



Rally Success

Mr. Michael Liston and Mr. Jimmy Dee of Templeglantine, won the Billy Coleman Perpetual Trophy for their achievement in the recent Circuit of Munster Rally. Michael Liston, who is Offal Department Supervisor with Shannon Meat Ltd., was team navigator and Jimmy Dee was driver. This was their first time entering competitive rallying and is no mean achievement for this successful team. The Billy Coleman Trophy is presented to the team which has the biggest improvement in the overall placing or seeding.

INTEREST

Michael and Jimmy have had interest in the sport of rallying for some years. They have been involved on many occasions as marshalls for various rallies. Jimmy Dee, has, in fact, acted as service mechanic on a number of times for Circuit of Ireland teams. Michael Liston informs me that rallying is quite an expensive sport. Very few teams can afford to take part without sponsorship. Michael and Jimmy's success in the Circuit of Munster, should, in the future, make their quest for sponsorship much easier. On their future plans, Michael says they intend entering the Circuit of Galway in late August and are confident of a high placing in this. They also plan to participate in all the forthcoming rallies throughout the Munster region. As well as winning valuable prizes in these, they hope to build up experience and expertise to improve their placing in next year's Circuit of Munster.

We look forward to seeing this young team challenging Billy Coleman for top-placing among Munster and All-Ireland rallying enthusiasts.



Obviously pleased at their success in the Circuit of Munster, Michael Liston left and Jimmy Dee right with Canon Grey-Stack, Dean of Ardfert who presented them with the Billy Coleman Trophy.

METRIC WEIGHTS

Metrification or "going metric" means that our existing complicated system of weights and measures will be replaced with the much simpler SI metric units. SI is an abbreviation for System Internationale d'Unites and means that the metric units we shall use are part of an agreed international system.

The British Metrification Board has decided that changes in the live weight and dead weight meat trade other than retail will come into effect on 1.1.77. Because of the amount of trade Ireland has with Britain, it is essential that the Irish Meat Trade should change on the same day. With the increase over the years in world trade, and particularly with the formation of the European Economic Community, a uniform system of weights, measures, etc, would simplify inter trade relations. The change will be for the better because the metric system is a simpler system. There are fewer units to learn, and as the relationship between each of the units is in steps of 10, calculation is much simpler.

Farmers are already using metric units in some of their activities. Fertilisers are now packed in 50 kg. bags, veterinary medicines are measured in milli-Letres, pigs are graded on millimetre measurements and cereals are sold off the farm in tonnes. Eventually, all the industries

supplying agricultural and horticultural inputs will sell their products in metric.

WEIGHT

The particular aspect of the metric system in relation to the meat trade is, of course, in the area of weight. The basic unit of weight under this system is the gram and all other units are multiples and divisors of it, e.g.

$$\text{Milligram} = \frac{1}{1000} \text{ of a gram.}$$

$$\text{Centigram} = \frac{1}{100} \text{ of a gram.}$$

$$\text{Hectogram} = 100 \text{ grams.}$$

$$\text{Kilogram} = 1,000 \text{ grams.}$$

These are the common commercial units.

The relationship between the present imperial system and the metric system is as follows :-

$$1 \text{ ounce} = 28.3 \text{ grams (gr)}$$

$$1 \text{ pound} = 454 \text{ grams or .454 Kg.}$$

$$1 \text{ Cwt.} = 50.8 \text{ Kilograms (kg)}$$

The following are examples of the application of the above.

The present 60 lb. box of boneless beef translated into metric terms is slightly in excess of 27 kilograms (Kg).

A 6 Cwt. animal would weigh 305 kilograms (Kg) and an 8 Cwt. animal will weigh 433 kilograms (Kg).

The relating of the metric system to our present one, has obvious difficulties at first, to those of us who have been accustomed to thinking in terms of lbs., and cwts., but as time progresses, we shall soon adapt ourselves to thinking in grams and kilograms. As we get used to it, we shall find it much easier to compare quantities and prices marked in metric weights and measures since our currency is also based on multiples of ten. To get to know the more common metric weights and measures try using metric scales, rulers and liquid measures in your day to day work. Try as far as possible, to think metric.

NEW APPOINTMENT



Mr. Fred O'Brien, who has recently joined the Company as Cost Accountant, is a native of Co. Wicklow. At the age of thirteen, he and his family moved to Dublin where he received his post-primary education in Moyle Park College, Clondalkin. Having merited a scholarship to Trinity College, he commenced his studies there in 1969, and graduated with a degree in Business Studies in 1973. He then went to London where he joined the widely established Sainsbury chain store company. He first began as trainee accountant in the internal audit dept., and then acquired the positions of accountant assistant and assistant accountant respectively. He terminated his employment with Sainsbury's in June of this year and returned to Ireland to take up his position with Shannon Meat Ltd.

Fred, who was married in London in 1973, is very glad to be back in Ireland. His wife, Maureen, who is originally from Galway, is a national school teacher. They have one baby daughter, Niamh.

We would like on behalf of the Company to welcome Fred and his family to Shannon Meat Ltd., and to Rathkeale. We wish him a long and prosperous stay in the area.

FORKLIFT-TRUCK COURSE

During the last week of May, Shannon Meat Ltd., arranged for the AnCo In-Company Forklift Truck Driving Course to take place on its premises. This went off very successfully and was a very worthwhile undertaking. The training course which took place on three days, comprised both theoretical sessions and practical demonstrations. Much emphasis was placed on the safety aspects of Forklift-truck operating and also on the care and operating knowledge of forklift trucks. Mr. Peter Hynes, of the AnCO Instructing Staff, who conducted the course, was highly complimentary of the calibre of participants of the Course. This fact was borne out by the high standard of performances attained at the special test undertaken at the termination of the Course. Taking part on the course were, Richard Sheehy, Denis O'Connor, Donal Costelloe, Michael Murphy and Frank Dalton.

FROM SYDNEY TO WEST LIMERICK

By Wm. Nestor Sales Manager.

From Sydney, we again journey northwards, past the treacherous Great Barrier Reef, through the Torres Strait which separates the North Eastern tip of Australia from New Guinea, and still northwards past the coast of Borneo to our next port of call, Manila. Manila is the capital of the Philippines, a city of over a million people. It is now very much Americanised, even though traces of its old Spanish culture still exist. Evidence of the massive destruction caused by the Japanese, prior to its liberation by the U.S. forces, still exist. The University of San Lomas is worth a visit as is the Roman Catholic Cathedral of San Paul. We were advised not to journey beyond the city limits as robberies and even killings were common place inland. Had we more time, I am sure we would have found a welcome from our acquaintances and school friends of yesteryear who are now giving their lives as members of the Columban Fathers to the people of these islands.

JAPAN

From Manila, we set sail through the North Pacific in a North easterly direction, bound for the archipelago of Japan, a great festoon of mountainous, volcanic islands, fringing the Pacific Coast of Asia, to our next port of call - Yokohama, which is the port of Tokyo. We journeyed by train from Yokohama to Tokyo. We still have vivid memories of the vastness and cold politeness of that great city, which I think is to-day, the largest city in the world. The Japanese, have for long, been masters of imitation, and western craft and technology has been imitated to such an extent as to make this city a paradise for the shopping tourist. Our memories of beautiful sarong clad Geisha Girls still remain, but so also does our experience of mistrust of Westerners by the Japanese, ill concealed, I thought, by a veil of polite bowing for commercial reasons. Perhaps the tragedy of Hiroshima and Nagasaki is still carried in the breeze that spends itself against sacred Mount

Fuji, making all Japanese distrustful of the West who, after all, were the perpetrators and designers of that unholy slaughter which ended with their unconditional surrender to the allies in '45.

We leave Japan and journey westwards to our next port of call, Hong Kong. The name means "fragrant Harbour". The wide blue waters of its harbour are alive with junks, sampans, cargo and fishing boats. A large majority of the inhabitants live afloat. Hong Kong, together with the Kowloon peninsula, which is part of Chinese mainland, is a British Crown Colony. Here magnificent wealth and undescrivable poverty live side by side as is evidenced by the existence of the poorest hovel next to the most imposing edifice. Shopping in this free port is irresistible. Jade, ivory and porcelain tempt you, so also do cameras, hi-fi systems, antiques and jewellery. We cross the river by barge to Kowloon and experience the excitement of being on the great vast land of Chairman Mao. A casual stroll beyond the borders of Kowloon and Mao's Red Book could become your bible for life.

MALAYA

Too soon we leave Hong Kong and continue south westwards to Malaya and our next port of call, Singapore. This is a city said to be unique in all the world. Separated from the mainland by the Straits of Johore, Singapore's people are of every race of Asia and Europe. No wonder therefore, that during the Last War the greatest spies and under-cover agents had for their headquarters, the famous or infamous "Raffles Hotel", in that city.

Singapore has several official languages. It is modern, well run, and industrious, offering the visitor a fascinating blend of different cultures displayed in temples, gardens and parks, shops and bazaars.

Leaving Singapore we continue westwards to Colombo, capital of Ceylon. This is a bustling colourful

city with interesting traces of its colonial past, Portuguese and Dutch as well as British. The countryside behind is absorbingly beautiful with brilliant green paddy-fields and densely forested hills. Here also, most of our Goanese crew members leave us to return to their homeland and enjoy a well earned rest before their next voyage.

ADEN

We continue to maintain a westward course to Aden where we stop for a short duration but not to go ashore. We are soon on our way again through the Red Sea to Suez. Suez is the southern extremity of the Suez Canal, which links the Red Sea with the Mediterranean Sea. Here it is possible to disembark and travel to Cairo on a special overland excursion. In Cairo, you can visit the great collection of Egyptian antiquities in the museum, including the treasures of Tutankhamun, the Pyramids and the Sphinx at Giza. The crew did not disembark but continued to journey to Port Said which is the gateway to the Canal. After a short stay in Port Said, long enough to explore the shops for

LIFE ON THE OCEAN WAVE

souvenirs and to pick up passengers who had travelled overland to Cairo, we headed out into the blue waters of the Mediterranean.

SHORT CALL

We pay a short call to Marseilles and soon we are heading again westwards for the straits of Gibraltar. For us who are visiting the "Rock", for the first time, with its cheerful British atmosphere, its celebrated caves, its fascinating little streets and shops, suffice it to say it is a port we will remember. We are shortly heading out into the North Atlantic, to the cold of Western Europe, to London and Tilbury from where we originally set sail. We are glad to be home again and in a day or two we will continue our journey across the Irish Sea. We would certainly not have missed the experience, but now that we have seen the world, we can say that the gentle hills of West Limerick look greener than any we have seen abroad. The Irish climate has much to recommend it and the Irish way of life suits us best. In short, there is no place like home, but you must go away to fully appreciate that.



Sunny Spain : Esther Cregan, Mary Wilmott and Theresa Cregan enjoying the sun in Benidorm.

PROFILE : DICK WOODROOFE

Actor, play-writer and sportsman, Dick Woodroofe, has been an employee of Shannon Meat Ltd., since 1957. During this time, he has worked for the most part in the Compressor Room under the guidance of Mario Zoncada. Prior to joining the Company, he worked with the People's Bakery, Rathkeale.

Since the days of his "Angel Infancy", Dick Woodroofe has shown himself to be an accomplished boxer, actor, athlete, footballer and hurler. However, the stage has always been his first love. Like many of the present day movie stars, it was by accident rather than design that led Dick on to the stage. His late friend, Jack Hennessy, was producing the famed Synge play, "Riders to the Sea", when one of his cast was taken ill. Sitting on the wings, Dick was asked to play the part. He did not let them down and the Group were winners of the Munster Shield for this presentation.

Acting came natural to Dick. He quickly established himself as an actor with plenty of ability and much potential. In Dublin, he acted

in seven plays with the noted Martin Dempsey. Three of these were broadcast on Radio in the famous, "Around the Fire Group." However, a family bereavement necessitated his returning home and he never returned to join the Group. In 1958, Rathkeale Dramatic Group were runners-up to Dublin University in the All-Ireland Drama Competition. For his performance in this competition, Dick received an All-Ireland Certificate as the best actor. This award clearly exemplifies the calibre of his acting-powers.

MANY GROUPS

Dick acted for many groups and likewise, in many plays. His potential is more suited to comedy and the satirical comedy type play. Some of the plays he acted in are :- "Anyone can rob a Bank", "Mongoes Mansion", "The Down Express", "Cobweb's Glory", and the memorable play, "The General Chancer", to mention but a few. Another memorable moment is his career to date was in forming the Shannon Meat Dramatic Society with Peg Curtin and Dan Neville. They presented "The Work-House Ward." In this play, Dick received one of the few "downs" of his

career, when Dan Neville knocked him with an accidental right hook.

Dick also turned his hand to the pencil and wrote three very successful comedies. His first "Leave it on, until it wears off", is still performed in the United States. His two other works, were "A night in a Lounge Bar", and "Who told Her?". Dick, has now written another play, which he hopes to put on stage sometime in the Autumn, the title of which is "H.P. on the Pipeline."

At one time in Rathkeale, there were three different dramatic societies :- The Deel Players, The Rathkeale Dramatic Society, and The Central Cinema Society. Now, alas, none exist much to the disgust and disappointment of Shannon Meat's number one dramatist and actor.

As a shining youth, Dick Woodroofe was a very successful athlete. He won many events throughout the county, specialising in the mile and 1/2 mile. His greatest feat, he reckons was in finishing second to the great J.J. O'Connor, in the Munster Cross-Country Championship. "Michael McNamara and Pat Costelloe, both employees, were great runners when

Rathkeale had its Athletic Club", says Dick.

BOXING

In his school days he was also a noted boxer and has many fine wins to his name. He held the position of physical trainer in the local boxing club. Dick is the holder of a Physical Certificate. Wishing it was those times again, he tells of the high quality boxers he trained :- The Jones Brothers, Danny Ryan, Dick Lynch, Mick Hogan, John Daly, to mention but a few. Dick was also a keen hurler and footballer. Jokingly, he tells of how he was once sent off, "I was a bit too good with my fists." He was one of the founder members of the Shannon Meat G.A.A. Club, whilst he had a long association with the local G.A.A. Club.

Reminiscing on bygone days, he reflects sadly of the disappearance of the Drama Societies, Athletic Club and the Boxing Club. He longs for a return of this golden era. He feels with a proper hall, the renaissance of such clubs could be a live possibility. He feels the potential is there to be exploited as he himself says, "Everybody is a born actor and athlete, but it is only a matter of putting it into practice."

Dick Woodroofe, dramatist, actor, gentleman of sport, we salute you.



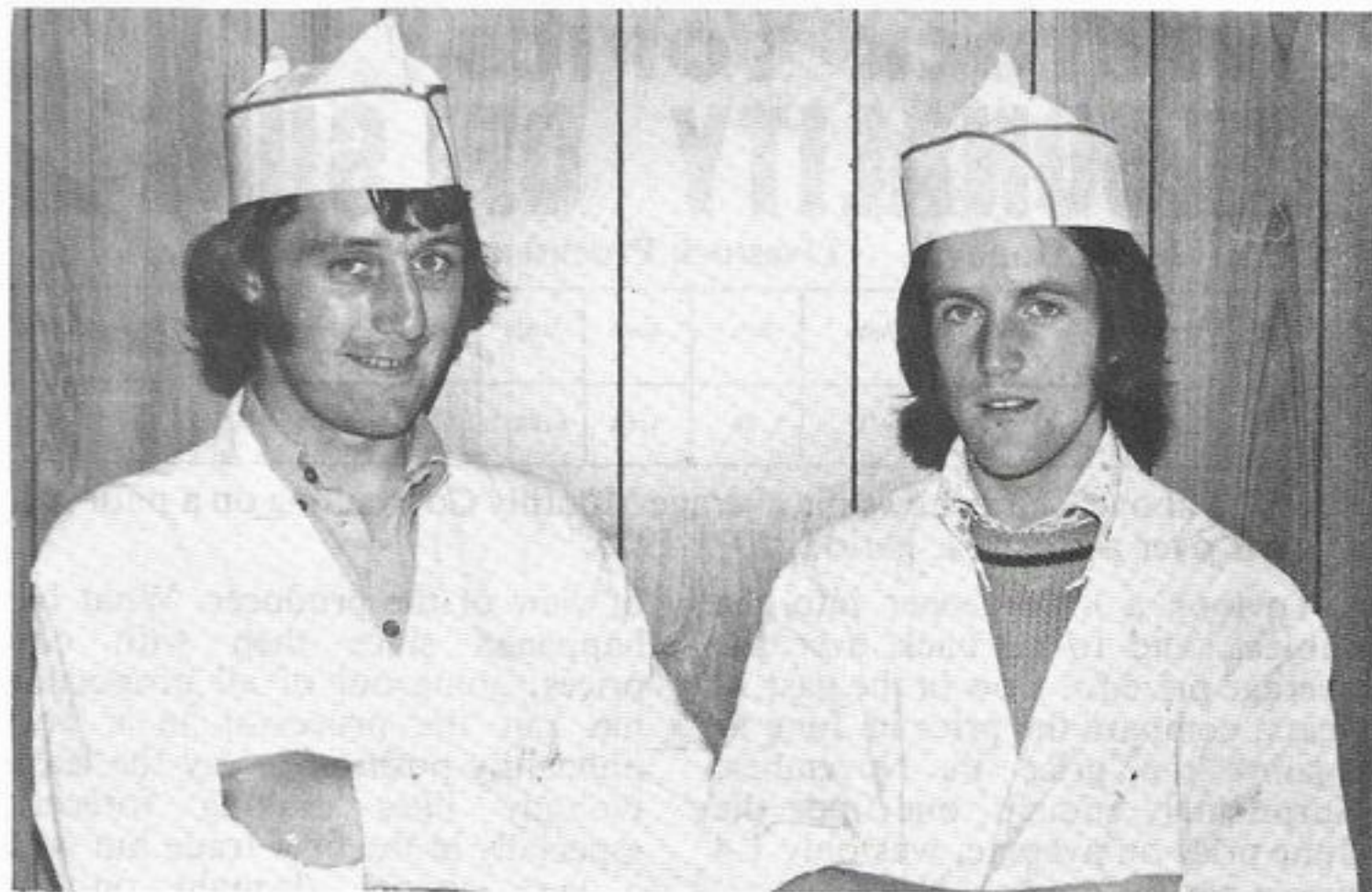
PICTURE PARADE



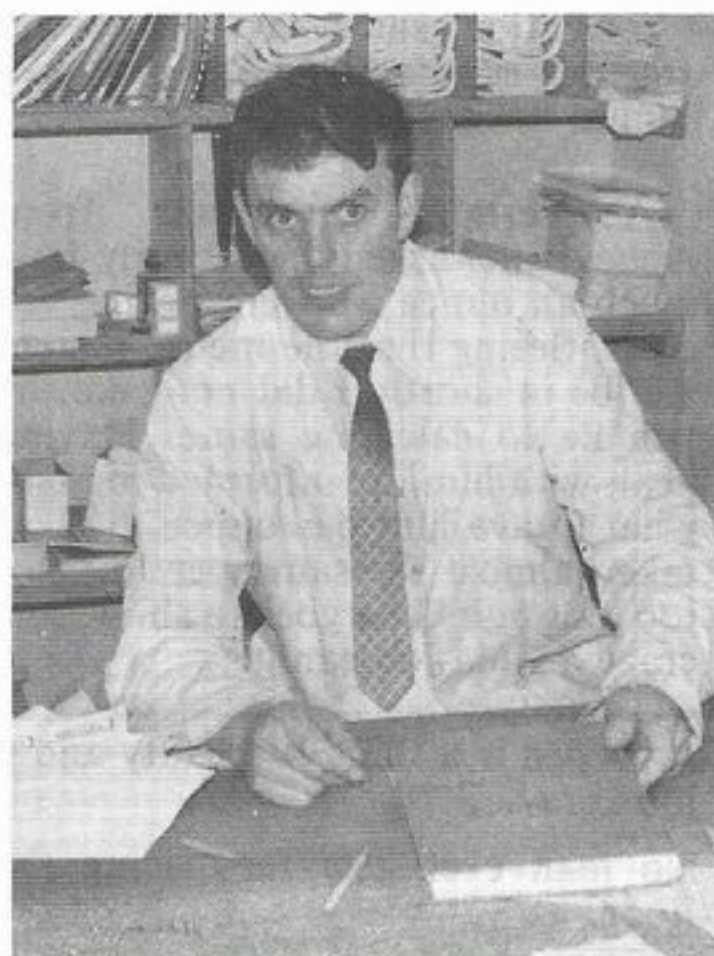
Mary Foley of Laboratory photographed arriving for her holiday in Spain.



Engaged recently Marian Roche Accounts Department.



Returned to Shannon Meat recently were John Lyons left and Sean O'Shea.



Busy at his desk in the Stores Office is Mr. Michael O'Donnell.



Relaxed - looking Connie Kenneally of the Boning Hall recently got engaged also.



Nora McDonnell [above] recently joined the office staff as Shorthand Typist.



Caroline Woulfe daughter of Liam Woulfe pictured following her first Holy Communion.



Miss Marian Moroney who was conferred with her Bachelor of Arts Degree on 13th July.



Tom McCoy [above] also among the group who returned to Shannon Meat.



Busy building the Can Goods Store are Frank Costelloe, K. Carmody, B. Ryan and T. O'Leary.



Having breakfast during their holiday in Achill, Jim O'Connor, Laboratory, Con McNamara, Quality Control, and Dan Cagney the Sales Department.

LIVESTOCK TOPICS SEASONALITY OF SUPPLY

by D. Donovan Livestock Procurement Manager

Jan.	Feb.	March	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
9.1%	7.7%	7.5%	6.1%	5.8%	4.6%	6.8%	8.9%	9.5%	10.9%	13.9%	9.2%

The above Chart shows the average Monthly Cow culling on a national basis over a five year period, 1971-1975.

To look a little deeper into the subject, and to go back over the average price for Cow in the past 10 years, compare the price in June as against the price in November. Surprisingly enough, one finds the June price on average, was only 1.4 pence per lb. greater. Nevertheless, there must be a good case in favour of drying off and fattening cows prior to slaughter. Age of course, plays a very important factor. One would expect a 2% to 3% better Kill-Out to allow a carcass weight gain of a modest 200 lbs., plus 2p per lb., for a higher grade cow, and allow, say 1p per lb., for a seasonal price rise. One would be talking in terms of a gain of something in the region of £80.00 per Cow. Naturally enough, it does not always work out as good as it does on paper.

COW PRICES

In January of this year, one would consider cow prices at 30p to 32p reasonably good from the point

of view of the producer. What has happened since then with cow prices, going out of all proportion has put the processor in a very unhealthy position to say the least. Nobody likes making forecast, especially in the beef trade but with a very serious drought on the Continent, could we see cow prices dropping by 25% before long. Cows have not been allowed into Intervention since last November and this is something the producer should not forget.

A certain gentleman from Abbeyfeale, asked me recently how much an ounce we were paying for cows. Seeing that the metric system will be in shortly I did not take the trouble to calculate same. Having dealt with him, he informed me that what I gave him per ounce, he had taken almost the same per lb., not too long ago. Just goes to show how crazy a situation can get.

PIECES OF WISDOM

It takes a man to admit he's wrong but it usually takes a woman to prove it.

He who would gather roses must not fear the thorns.

What the world needs is more open minds and less open mouths.

A person who never makes a mistake never does anything. That's his biggest one.

You can usually dodge a question with a long-winded answer.

A man does not have to be a bigamist to have one wife too many.

All success is relative. The more success the more relatives.

A garden is a thing of beauty and a job forever.

No man ever gets far pacing the floor.

A smile is something that adds to your face value.

I am a great believer in luck and I find the harder I work the more I have of it.

There are better things than money in this life but it takes money to buy them.

Things are 'nt as bad as they look - They couldn't be.

Never argue with your doctor. He has inside information.

SHANNON MEAT CHAT

By the Scribe

- * Congratulations to Con Kenneally on his recent engagement.
- * Best wishes to Marian Roche on her recent engagement to Denis Collins of Croagh.
- * Michael O'Connor of Kilconlea, Abbeyfeale, recently got married. Every success Michael.
- * Pat Liston of the Boning Department is the proud owner of his first car.
- * Edmond Roche of the Home Sales Department and Anne Guinane of Croagh, announced their engagement lately.
- * Glad to hear that Sheamus "Twinkletoes", Cawley enjoyed his holiday on the Isle of Wight.
- * Edmond Dollery of Abbeylands, Rathkeale was the first to shoot a hole-in-one, in the new Pitch & Putt course.
- * Denis O'Connor of the Freezer's Department got engaged to Miss Mary O'Connor of Ardagh, lately.

- * Patch Markham speaks optimistically of Leeds United's chances next season, "They should just about make mid-table."
- * Jim O'Connor of the Laboratory, celebrated his twenty-first birthday recently.
- * The Scribe is glad to hear that Tom O'Shaughnessy is making a very speedy recovery- glad too, are the girls in the Olympic Ballroom.
- * Reliable sources have informed me that Gerry Molyneux is returning to the Gaelic scene again.
- * The Scribe is delighted to see that many of his friends are returning to work in Shannon Meat.
- * Welcome to Nora McDonnell who has joined the Accounts Department.
- * Congratulations to Marian Moroney on receiving her B.A.
- * John Reddin, formerly of the Boning Department has joined the Maintenance Department.

THE USE OF OUR LAND & CATTLE

By Liam Ahern
Livestock Field Manager.



LIAM AHERN

I read somewhere recently that the major challenge of the next 100 years will be to get through the next ten. That can certainly apply to the Beef Industry. It is going through dramatic change. It requires adaptation in production, processing, marketing and distribution. It requires new ways of doing and thinking.

Ireland has almost 12 million acres of agricultural land of which 80% is in pasture for a combination of grazing and hay or silage production. Our total cattle population stands at 7 million. This shows a steady growth from under 6 million in 1970 to 7.2 million in 1974 which was a record. In 1975, we had the first slip back in this decade, a fall of about 4%. This was a natural reaction to the very serious setbacks in 1974 as a direct consequence of E.E.C. imports from third countries, that were quite unjustified in the light of internal supplies. Whenever we need a reminder of the importance of an integrated beef industry, we need only look at 1974, and say "Never again". One major effect that we are still living with, is our reduced cattle population reflecting the blow that was given to the confidence of our Producers. Still, I think that Livestock numbers will quickly rise again and we will move on to reap our full benefits from membership of the E.E.C. Ireland does not have any better choice than to do more of what it does best, processing agricultural products for the Community.

DISTRIBUTION

Our Livestock industry gives a great spread of interest and distribution of employment. Ireland still has one quarter of its work force on the land. These include about 90,000 farmers, mainly operating small enterprises and supplying over 60% of the raw material of the beef industry which is part of their livelihood.

As grass production trials and good management continue, we have arrived at a stage where our best farms have grass growing for nine months of the year, I think we will not be happy to rest at that. I do not mean trying for all the year round grass, but rather that the achievement of our top farmers to-day must be the target for the majority of our farmers tomorrow, or at any rate, the day after.

I saw in the paper last Autumn, where The Minister for Agriculture,

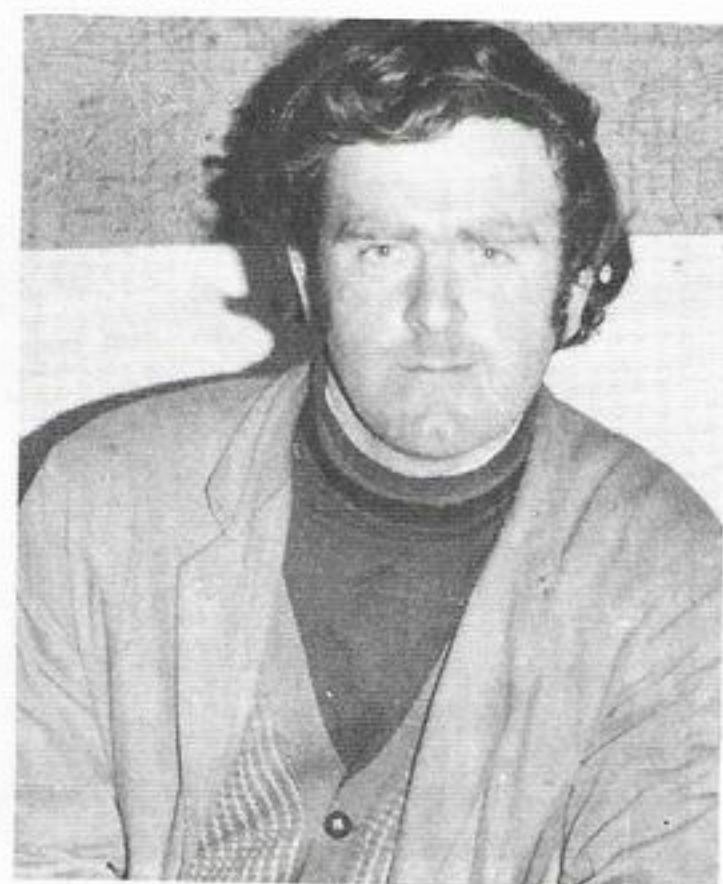
Mr. Clinton, gave us the alarming figures that 70% of the land used for hay and 40% of the land used for silage, gets no fertiliser at all. This is one indication of scope for improvement in the future.

BREEDS OF CATTLE

Originally, the dual purpose shorthorn was our principal breed. To-day, it represents only 20% of our breeding cow population. The Freisian has now become the principal breed. Its share has increased from 30% in 1969, to 60% in 1975. Since the mid-fifties, we have imported Continental types, mainly Charolais, Simmental, Limousin and Blonde Daquitaine. The artificial insemination figures for 1975 was Freisians 48%, Herefords 30%, others including Continentals 22%. To ensure that we get the best return from the E.E.C., we need to put more into both feeding and breeding, to meet its requirements. In percentage terms, Ireland is the largest cattle & beef exporting country in the world. In 1975, we exported over 90% of our production with live cattle and beef exports worth over £300 million. In 1965, output including live exports, beef exports and domestic consumption was equivalent to 990,000 head of cattle. This figure advanced to 1.2 million in 1970 and 2.2 million in 1975. In 1970, almost all our live exports went to the U.K. The figures were 97% U.K., 2% Continental E.E.C. and 1% Third Countries. In 1975, 74% U.K., 23% Continental E.E.C. and 14% Third Countries. These figures confirm the opinion that within a well managed European Community Market, our future is assured.

FORTUNATE

We are fortunate that Ireland has very favourable conditions for beef production compared with other European Countries, but we also have reason to be very careful about the nature and quality of our raw material. I believe what we require is a beef classification scheme based on weight, age, fat cover and conformation of dressed carcasses. Every important beef producing nation in the world has a grading or classification scheme. As long as we have producers who are overpaid for unsuitable cattle and others who are grossly underpaid for good quality cattle, we remain an exception to the rest of the beef producing world.



Mr. Pa Sheehan [above] busy in the Livestock Department.

FIRST AID - A PRIORITY

By Michael O'Neill Work Study Dept.



MICHAEL O'NEILL

At present, our everyday lives are full of newspaper headlines, such as, "When will the Bank Strike End?", "Eleven cattle marts closed down throughout the country", "Fifteen people killed in road accidents", and last but by no means least, "Four more bomb scares in Limerick city". One might ask, "What have these headlines got in common with First Aid?". The first two have no connection whatsoever. Unfortunately, the latter ones have a great deal in common with the essentials of First Aid. The essential emergency treatment of an injury or illness will be the same, whether it is at the scene of a road accident, bomb blast or an accident in our own factory.

PRINCIPLES AND PRACTICE

First Aid is based on the principles of practical medicine. A knowledge of the subject in the case of accident or sudden illness enables a person to give such assistance as will preserve life and prevent the injury or illness becoming until medical aid has been obtained. The treatment usually consists of simple measures that anyone can learn, but if carried out correctly, quickly and as early as possible, they can be life saving. Everyone in their own interest should try to learn something about First Aid. In a factory like ours, where most of the employees are using knives and flayers, accidents could be an everyday occurrence. Fortunately, we are very lucky in this respect. Safety and First Aid are very closely

linked. If we could prevent all accidents and injuries there would be no need for any of us to learn how to treat shock, bleeding or the after effects of an accident. This, of course, as we all know, is an impossible task. I therefore appeal to all employees to please try and attend a course in First Aid if the opportunity ever arises.

PRIORITY IN FIRST AID

The First Aider, or the person first on the scene of an accident should always remember not to panic, but to do first things first, quickly, quietly and methodically. In the case of a serious accident, or bad electric shock, the casualty may have stopped breathing. If this is the case, we must start with resuscitation immediately. In our own factory, cuts and bleeding will probably be the more common occurrences. We must place the injured person at ease and re-assure them that things are not so serious. If the wound is dirty, it must be washed with running water, if this is possible, before applying a dressing. In the case of sever bleeding, we must apply direct pressure with the fingers to the bleeding point, raise the injured part and support it in position. Lay the casualty down and lower the head if possible. When a dressing is available, apply it directly over the wound and cover it with a pad. Retain the dressing and pad in position with a firm bandage. Remove the casualty to hospital as soon as possible. In all accidents, serious or not so serious, common sense will play a very important role.

It is hoped that in the near future, we will have a First Aid treatment rooms in the factory. One room will be situated near the Slaughter Hall and the other in the Boning Hall. We will also have First Aid kits placed in each department. Each employee should familiarise himself or herself with the whereabouts of these First Aid boxes. Again, I appeal to everyone to try and attend a course in First Aid or if this is not possible, do try and get some knowledge of treating cuts and bleeding as these are the most common of our injuries. Please try and avoid accidents at home and at work.

Branch may apply to the National Executive Council for admission to membership. The National Executive Council shall have power, on the admission of any person into membership to debar such a person from holding any office in the Union or in a branch of the Union.

6. Every application for membership shall be made in a form prescribed by the National Executive Council, and shall be accompanied, by the deposit of the appropriate entrance fee, which shall be returned if the application is rejected.

Voting and Benefit Rights :

9. A member shall not be entitled, but may be allowed by a Branch, in respect of Branch matters, or by the National Executive Council in respect of other Union matters, including benefits, to vote or to receive benefit at the full rate, until he has been a member for twelve months, and has paid fifty-two consecutive weeks' contributions. No member, whose arrears (including fines, levies and special levies if any) exceed eight weeks on day of voting shall be eligible to vote on matters relating in any way to the administration of a Branch of the Union.

10. Rules 6, 7 and 9 may be waived,

SLAUGHTERING FOR HOME FREEZER

Freezer users in general and Beef producing freezer owners in particular, who have their own animals slaughtered are generally unaware, of the amount of actual meat they should expect from their slaughtered animals.

A General Guide is as Follows :-

Finished animals should kill out approximately 50% of their live weight and a carcass Bone-in should yield roughly 70% of its weight in Boneless beef form.

Assuming therefore that the animal for slaughter weights 8 cwt. live weight, it should weigh 4 cwt. Dead Weight. From this 4 cwt. or 448 lbs. the yield of Boneless Meat should be 314 lbs. based on the 70% mentioned above. The final take home weight of the aforesaid 8 cwt. animal should accordingly be 314 lbs.

We would like to stress that the above percentages apply strictly to well fleshed animals of Steer or heifer variety and it is very important to bear in mind that unfinished animals can yield percentages very much in arrears of the figures given above. For the uninitiated, it is therefore good business to seek the advice of a beef-man neighbour prior to final selection of animal for slaughter.

An unfinished animal, as well as giving an undesirable yield will not

eat as well as a well fleshed one, resulting in further consumer dis-satisfaction. Shannon Meat Ltd., reserve the right to refuse acceptance of any animal which in their opinion is unsuitable for deep freeze purposes. In this connection we give hereunder list of conditions under which animals are accepted for deep freeze and all customers and intending customers are requested to make themselves familiar with these conditions.

OWNERS ANIMALS

Owners Animals Slaughtered for Deep Freeze.

Conditions of Acceptance.

1. Animals accepted at owner's risk.
2. Shannon Meat Ltd., accept no responsibility for quality or tenderness of animal.
3. No undertaking to hang slaughtered animal for longer than nine days is given.
4. Animals should be removed from premises within 14 days.
5. Animals left in Company's Cold Store for a period exceeding 14 days are there at owner's risk.
6. Livestock Department reserve the right to refuse acceptance of any animal.

THE ANNUAL GENERAL MEETING of

THE SHANNON MEAT SOCIAL COMMITTEE

will be held in

THE WORK STUDY OFFICE

on

Friday Sept. 3rd at 5 p.m.

AGENDA

1. Election of Officers for the forthcoming year.
2. Preliminary arrangements for the 8th Annual Dinner & Dance.
3. Any Other Business.

All employees are invited to attend and take part in the Social Committee's Activities.

SYMPATHY

Sympathy is extended to Mr. Liam O'Donnell of the Slaughter Hall staff and to the other members of his family on the death of his father after a long illness. Condolences are also extended to Billy and Denis Lynch of the Boning Hall staff, on the recent death of their brother, Kevin. Kevin resided in Patrick'swell and died suddenly. To his family we also send condolences.

May They Rest in Peace



L.I.G.W.U. NEWS

We will continue on this edition of the Shannon Meat Gazette, to publish further extracts from the Rules of our union, commencing with Rule No. 4.

MEMBERSHIP :

Entry into Membership.

4. The Union shall consist of any number of persons who at the time of their application for membership, are not less than fourteen years of age, who accept the principles, objects and methods of the Union, and whose application for membership are accepted by any Branch of the Union or by any officer authorised for the purpose by a Branch or by the National Executive Council of the Union.

5. The National Executive Council shall have power to direct a Branch to refuse admission to or cancel the membership of any person who, in their opinion, is not desirable as a member of the Union, and to cancel the membership of any member which has been obtained by fraud or misrepresentation, and to return the whole or part of the contribution paid by such member. An applicant for membership who is rejected by a

and other conditions substituted therefor, and the provisions of Rule 114 varied, at the discretion of the National Executive Council in respect of any member or members transferred from another Union.

11. A member must belong to the Branch which includes the members with whom he works in his employment, or, where this is not possible, to the Branch nearest his place of employment.

12. No person whose arrears exceed eight weeks may be nominated for any office within the Union. A nomination will not be valid if the proposer or seconder is over eight weeks in arrears. No person may be appointed to, or elected to, or continue to hold office if his arrears exceed eight weeks.

Transfers :

13. A member of a Branch may transfer to another Branch on obtaining the consent of the Committee of his own branch and of the Branch to which he proposes to transfer. Transfers shall be elected in accordance with regulations made by the National Executive Council.

Lapse of Membership :

14. If a member allows his arrears (including fines, levies and special levies, if any) to exceed thirteen

weeks, his membership of the Union may, following notification to him in writing, be terminated by the Branch Committee or by the National Executive Council. Where the membership of a member has been terminated such person may (a) be re-admitted to membership as a new member on payment of such increased entrance fee as may be fixed by the National Executive Council or by the Branch Committee with the consent of the National Executive Council or (b) be reinstated to his former membership upon such terms and conditions as the National Executive Council may think fit. A person so reinstated into membership may be charged such reinstatement fee as the Branch Committee with the consent of the National Executive Council may decide.



Recently elected Shop Steward in the Boning Hall. Mr. Tom Kennally.



G.A.A. CLUB NEWS

By Denis Noonan
(Secretary)



We are now at the half-way stage of the current G.A.A. season. I am glad to relate that both the Shannon Meat hurling and football teams are still in contention for County honours.

OWN TOURNAMENT.

The Clubs own Tournament proved once again to be a hurling extravaganza. The four participating teams dished up a feast of good hurling. In the first semi-final, Salemink overcame a strong St. Joseph's team. This in many quarters was looked on as a shock win, but the Kilmallock lads are a very balanced fifteen. The second semi-final was between Shannon Meat and Wyeth's of Askeaton. The favourites, Shannon Meat were hard pressed to earn a victory against opposition who are making a steadfast improvement in the hurling circle. The final between ourselves and Salemink was played before a very large attendance in very bad weather conditions. The scoreboard at the close of play read:

SHANNON MEAT : 4.11

SALEMINK : 1.17

Playing with a very strong breeze, Salemink had a slight lead at half-time. On the resumption of play, the Rathkeale lads got on top and with some classic hurling forced their way into the lead, one which they never relinquished. Bernie Savage was undoubtedly man of the match for Salemink. A very evenly balanced Rathkeale fifteen were best served by Tom Hannafin, Mattie Williams, Frank Dalton, Patch Markham and Niall Hogan. The cup was presented to the vice-captain, Frank Dalton deputising for Billy Lynch who sustained an injury during the course of the game. The

Shannon Meat line-out was :- T. Hannafin, Wm. Sheehy, M. Williams, P. Sheahan, L. Woulfe, D. Cagney, J. Cavanagh, S. Dowling, F. Dalton, S. Harnett, J. Jones, P. Marron, N. Hogan, B. Lynch, P. Mullins, Sub. G. Enright for B. Lynch (injured).

PROGRESS

Our progress in the championship has been encouraging to say the least. In our first round match we defeated Wyeths. This was a hard earned victory and got our championship hopes off to a bright start. In the next round we were defeated by Salemink. Despite missing many of our regulars, we, to say it simply, threw this game away. The third round saw Shannon Meat facing arch rivals, Castlemahon. This proved to be a very good game of hurling, both in excitement and skill. In the end, Shannon Meat had a margin of eleven points over their gallant counterparts. Main feature of this game was the ability of our forward line, particularly the half-forwards, to shoot points at long range. Castlemahon were best served by S. O'Sullivan, Ml. Cunningham, C. Carroll and T. Butler. Stars for Rathkeale were J. Jones, S. Dowling, D. Cagney, P. Marron and P. Mullins. There are two games remaining and our chances of reaching the county semi-finals look promising.

Our footballers have already reached the County semi-final. A disappointing feature of this competition was the failure of clubs to put teams on the field. Hence, may I say regretably, the boys in blue and gold have reached this stage with as many walkovers as matches. "Plenty of training lads."

SLAN AGUS BEANNACHT

SOCCER SCENE



Shannon United F.C. Back Row L to R. N. Harnett, S. O'Shea, M. Reidy, J. O'Grady, J. Lyons, C. Condon.

Front Row : [L. to R.] J. Coleman, T. Mullane, F. Lynch, S. Harnett, D. Brennan.

Glin Tournament

Glin held their annual tournament during June and we were one of four teams participating. The others being, Magobar, Killeany and Glin themselves the holders. The semi-final draw was as follows :- Shannon Utd. v Killeany. Glin v Magobar.

We beat Killeany fairly comfortably 3-1. A penalty goal by Sean Harnett and two goals by Frank Lynch put us into the final. In the other semi-final, Glin beat Magobar 4-1. The final was fixed for Saturday night, June 5th and what a game it turned out to be. It was a superb game that would have done credit to any final. The first half was packed with free flowing football, great end to end stuff, but after 45 minutes it was still 0-0. We were well into the second half before the deadlock was finally broken. The Glin centre-forward found himself unmarked in front of goal with the ball at his feet and he blasted it home from close range. It looked all over for us at that stage but we showed spirit and determination that had been lacking all season.

Shots rained in on the Glin goal from all angles and the equaliser had to come. With minutes to go, Declan Brennan beat his man out on the right and crossed into the box and Tommy Dunne racing in from the left, met it perfectly with his head and the ball flew into the net. On the stroke of time a great shot by Sean Harnett was tipped round the post by Mike Costelloe. Extra time failed to produce another goal thanks to Mike Reidy making a great save from the spot. The re-play two weeks later just was not our night and we lost 2-0. However, the displays by the team throughout the tournament were, by far, the best they have played all year.

TEAMS

Reidy, Brennan, Dollery, Woulfe and Lyons, Harnett (N) Coleman, Lynch, Grady, Harnett (S) O, Shea, Res : Dunne.

7-a-Side Competition.

The local club held a very successful 7-a-side competition which was held in late June. Seventeen teams competed for a beautiful set of trophies. We beat Celtic 4-1 in the opening round but went down 3-0 to Croom in round 2. Foynes after their fine season in Limerick were hot favourites and they duly won their way into the final against Krupps. This team from Limerick were also impressive in the earlier rounds and we looked forward to an exciting final. Krupps set the pace early on and were first to score, but Foynes were on level terms by the interval. In the second half the speed and class of the Foynes side finally began to tell and Krupps were swept aside by a brilliant display of attacking football and the final score of 5-2 was a fair indication of the superiority of the winners. The final was played in a fine sporting spirit, as indeed were all the games. In the ladies final Mungret were the victors beating P & T 5-1. We would like to thank the people who so generously sponsored this tournament. Also those teams who participated and we hope to see them back again next year.

A.G.M.

We held our A.G.M. at the C.Y.M.S. on the 3rd July last and the following officers were elected.

Chairman : Sean Hennessy, **Vice-Chairman:** Tom Steele, **Secretary :** Tom Glenny, **Assistant Secretary :** Mike Dunne, **Treasurer:** Noel Harnett, **Team Manager:** Pa Sheehan, with Noel White, Jimmy Glenny and Tom White as **committee members.** Looking at the above list of names, we can be sure that the Club is in good hands for the coming year and I wish them the best of luck.

Michael Dunne.

ABBEY PITCH & PUTT

OPENING AND PROGRESS



Course Opened.

The Course was opened on Sunday June 6th, when our President, Mr. Maurice Cowhey teed off the first ball. He was accompanied on his round by Seamus Tierney, the club chairman. Since these first shots were played, the course has been well and truly tested. The number of people joining the club is steadily increasing. It is hoped to run club competitions in the near future. This will give our members (the majority of whom are novices) the opportunity to play in competition.

Work-in-Progress.

At present only nine greens are playable. Work on the latter nine is presently in progress. All elements permitting, it is hoped to have the eighteen holes playable in the not too distant future. As stated in the last issue of the "Gazette" the club have secured a club-house. This prefabricated building has now been erected on the grounds and will be a valuable asset to both the club and players alike.

Open Week-end.

The Club are hopeful of running an Open sometime in September. Competitions would start on the Thursday and continue to the Sunday. No definite details of this proposed Open are yet finalised.

It is important for our members to

note that outside of our own local competitions, members of the Abbey Pitch & Putt Club are not allowed to enter Open Competitions, until such time that the Club is registered. Members will be informed when the Club is registered, and the Club encourages its members to participate in outside Tournaments.



Mr. Seamus Tierney [above] who is chairman of Abbey Pitch and Putt club.

Published By :-

SHANNON MEAT LTD,
Rathkeale

And Printed by :-

ORIEL PRESS LTD,
CHARLEVILLE