual Register. By 1761, he involved in politics and returned to Dublin as secretary to

W.G. Hamilton, chief secretary for Ireland. Two years later he became secretary to the new Prime Minister, Lord Rockingham.

On his arrival at Parliament Burke urged repeal of the controversial Stamp Act and supported reconciliation with the American colonies. Parliament didn't take his advice on the American colonies but when the Whigs adopted his policy, it eventually forced King George III to end the war.

Since the late 17th century, Catholics in Ireland had been barred from full citizenship and the vast majority forced into abject poverty by the Penal Laws. Burke was a leading proponent of civil rights for Catholics in Ireland. During the last part of the 18th century, his efforts plus the threat of French intervention in Ireland forced reductions in the severity of the Penal Laws. This cost Burke his seat in 1780, but he returned to Parliament as Paymaster of Forces in Rockingham's, second term. Rockingham died in July 1786; Burke resigned from public office permanently, but continued his involvement with politics and writing for the rest of his life.

Burke's vehement opposition to the French Revolution, in 1790 caused anger among friends and colleagues in the Whig party and invoked replies from many progressive English writers, the most famous one being Thomas Paine's "Rights of Man". He opposed the establishing of Grattan's Parliament and never advocated any form of Irish independence, though he supported the emancipation and civil rights of Irish Catholics within the British Empire.

His writing on the Irish question are less known than those of his on the American and the French Revolutions, but he left behind several that would have served the British well -- had they ever been heeded. In his "Speech at the Guildhall" (1780) he stated: Your foolish colonial policies have lost America and will lose Ireland. His counsel was ignored but the correctness of his theme has been proved by history. Burke died in London on July 9, 1797, one year before Ireland erupted in revolution. That revolt might have been avoided if some of Burke's ideas had been implemented. He once said: "All government, indeed every human benefit and enjoyment, every virtue, and every prudent act, is founded on compromise and barter." Burke is not a hero of Irish nationalists, but he did help put the corruption of England's colonial system before the English people. Most of all, he started the process that would eventually bring the despised malignancy known as the Penal Laws to an end; for this, he should be remembered in the land of his birth.

St. Patrick's Day

Parade in Leeds, Sunday 9th Martch

The official representation from the Embassy of Ireland, Mr Derek Feely; Head of Administration, is travelling to Leeds to join in our celebrations along with representatives from churches, music and dance schools, Leeds Irish Health and Homes, Irish Arts Foundation, Touchstone, Gaelic football clubs, and organisations such as the Leeds Irish Centre, IC Tuesday club, Leeds Irish Golf, Mayo Association, schools, universities, churches, in fact we welcome anybody and everybody who wants to join in the 'craic'.



From the early 1820's when a small number of weavers from Tipperary settled in East Leeds on the 'The Bank'. Several years later saw influx of people mostly from County Mayo to the same area; the numbers grew after The Famine in 1847. Irish Immigration continued into the fifties and sixties before there was a gradual slowdown to the 'trickle' we see today. The Leeds Irish Community

have made a substantial contribution in all aspects of life in our City. In high profile businesses, education, health services, politics and Law. The Irish in Leeds are proud of their massive input into the life of our city.

There are many events taking place all over the city during the month. Unfortunately because we had to get this issue out in time for Easter, some of these events will have already happened by now. Friday 7th March 8:30pm



at Seven Arts Centre, 31a Harrogate Rd. Traditional Irish Music Concert featuring guest artists being presented in association with The Irish Arts Foundation. FREE ENTRY Saturday 8th March 7:30pm at Leeds Irish Centre, York Rd. The Leeds Irish Charities Association. Bacon & Cabbage Evening. A Fundraising event in aid of St Gemma's and Wheatfields Hospices. Music will be provided by the Leeds Branch of Comhaltas with guest artists The Mullaghduff Marching Band from Co. Donegal and resident DJ. Tickets in advance adults £10, children £5 available from Leeds Irish Centre. Tel no. 0113 2480887

English Gone Awry!

These are signs in hotels and other public places in foreign countries where they make the effort to write signs in English but their efforts go astray.

In a Vienna hotel: In case of fire, do your utmost to alarm the hotel porter.

A sign posted in Germany's Black Forest: It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

A translated sentence from a Russian chess book: A lot of water has been passed under the bridge since this variation has been played.

In a Rome laundry: Ladies, leave your clothes here and spend the afternoon having a good time.

In a Czech Republic tourist agency: Take one of our horse-driven city tours -- we guarantee no miscarriages.

Advertisement for donkey rides in Thailand: Would you like to ride on your own ass?

Leap Years.



Why do we need leap years?

The Gregorian calendar, which now serves as the standard calendar for civil use throughout the world, has both common years and leap years. A common year has 365 days and a leap year 366 days, with the extra, or intercalary, day designated as February 29. A leap year occurs every four years to help synchronize the calendar year with the solar year, or the length of time it takes the earth to complete its orbit about the sun, which is about 365 days.

The length of the solar year, however, is slightly less than 365 days by about 11 minutes. To compensate for

this discrepancy, the leap year is omitted three times every four hundred years. In other words, a century year cannot be a leap year unless it is divisible by 400. Thus 1700, 1800, and 1900 were not leap years, but 1600, 2000, and 2400 are leap years. The rules for determining a leap year are that most years that can be divided evenly by 4 are leap years. Your chances of being born on leap day are about 1 in 1500. There are about 187,000 people in the US and 4 million people in the world who were born on Leap Day. Of course if you were born on a Leap Day you will only have a birthday every four years. By the time you are eligible to drink alcohol on your 18th birthday you will really be 72. Traditionally women are allowed to propose to the man they want to marry on a Leap Day. This is supposed to stem from St. Bridget petitioning St. Patrick on women's rights back in the 5th century.

The interesting thing is that some people are arguing that we should have an extra day off in each leap year or get paid an extra day's pay. We are after all working an extra day, 366 instead of 365 in the normal year. If your mortgage interest rate is calculated on a daily basis as most are, you should get a refund for the extra day as well it is argued.

Leeds Irish Professionals Celebrate St. Patrick's Day in style

The inaugural St Patrick's Day Ball for the Leeds Irish Professional's network took place on Saturday March 8th at the Queen's Hotel in Leeds. Over 220 Irish professionals and their associates enjoyed a night of top entertainment with honoured guests, the Embassy of Ireland and Barrie McDermott who provided the after dinner speech. Ball organisers Mary-Kate Fallon and Bronagh Campbell said 'the success of this event has been down to the fabulous support we have received from the Irish business community in Leeds. We were so grateful of the support we also got from the Irish Government especially the messages from President McAleese and Ambassador Cooney. Next year's Ball promises to be even bigger and better'.

The named charity for the evening was Leeds Irish Health & Homes who have started a fund to take 15 people for a holiday to Ireland in September, many of whom have not been home for over 20 years.



Bros Pearse GAA Club Huddersfield

Take delivery of new Minibus

After a year of hard fund raising and a grant of £10,000 from Awards for All Bros Pearse are now the proud owners of a brand new 15 seater ford transit mini bus. The bus will be used to help develop the underage structure of the club, and support the senior section games and events. The bus will also play a vital role in supporting the Irish Elders group based at the Huddersfield Irish Centre.

The First under age training session will take place on Wednesday 9th April 6.30 - 7.30pm - All Saints

High School - ages 6 to 16 and every wednesday thereafter. The senior section of the club has already started preparations for the start of the season with warm up games against the University of Huddersfield and St Barnaba's of Nottingham.

If you would like to get involved in the club in any way please contact club secretary Ollie Walsh on 01484 536945.



Strange Happenings

When his 38-caliber revolver failed to fire at his intended victim during a holdup in Long Beach, California, would be robber James Elliot did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked.....

A man who shoveled snow for two hours to clear a space for his car during a blizzard in Chicago returned with his vehicle to find that a woman had taken the space. Understandably, he shot her.

Bringing it all Back Home

On Sunday 2nd March at the Carriageworks Leeds, Irish History Month was well and truly underway. Leeds Irish Health and Homes were on stage performing another Bringing it all Back Home event. The celebration this year was for those who are no longer with us – the Irish in Leeds who have passed away - some with little acknowledgement or fuss. It was an opportunity for a final wake.

The producer and compare for the event was Teresa O'Driscoll from Leeds Irish Health and Homes.

The show began with music from Barry Bradey (a Roscommon man and a member of Ceoltoiri Coleman) on accordion and Martin Kane (from Belfast) on guitar. Vocalist Sinead Mundy sang a couple of songs including The Rose of Tralee as a tribute to her grandfather.

Lisa McGarth provided laughter and mirth with two short stories. One of these was written by Tom Reilly, a native of Roscommon but living in Leeds for many years. The story entitled The Lemon Tart Blonde (which included a wake), is a great indication of the wit and humour with which Tom writes. This second story set the scene of a genuine Irish wake with laughter,

tears and prayers, brawling, eating and drinking. Lisa's delivery of these tales was genius.

Music was provided throughout the programme by Anima – an acapella group based in Leeds who sing songs from around the world. They performed an eclectic set including Fear a Bhata, a traditional song sung in Irish and one of their own composition, Climbing the Mountain with a Baby, which was dedicated to all the mothers in the audience (it being Mother's Day on the 2nd). They are Maggie Day, Fiona Durance and Teresa O'Driscoll.

The Joyce School of Dancing went down a storm with a wonderful and vibrant selection of jigs, reels and hornpipes.

The finale was the much loved Irish Anthem Fields of Athenry performed by all the artists and with audience participation. Even at one o'clock in the day you can't stop people singing that song and they made a fine job of it on this occasion.

A successful and inspired event and a great beginning to Irish History Month. The audience were a fine mix of young and 'not so young' and the participants certainly were triumphant in bringing it all back home.

A trawl through the Irish Papers.

These are a few recent news items that have been taken from the Internet that might be of interest to those readers living in Leeds

DUBLIN UNDERGROUND TO BE COMPLETED BY 2015

The extension of the Dublin Area Rapid Transit (DART) train system underground through the centre of the city is to be completed by 2015. The 2-Billion Euro scheme will connect the Docklands to Heuston Station. A second underground link will connect the DART rail service to Maynooth in County Kildare. An existing plan to create a partially underground Metro link to Dublin Airport is also planned.

OSCAR SUCCESS FOR IRELAND

There was double success for Ireland at the recent Oscar awards. Irish citizen Daniel Day-Lewis won the award for best actor in the movie while Dubliner Glen Hansard

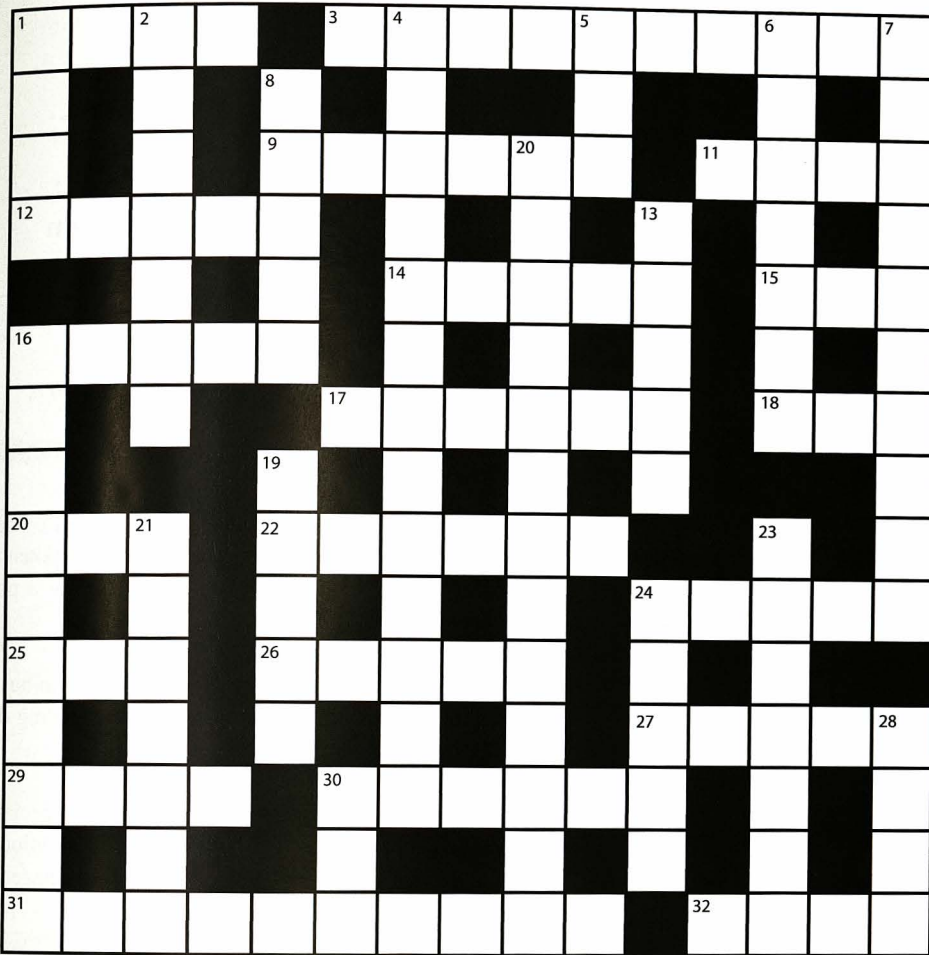
and Czech musician Marketa Irglova won the prize for their song 'Falling Slowly' from the film 'Once' in the best original song category. Hansard remarked: "This has made our night. We made this film two years ago and shot it on two Handycams. It took us three weeks to make. We made it for a hundred grand!"

NEW IRISH SOCCER MANAGER APPOINTED

Giovanni Trapattoni has been unveiled as the new manager of the ailing Irish international soccer team. At a packed press conference the FAI announced the appointment of the vastly experienced Italian who will take charge of the

Irish team for the first time at Croke park on May 24th when Serbia are the visitors. He immediately assured the gathering that Ireland would qualify for the 2010 World Cup finals, despite being in the same qualifying group as the current world champions Italy.

Ireland in Crosswords © Number 7



25. Possesses short laughs? (3)
 26. Dryly consolidates the sweet loaves, and gets the sack around the fifth (5)
 27. Tenth month, and French, all eight of them. (5)
 29. Standard adhered to in Liscannor mostly. (4)
 30. Star in turmoil as a result of stress. (6)
 31. Crowd aisle in crush to see Irish writer (1854-1900) who had only his genius to declare. (5,5)
 32. Negative reference to Kilkenny flower! (4)

DOWN

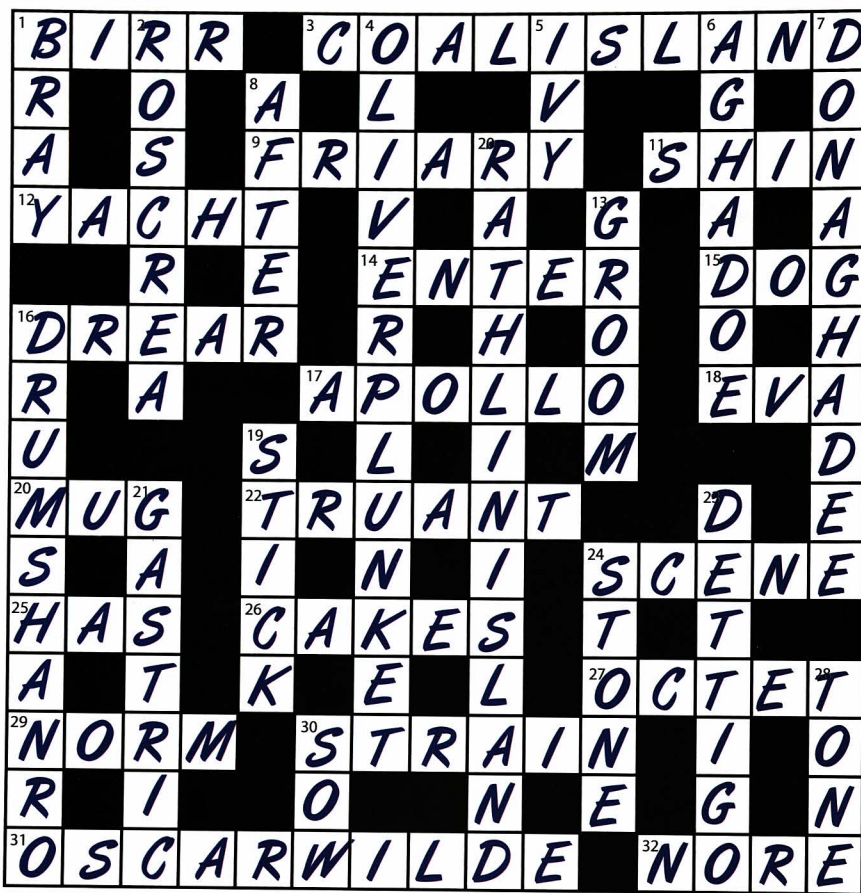
1. Sound of donkey heard in Wicklow seaside resort. (4)
 2. Or cares about Tipperary town under the Slieve Bloom mountains noted for antiquities. (7)
 4. Till never up O.K. (anag.) Blessed, and has a shrine at Ballybarrack, near Dundalk. (6,7)

ACROSS

1. Rib about right to go to Offaly town with a famous observatory where the existence of other galaxies was first discovered. (4)
 3. I call on sad blend in old Tyrone mining town connected by canal with Newry and Belfast. (9)
 9. Cook with fat outside circulated air in monks' abode. (6)
 11. "Don't be breaking your --- on a stool that's not in your way." Irish Proverb. (4)
 12. Boat in which German eight follow the penultimate. (5)
 14. Take part in competition in Inishowen territory. (5)
 15. "But where's the wild --- that has praised its fleas?" Yeats. (3)
 16. Old copper back, how poetically gloomy! (5)
 17. "A young -----, golden haired, Stands dreaming on the verge of strife" Frances Cornford. (6)
 18. Daughter of the King of Leinster, and Mrs. Strongbow, returns the greeting. (3)
 20. A gullible fool, and how he drinks! (3)
 22. Art nut has gone A.W.O.L. (6)
 24. Create this for a row, but only in play? (5)

5. Clinging to this league for Yale and Havard. (3)
 6. Go ahead up Kerry hill overlooking Killarney, and having a round tower, church and castle. (7)
 7. Age had done damage to popular Down resort near the entrance to Belfast Lough. (10)
 8. " --- the first death, there is no other." Dylan Thomas. (5)
 10. This land rails about the offshore spot in Antrim where Robert Bruce met the spider in the cave. (7,6)
 13. One hundred space for Limerick salmon angling village noted for the Maigne poets. (5)
 16. Dan's hob rum is spilled in Leitrim village on the Roscommon border. (10)
 19. "An aged man is but a paltry thing, A tattered coat upon a ----" Yeats. (5)
 21. Cats rig up description of stomach. (7)
 23. E.g. to tip over in border Donegal gateway to Lough Derg of pilgrimage fame. (7)
 24. "Too long a sacrifice Can make a ---- of the heart" Yeats. (5)
 28. Note about United Irishman, born 1763, and recognised as the first Irish Republican. (4)
 30. "Ireland is the old --- that eats her farrow." James Joyce (3)

Ireland in Crosswords © Number 7 Solution



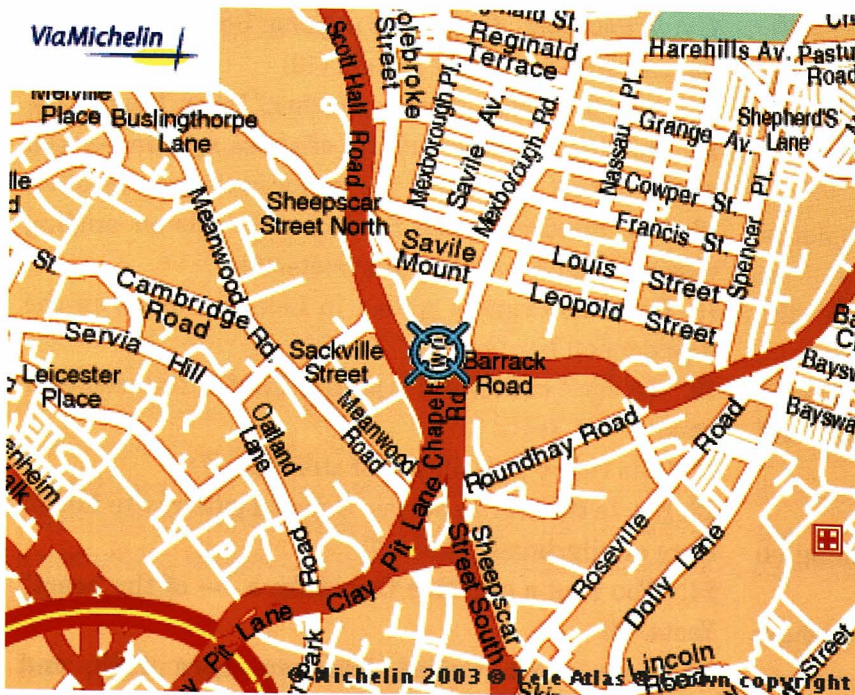
Minibus Drivers...
 ...We need you
 For further information
 please call Tanya on
 0113 262 5614
 or email: tanya@lihh.org

Leeds Irish Health and Homes are the proud owners of a new Minibus. In order to maximise the potential of the vehicle we need a Mini-Bus Driver or a pool of drivers.

The Volunteers will be required to drive the minibus to pick up and drop off clients who will be attending day clubs and social outings etc

An Ordinary Driving Licence is essential. Specialist Training will be provided if necessary. In addition, a friendly and helpful personality would be advantageous.

Contact Details:



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