

SHANNON MEAT GAZETTE



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Telephone : Rathkeale 49/50.

VACUUM PACKED MEAT

By John F. Mulcahy Production Manager.

Vacuum Packaging of meat was first developed in the United States in the early 1950's and progress and improvement proceeded rapidly during the 1950's and '60's. The main Company involved in this development work was that of W.R. Grace. The technique of vacuum packaging did not become known in the U.K., until 1969, when as a result of the outbreak of Foot & Mouth disease in South America and also in England, a ban was placed on the importation of "Meat on the Bone" from South American countries. To overcome this, the South American countries availed of the North American technology of cutting beef into Primal cuts, and vacuum packaging these cuts for export in the chilled form.

What is Vacuum Packed Meat ?

Basically, it means taking primal cuts of meat and placing them in plastic or plastic laminated bags from which the oxygen is then mechanically removed before sealing the bags. This lack of oxygen and also the production of carbon dioxide retards the growth of meat spoilage bacteria. It is the balance of high carbon dioxide and low oxygen that is desirable. Bags which are impervious to gases are used to achieve this result. It is desirable when vacuum packing meat, that it should be packed and sealed preferably within 30 minutes of boning.

Systems of Vacuum Packing :

Basically there are two different types of vacuum packing systems, i.e.,

[a] Nozzle Shrink system. [b] Chamber evacuation system.

[a] Nozzle Shrink System.

This is the system developed by W.R. Grace Co., in the early '50's. In this system the opening of the bag containing the primal cut is placed over the nozzle and with the aid of a mechanical rotary pump as much air as possible is withdrawn and a vacuum created; the pouch is then sealed by means of a clip. The next stage involves immersing the sealed bag or pouch in hot water or putting it through a steam tunnel in order to shrink the bag around the meat thus forming a second skin contact with the product. This is the system marketed by the W.R. Grace Co., under the name of "Cryovac." The Company have a variety of semi-automatic and automatic machinery incorporating this system. The semi-automatic system involves one operator controlling the vacuum drawing process and clipping each pack. The Company have introduced an automatic model - the Girovac Model 121. Again one operator places bags over the nozzle in this rotary system but the vacuumising and clipping is done automatically.



Mr. John Mulcahy

[b] Chamber Evacuation System.

There are many different manufacturers producing this type of system but there are only minor variations between them in terms of sizes available and degrees of automation. The type of pouch used originally with this system was made of Nylon/Polythene and was non shrinkable. Nowadays however there seems to be a swing to a combination of systems with this method. For example, a shrinkable barrier bag is often used into which primal cuts are placed. The bag is then placed in the evacuation chamber with the opening resting on electric bars. When the chamber is closed, the air is evacuated and it is sealed automatically by the heated electric bars. The chamber is then emptied and the vacuum packs are passed through a shrink tunnel to have barrier bags form as it were a second skin.

Vacuum packed fresh meat may be held for periods of up to eight weeks or more at 0°C. Meat stored in vacuum pack will have a purple colour but this will revert to the usual red bloom within 15-20 minutes after the pack has been opened for use and exposed to the atmosphere.

Processing of Vacuum Packed Beef :

Good pre-slaughter practices ensuring that animals are well rested and clean are essential to the successful processing of vacuum packed beef. Rest is important since it effects the pH of the meat after slaughter and a high pH will result in subsequent deterioration of chilled vacuum beef within a period of about four weeks. Hygiene is essential at all stages of processing, this includes personal hygiene of operators, equipment, work surfaces, floors and walls of boning hall and chillers. Temperature control is absolutely vital and holding chills and transport vehicles should be rigidly controlled at a temperature of 0°C.

A major problem with packed meat is leakage of the packages during storage. The films used are especially chosen for their capacity to withstand low temperatures and many of them are suitable for frozen storage. Leaking packs are due mainly to mishandling and bad sealing. The temperature of the heat sealing bar must be accurately controlled. Grease at the seal area is also a common cause of improper sealing.

A certain amount of "drip" will also occur inside the pack due to the pressure of the bag on the meat surface. This is unavoidable in a vacuum packaging operation and is generally not excessive. Of course it could turn out to be a very serious problem if bad boning techniques were used resulting in deep scaring of the various primal cuts and thus releasing excessive amounts of "drip"

The advantages of Vacuum packed Meat could be summarised as follows :-

- Reduction of weight loss.
- Colour preservation.
- Prolonged edibility.
- Better hygiene [No contamination]
- Improved tenderness. [Ageing continues while stored in the pack.]
- Saving of specialised Labour. [Semi-skilled can cut meat at retailers].
- Lower transport Costs.
- Space saving.
- Easy storage. [Easier loading and unloading]
- Supply of specific cuts of meat rather than whole sides.
- Greater numbers employed in processing and more efficient use.



Anne Windle of the Accounts Department regularly becomes "The Voice of Shannon Meat" when acting as telephonist as shown above.

JUST THIS ONCE

Nobody is against safety. We don't know a single person who says, "Oh, the heck with safety. I'm going to take chances."

One psychologist who talked with a lot of men who had accident records says that they always know the safety slogans and declare themselves strongly for safety. They got into trouble because they took a chance just once and had a little hard luck. They really believe it. Many people are victims of the "just this once" philosophy. They know what is safe, but something sort of pushes them into taking a chance, "Just this once". Like a man who one day in a hurry grabbed a ride on a string of trailers being pulled through the plant. He'd never done it before, but he thought he'd do it just this once. He felt pretty guilty about it, expected to be bawled out, expected maybe he'd fall off, expected the tractor driver to yell at him. But none of these things happened. So a few days later a string of trailers happened along when he was going down to the store room and it seemed quite natural to jump on. It got to be a regular thing with him, then one day he fell off and was hurt pretty badly.

Whole departments can fall victim to "just this once" idea. They think they are pretty careful and efficient, really proud of having a good department. Then one day the supervisor or some other brass comes in and says, "How about getting this place cleaned up. It sure is a mess." The foreman is insulted and surprised. Then he steps back and takes a fresh look and, yes, it

does look bad. How come ?

Well, a few months or a year ago, maybe, a lot of extra work came through. They didn't have enough trained men for the job, so they all worked overtime and the house-keeping started to slide. Then they got in the habit of letting boxes and pallets stand half way out into the aisle. This didn't happen all in one day. It started probably because one day they were especially rushed. And once started it got to be the regular practice. And so a department can get a bad name just as a man can by getting a little careless just once and then gradually falling into the habit.

Because these things slip up on us gradually, every one of us, individuals and the department as a whole, have got to watch ourselves critically and ask, are we really as safe and orderly as we think ? Look around, if you see evidence that we are slipping, now or ever, let's raise a row about it.



NEW YORK - THE HARD WAY

BY: **Fred O'Brien - Cost Accountant.**

In June 1972, as a student, I set out for the bright lights of New York City. I had the small sum of sixty dollars in my pocket and the prospects, [as I thought] of a guaranteed job. My intention was to see something of the States and to earn a few dollars by working there for a couple of months.

On arrival I learned that in fact, my "guaranteed" job had fallen through. I went all over New York looking up prospective employers. This was one way of getting to know the city as I could only afford to walk. When I did eventually find a job a couple of weeks later, I was footsore, lighter by one and a half stone, down to my last seven dollars and relying, along with some fellow down-and-outs, on the hospitality of an Irish-American landlady.

NEW YORK

New York is situated at the mouth of the Hudson River. It consists of a number of islands, Staten Island, Manhattan and Long Island and the Bronx, which is part of the mainland. New York has a character all of its own. It is a city which is hard, violent and generally dirty. A city of contrasts, its decaying ghettos are overshadowed by the tallest, most modern buildings in the world. To many visitors it is an uninviting place, in summer hot and clammy, in winter bitterly cold. And yet it has a vitality, a friendliness and an outgoing manner which grows on you and makes you feel at home.

Violence and drugs are synonymous with New York. Fortunately, I had very limited experience of either. On my first night, I was shocked to see two young negro kids, "jacking" (injecting) themselves with heroin in a dingy backstreet. On another occasion, on the subway, a negro woman took her shoe off to throw at me, because I wouldn't (couldn't) tell her the name of the next station.

Mugging is an everyday occurrence. All visitors should follow these instructions. Avoid the ghettos



Mr. Fred O'Brien.

Avoid looking like a tourist and never carry a camera. Always have a few dollars handy, (if you are mugged and have no valuables, you are as good as dead). Keep a sharp look-out, especially behind, for people approaching you. And finally, never travel alone at night.

New York seethes with racialism. Nowhere in the world is there such a variety of peoples, Italians, Blacks, Puerto-Ricans, Chinese, Jews, Poles, not to mention the Irish - now a dwindling community. Each nationality has its own area and retains its old traditions and culture. And each one is suspicious of the other.

WORLD HEADLINES

New York's financial difficulties are always making world headlines. They have been caused mainly by the huge influx of poor Blacks and Puerto-Ricans, seeking jobs. There is a constant movement of the middle classes out of the city. These are the people, of course, who pay most of the taxes. Their places are taken by the poor, most of whom are on welfare. Thus, the tax base gets smaller and smaller as the demand for welfare increases. To pay for the Social Welfare system,

higher taxes are needed. This only succeeds in driving out more tax payers and so the vicious circle goes on.

The average New Yorker is a flamboyant and talkative character, he has views to express on all subjects. Most of the people I met were friendly, open and generous. Certainly, I did not find many of these mean Yanks we hear about on this side of the water.

For anyone who is fond of his beer, New York is a city to visit. Licencing hours are very liberal, many bars staying open until two or three o'clock in the morning. Few people seem to avail of the late hours, most bars are almost empty by twelve. Schaefer and Budweiser are the big beer sellers. Bourbon and Scotch are the most popular shorts. A lot of the barmen are Irish and they are always pleased to see a fellow Irishmen.

JUNGLE

Much to my surprise a wide spectrum of animal and insect life is to be found in this concrete jungle. There is a large dog population and as the streets are seldom cleaned, owing to the city's financial problems, the evidence of this canine presence is there for all to see. Ants are not the sort of creatures you would expect to see in any modern city, but they were around in their millions. I had the misfortune to spill some coke on my bedroom floor one evening and when I awoke next morning, the room was crawling with them. They kept me company for the remainder of my stay.

I also saw several giant cockroaches scuttling across the floor of my flat. Not the nicest creature to be faced with as you settle down to eat a breakfast. Grey squirrels were plentiful around the Bronx where I was staying. In the skyscraper where I was working as a security guard, I saw mice up as high as the fiftieth floor. They had managed to escape the attention of the numerous cats who roamed the building.

After three months it was time for me to leave New York. I returned home with a few dollars in my pocket, some happy memories and a lot of valuable experience.

DICK WOODROOFE AN APPRECIATION

Dick Woodroffe would have completed 10 years in the employment of Shannon Meat Ltd, on the 11th February. He first worked in the Livestock Department, but spent most of his years here as a member of the staff in the Refrigeration Dept. He will be remembered in Shannon Meat Ltd, for his boundless energy and his ready, impish sense of humour. He was ever ready to recall anecdotes of the good old times in Rathkeale, to recall his experience as a member of the Rathkeale Dramatic Society, never failing to mention their achievement in 1958 when they were runners-up to Dublin University in the All-Ireland Drama Competition. His receiving of an All-Ireland Certificate as the best actor was one of the happiest moments of his life. In his youth, he was a keen sportsman.

He is sadly missed by his colleagues in Shannon Meat. His honesty and integrity in his approach to his work is a shining example to us all. His readiness to be of the utmost assistance to those whom he came in contact with at all levels within the Company bore witness to the application to duty and to the charity of the man.

He is particularly mourned by the young people of Rathkeale. He devoted much of his spare time and energy to their welfare and interests. He particularly enjoyed the company of children.

In conclusion we quote with slight alteration, a passage from "The Shannon Meat Gazette" of August/September, 1976 which carried a profile feature on him.

"Dick Woodroffe, dramatist, actor, gentleman of sport, colleague, we mourn your passing.

Solas na bFlaitheas do Anam

BEEF CUTS

By Dan Cagney.



Dan Cagney - Home Sales Dept.

This article I hope will be of some help in the efficient usage of Shannon Meat Home Freezer Cuts. In it, I outline my opinion of the best cooking approach to the various individual cuts.

A side of beef is divided into two sections: Forequarter - Hindquarter. The side is cut across the middle so as to leave one rib on the hindquarter and twelve on the forequarter. The majority of the low priced cuts are found on the forequarter.

FOREQUARTER :

[a] Chuck.

An economical cut from the shoulder. It is suitable for boiling or stewing. A more tender cut is Rib Steak, which is primarily roasted slowly or braised.

[b] Neck

This is a cheap economical cut which is usually stewed, minced or boiled. The value of this joint is very often underestimated.

[c] Brisket.

This is generally boned and rolled for pot roasting. Prior to the commencement of this operation the cut was boiled.

[d] Housekeeper's Cut.

A high quality boneless cut which is best suited to roasting. The lesser quality portion of this joint is generally boiled or stewed.

[e] Rib.

This is the best acclaimed roast in a beef carcass. It is boned and rolled for more satisfactory results.

[f] Fore Shin.

A slow cooking piece which is stewed.

HINDQUARTER :

[a] Sirloin.

This cut can be divided into steaks of which the T-Bone and Sirloin are the most famous. These steaks are generally fried or grilled. The fillet is the eye of the steak and is the most tender of all steaks. The sirloin is

also roasted.

[b] Tail End.

This joint is one of the less tender cuts of the hindquarter. It can be boiled or pickled.

[c] Flank.

A poor quality joint which contains a large portion of fat, but when trimmed it is suitable for stewing or may be minced.

[d] Round.

It can be subdivided into two further cuts :- Topside - Silverside. The topside is best when pot roasted, although it can be equally tasty when cut into steaks. The silverside is usually roasted and is often sold as Corned Beef.

[e] Hind Shin.

As in the forequarter, this piece is best suited to slow cooking.

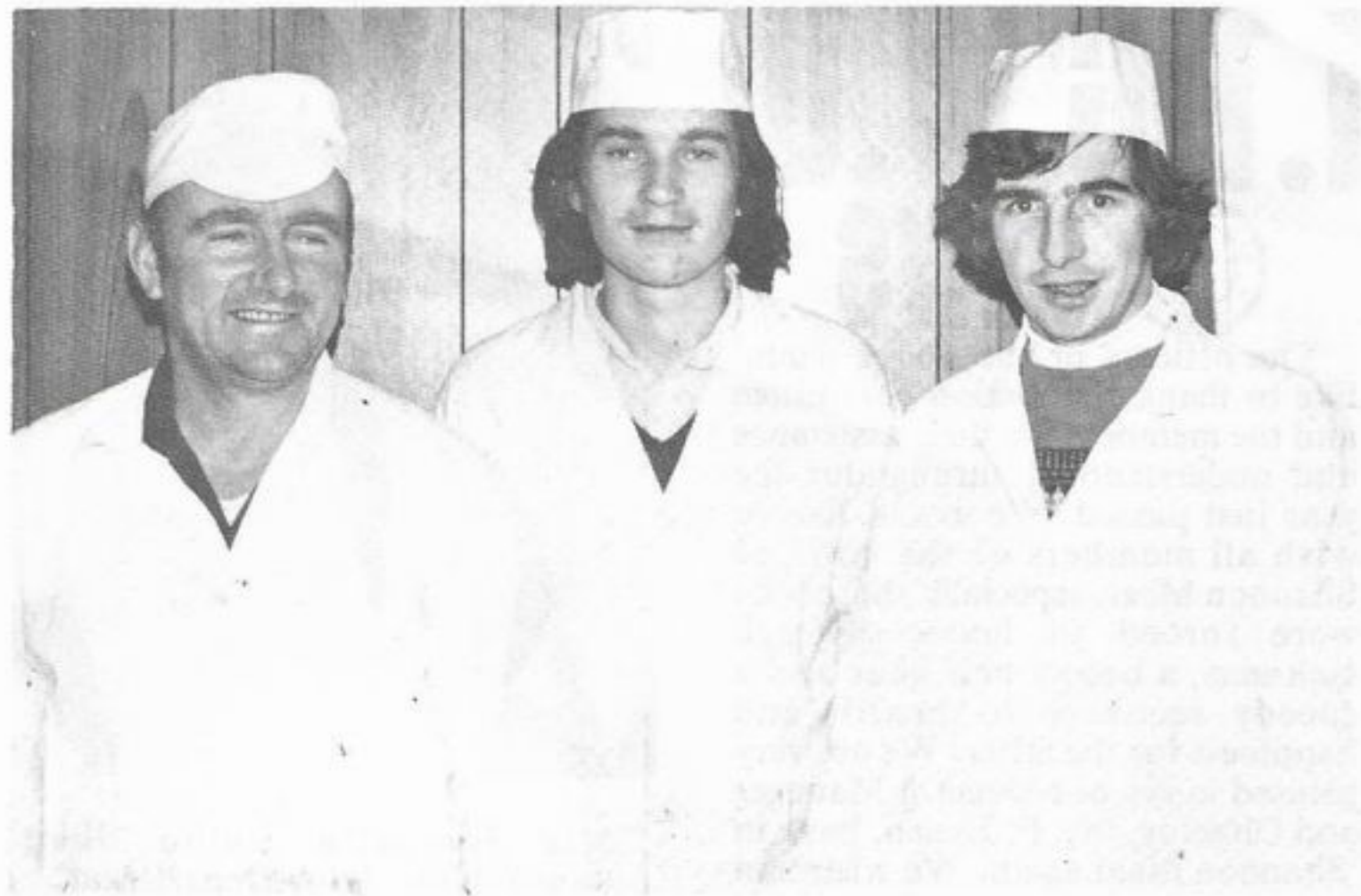
I hope the aforesaid information will be of some advantage to the housewife for the best use of Shannon Meat Freezer Cuts.



PICTURE PARADE



Staff of Rathkeale House Hotel who operate the Canteen in the amenity block are Miss Catherine Meehan [left] and Miss Rita Dollery.



Boning Hall Staff from the West, Tom White Templeglantine, Tom Murphy Athea, and Mossie Sheehan Athea.



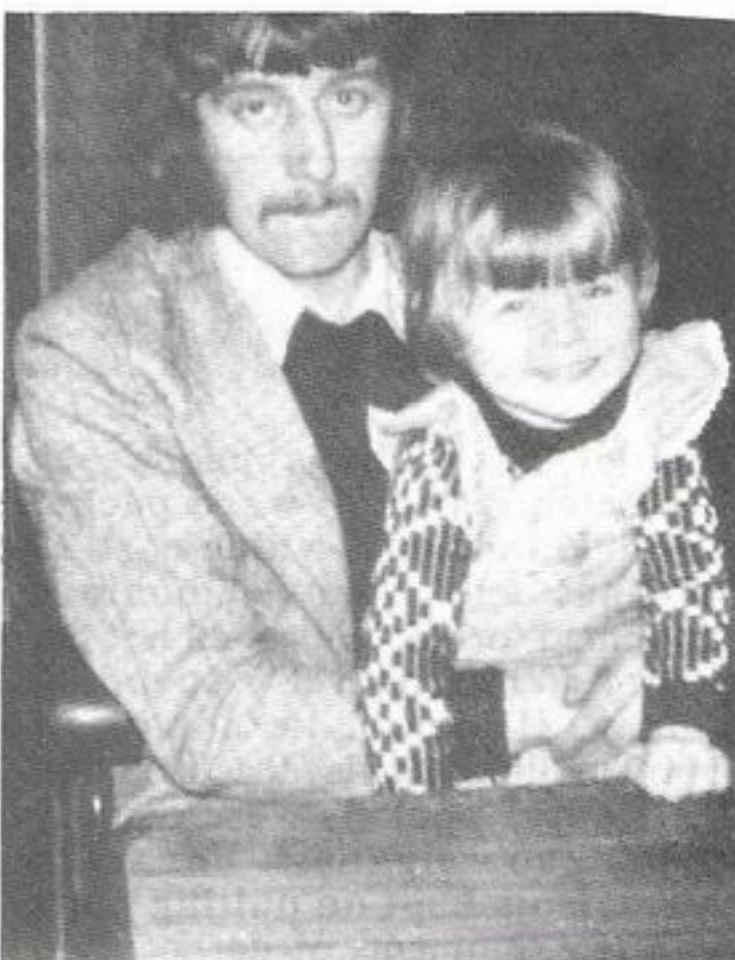
Recently engaged is Tom McCoy of the Slaughtering Department.



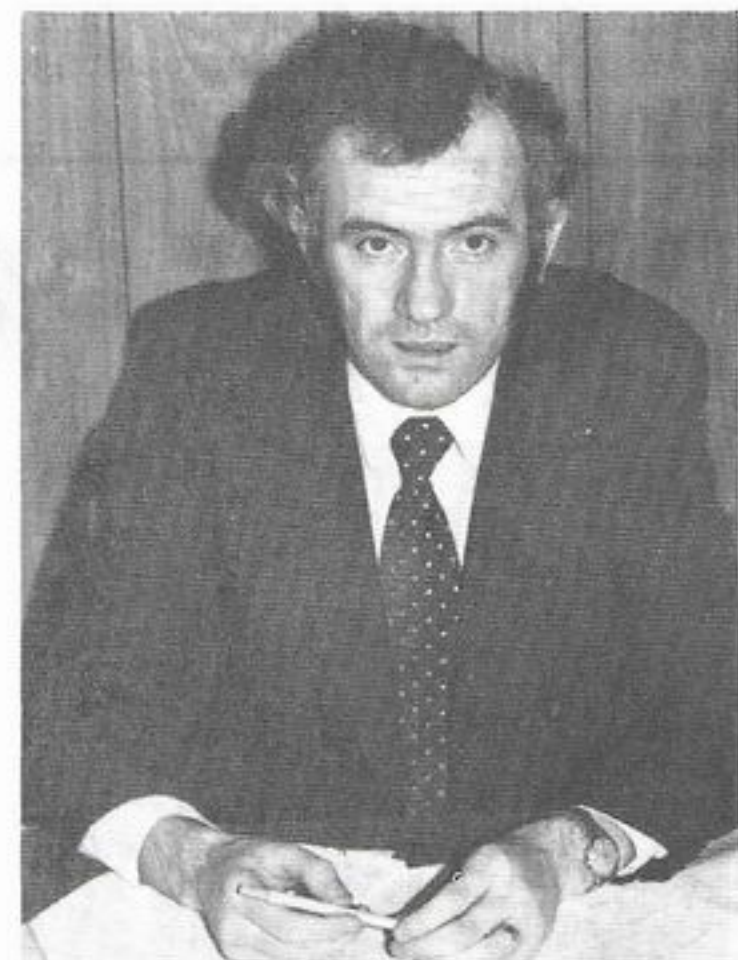
Donie McEnery [above] is Canning Department Supervisor with Shannon Meat Ltd.



Relaxing during their break from work in the Casing Department are Miss Helen Shiels and Miss Patricia Enright.



John Lyons of the Boning Hall photographed with his daughter Suzanne on their way by train to Dublin.



Dan Neville [above] Personnel and Training Officer photographed editing this edition of the "Shannon Meat Gazette."



Mr. John Meehan of Ballingarry is a member of the staff of Shannon Meat Ltd.



Pretty Cousins - Patricia and Mary Hogan.



Bill Meade [left] and Michael Murphy of the Building Maintenance Department take a break from work for this photograph.

I.T.G.W.U. NEWS



The officers of the above would like to thank the section committee and the members for their assistance and understanding throughout the year just passed. We would like to wish all members of the staff of Shannon Meat, especially those who were forced to leave through sickness, a happy new year and a speedy recovery to health and happiness for the latter. We are very pleased to see our General Manager and Director, Mr. P. Lynch, back in Shannon Meat again. We wish him health and happiness.

Business has got underway in the Company for 1977. We are very concerned about cattle supplies however, numbers seem to be falling off, but one can never forecast in the meat trade. We hope that during 1977 communication and assistance will be more forthcoming from our branch office in Limerick. We wish all those working in Shannon Meat who have received new houses, many years of luck and happiness with them. We would like to congratulate Michael McNamara, former chairman and Michael Kelly, a former secretary, on the recent birth of sons, both named Noel.

We would like to pay a word of thanks to the management of Shannon Meat Ltd; for their co-operation throughout 1976. We thank them for facilitating us with meetings and entertaining our requests. We also thank them for facilitating our branch officers with time off to attend industrial relations courses with our Union in Limerick. We now continue with extracts from our Union rules which are topical since we are approaching our Annual General Meeting.



Kevin Hannafin Union Shop Steward in the Tripe Department.

BRANCH OFFICERS AND COMMITTEE

30. The business of each Branch shall be administered by the Branch Officers, consisting of a President, Vice-President and Secretary, and the Branch Committee, consisting of not less than five members of the Branch.
31. All Branch Officers and members of the Branch Committee must have been members of the Union for the twelve months prior to election, except in the case of new Branches, or in the case of the representative or representatives of a newly organised section of the Branch, but the National Executive Council may authorise the appointment as Branch Secretary of a person who does not comply with this provision. No Branch Officer or member of a Branch Committee may be appointed to, or continue to hold office if he is more than eight weeks

in arrears.

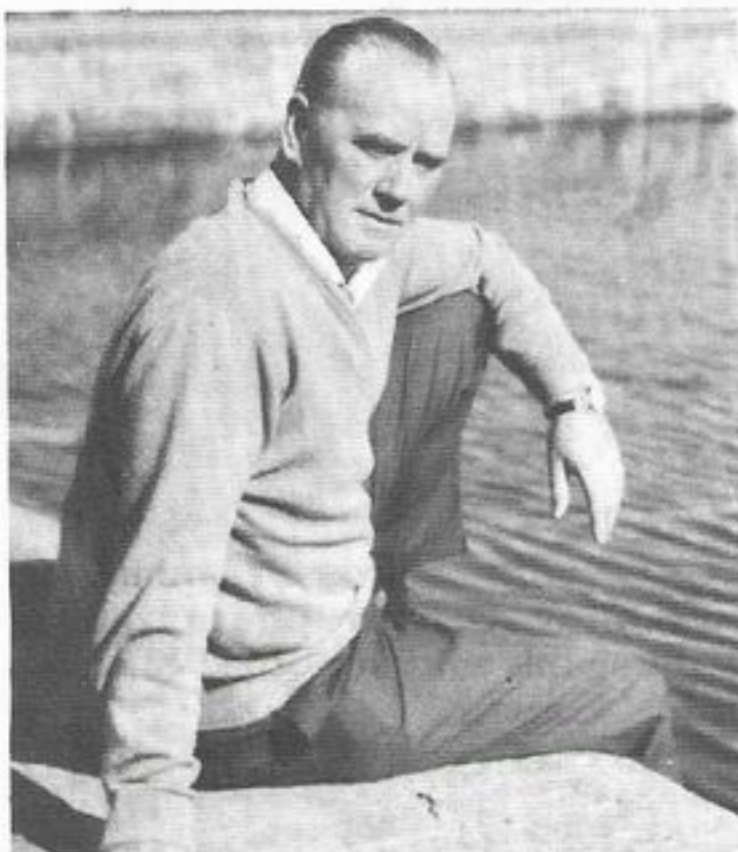
32. Save as provided in Rule 33, nominations for the appointment of the Branch Officers, and the members of the Branch Committee shall be made at the Annual Meeting and if more than one qualified person is nominated for any position an election shall be held as soon as possible after the Annual Meeting in manner determined by the Standing Orders of the Branch. The Annual Meeting or the National Executive Council may authorise the appointment of the Branch Officers, Trustees, or Collectors, by the Branch Committee instead of by the Branch.
33. A branch may provide, by way of its Standing Orders, that any or all of the members of the Branch Committee shall be nominated and elected by the members of the several employments or groupings within an employment within a branch. In an employment with various groupings of workers, the Branch Secretary may, in consultation with the Branch Committee, allocate representation to the various groupings, in accordance with the scale of representation set out in the branch Standing Orders; subject to the right of appeal by the Branch Committee or the members concerned to the National Executive Council.
34. The Branch Officers and Committee shall hold office for one year, but shall continue to carry out their duties until their successors are appointed, and shall be eligible for re-appointment. A casual vacancy shall be filled in the manner provided by the Standing Orders.

TRIMMINGS

By the Trimmer

- * When a fellow gets married, his spooning days are over - from then on he has to fork it out.
- * A yawn is at least an honest opinion.
- * An Arsonist is one with a burning desire.
- * Don't drive as if you owned the road - drive as if you owned the car.
- * Try praising your wife even though it might frighten her at first.
- * He who indulges, bulges.
- * Juvenile delinquency is the result of parents trying to train children without starting at the bottom.
- * If at first you don't succeed you're running about average.
- * A halo has to fall only a few inches to become a noose.
- * Opportunity often knocks, but it has never been known to turn the knob and walk in.
- * God grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.
- * Luck is a lazy man's estimate of workers' success.
- * Win new friends but keep the old. The first are silver, but the latter, gold.
- * Successful men are often bald because they are destined to come out on top.
- * A fool and his money are soon invited places.

PROFILE - DOM WHITE



DOM WHITE

Dominic White was born only a stones throw from the walls of Shannon Meat Ltd. Little did he realise, in those early times, that one day he would earn his livelihood inside these walls. Dom was one of a family of twelve, each one of whom was more successful than the next. He received his education across the road from his home at Jack O'Connor's Secondary School.

He left school at the age of eighteen. Eager and ambitious, Dom left his home for the bright lights and loud noises of Dublin. On reaching the Capital, he commenced work in a public house, (even at this time, the Irish were great drinkers). His wages amounted to the princely

sum of 30 shillings per week. Deducted from this wage packet were his lodgings, which cost 25 shillings and other deductions amounted to 1/3. This in all left the young White with 3/7 spending money. However, he admits to enjoying life, despite the fact that his trouser pockets were usually empty and weightless. For seven years, Dom kept on pulling pints with few 'moments of darkness' in between.

R.A.F.

Instilled with dreams of seeing the world, Dom was anxious to go abroad. His ideal opportunity came when he joined the R.A.F., in Belfast, in 1945. A four months course in England immediately followed. After this came a memorable two day excursion across France and Switzerland to Italy. The young Irishman was captivated by the beauty which he saw, when he reached his destination, Naples. He could well and truly understand the meaning of the famed quotation, "See Naples and die". Here was beauty in all its splendour, extravagance and purpose, whether in the form of nature, buildings or women.

In Naples, Dom was in charge of a Ration Store. This necessitated him travelling in the early morning, to a food depot, some miles away. He was accompanied each day by an Italian driver and a German prisoner of war. Despite all the

beauty of Naples, the after affects of war and turmoil were also evident. In this routine ambulation, Dom saw the sympathetic sight of pathetic homeless little children, appearing from the rubble where they had just slept. Except for this horrifying experience, Dom enjoyed and availed of the beauty that surrounded him.

ESCAPE

In early 1947, the R.A.F. moved from Naples to Udini, by road, in very difficult weather conditions. While spending a night in a mountain tavern in the Fabriano Pass, Dom and his associates had a fortunate escape with their lives. Dom explains "We were playing skittles, when we realised that the villagers of whom there were many, were seemingly angry and upset by our presence. However, on talking to our English speaking host, who, fortunately for us entered at precisely the right time, the obvious expression of hatred disappeared from the peoples faces. Later, we learned, they thought we were German soldiers, who two months previously, killed twenty of their townspeople as a reprisal for loosing one German soldier." This was the Rathkeale man's only frightening war-time experience. Dom, then spent six months on Guard Duty in Trenisco. In July, 1947, he was posted to Stafford in England and remained there until February, 1948 when he was demobbed.

On returning to civil life Dom got a job with the Ford Company in Dagenham. Here, he was operating in the Foundry section. Not even, in war time did he find it as hot, so he left this 'sweat-box' after three

months, a period which was substantially longer than most. After this, the tanned Dom acquired a position with a heating engineering firm in Regent Street London, (these hot jobs probably explain why he is such a warm hearted chap). His boss at this time was an Irish-Jew, Max Hurley, a person whom Dom still holds in very high esteem.

ABBEYFEALE

In May, 1950, Dom White returned home to his native Limerick. He acquired a job in Abbeyfeale as an Insurance Agent, a position he held for three years. His mode of transport was a push-bike around the high hills and deepening vales of West Limerick and North Kerry. Dom points out that trying to sell insurance at this time was very difficult as the people were extremely poor. However, his most difficult job was refusing food. At every country house, he was either offered a freshly boiled egg or good nourishing hairy bacon.

'Fed-up he returned to England in 1953. In Oxford, he worked in the famous car assembly plant of British Leyland and remained there until 1969. After this, he worked with a Wood-work Exhibition Firm. In this company, he travelled the length and breadth of England, enjoying life to the full.

In March, 1971 the contented adventurer returned home, having seen the sights of his boyhood dreams. In February, 1975, Dom took a position with Shannon Meat Ltd., the walls of which once formed a play-ground for him. In conclusion, I wish this gentleman of gentlemen, the very best for the future.

LIVESTOCK TOPICS PRIZE STEAK AT £6 PER LB!

By Donie Donovan,
Livestock Procurement
Manager

Winter was in at least a month earlier this year, which meant, of course, cattle left out roaming the land were not great killing. As the winter grows shorter so too does the relationship between live/weight and dead/weight, unless the owner takes proper care of the situation and does not change his feeding programme as often as the weather changes. All that glitters is not gold and there is nothing more sure at this time of year. Weather is the important factor at this time of year from a killing out point of view. There are other factors which effect the degree of finish on an animal, e.g. breeding, age, feeding and health to mention but a few.

For the benefit of those who are not familiar with what to expect when shown a dressed carcass, there are at least seventeen portions other than the carcass itself to make up the animal e.g. hide, offals etc. ranging in weight from 1½ cwt. down to 3 lbs. approximately. If one is ever in doubt with the performance of any one of his animals, we shall only be too glad to supply a more detailed list of the above mentioned portions.

FANCY PRICES

With the fat stock show and sales over for another year, one cannot help wondering about these fancy prices of £50 to £70 per cwt. live weight being recorded and since paper was never known to refuse ink, what must the general public think? Would they be entitled to class this as terrible abuse of money.

Not wishing to belittle the men who go to all the trouble of producing these fine animals. On the contrary, they are a most dedicated people and a credit to their profession. As the current value of prime steers at the time was scarcely £29 per cwt, I feel sure the producer would be more than pleased with a £1 or £2 per cwt. above the normal price, at a time when beef consumption can ill afford this kind of publicity, not to mention the effects it could have on our tourist industry.

As a certain person said to me lately, "without looking to the third world, we have plenty of charitable causes in this country that could well do with a few hundred pounds any Christmas" and what could be a finer way to dispose of any surplus if one has it to give away.

These well finished animals have the same limited number of expensive cuts as the average beast and all any housewife has to do to find the cost of beef bone-in is to take 60% off the cost per live cwt. give or take 1% to 2%.

By the time the first prize winner is dressed, cooked and the usual 10% added on your steak would cost you £6 per lb. So much for the rosettes and the art of whaling and dealing.

AUTOMATIC TELEPHONE

I read somewhere lately that the telephones are to change over to the automatic system. It is most annoying when you have to shout into the thing, there is nothing worse than a bad line.

Experience has taught us it is better to hang up and hope for something better than take a wrong message, as has happened me on one occasion, when I accepted a sow instead of a cow.

THE NEW IRISH GREEN POUND

The New Irish Green Pound

which came into effect on Monday, 17th January, has had its share of publicity. One aspect of it, however, which has not been highlighted as yet, is the fact that store cattle as well as prime can legally go into Northern Ireland and pick up an M.C.A., of £5.06 per cwt; equal to £11.17 per 100 kg. This puts further pressure on Southern Producer's margins. Gone are the days when cattle prices were controlled by the volume of meat consumed. Today CAP with its rules and regulations seems to have turned what was once a simple, straight forward method of meat trading, into a jungle of Stock Exchanges where it is difficult to know what is going what direction.

FREEZER STOCK

Suppliers of stock delivered for the purposes of processing for their own deep freeze are specifically requested to communicate this fact to the livestock department, on delivery to the factory.

Please check livestock receipt docket to ensure that, the fact that the animal is for processing for suppliers own deep freeze is stated on it.



Donie Donovan

METRIC SYSTEM

On 3/1/77, the Meat Industry went metric. All weights on cattle statements are shown in Kilos from that date. For a period of time, weight shown in brackets after the kilo weight on the statements will represent the weight in lbs. All prices will be per Kilo.

Example (1) 1 Kilo (2.2 lbs.)
(2) 181.5 Kilos (400 lbs.)

The following tables may be of assistance in relating the old system with the new.

1. WEIGHTS.			
200 lbs	=	90.7	Kilos
225 "	=	102.1	"
250 "	=	113.4	"
275 "	=	124.8	"
300 "	=	136.1	"
325 "	=	146.5	"
350 "	=	158.8	"
375 "	=	170.1	"
400 "	=	181.5	"
425 "	=	192.8	"
450 "	=	204.2	"
475 "	=	215.5	"
500 "	=	226.9	"
525 "	=	238.2	"
550 "	=	249.5	"
575 "	=	260.9	"
600 "	=	272.2	"
625 "	=	283.6	"

2. PRICES			
30p	per lb	=	66.1p per Kilo
32p	"	=	70.5p "
36p	"	=	79.3p "
40p	"	=	88.2p "
42p	"	=	92.6p "
45p	"	=	99.2p "
48p	"	=	105.8p "
50p	"	=	110.2p "
52p	"	=	114.6p "
55p	"	=	121.2p "
58p	"	=	127.8p "
60p	"	=	132.2p "
62p	"	=	136.6p "
64p	"	=	141.1p "
65p	"	=	143.3p "
70p	"	=	154.3p "

SHANNON MEAT CHAT By the Scribe

- * Congratulations to Michael Kelly on the birth of his fourth son.
- * The Scribe wishes Tom McCoy the very best on his recent engagement.
- * Gerry Cussen made his League of Ireland debut with Limerick Football Club lately. I am told it is the first of many.
- * Welcome and Congratulations to Peter O'Hare who has joined the Department of Agriculture Staff in Shannon Meat Ltd., and who recently got engaged.
- * The Scribe wishes John Hughes of the Casings Dept, a speedy recovery and a quick return to the fold.
- * Must say that Frankie & Davy Dalton's new motor-bikes are pretty.
- * Congratulations to James O'Grady of the Boning Hall and Bernie Boland on their recent engagement.
- * Miriam Mulcair will be walking up the "Centre Aisle" on February 3rd.
- * Congratulations to Mr. & Mrs Michael McNamara on the birth of their son, christened, Noel.
- * Stevie Murphy of the Boning Hall also got engaged at Christmas.
- * Glad to see Mario Zoncada in the Shannon Utd. colours again.
- * Well wear to John Hayes in his new petrol stretcher. Keep on rolling, John!
- * Tom White (Jnr.) tells me that John Lyons (Jnr.) is a very capable Ballad Singer. Believe it or not.
- * Connie Kenneally of the Boning Hall got married during Christmas.
- * To readers of this Magazine, it must seem that all factory employees are either : engaged, married or fathers. This, however, is not so. There are still a few of us left.
- * The Scribe can't help feeling sorry for Pa Guinane and his "wheelchaired" West Ham team.
- * The Scribe extends his belated New Year's Greetings to everybody.

FAREWELL TO JANUARY

By Breda Morrissey-Accounts Dept.

O'Month when all of nature seems
Caught in a sleep that's more like death
When frost and snow clasp hill and vale
And rivulets no more run free.

When trees stand bare against a sky
Where sun shines low - when e'er it shines
Nor gives much heat to living things
That crouch with cold in field and hill.

When fishermen with searching gaze
Do scan the skies for sign of storm
And wonder will they venture forth
Or heed the wifely pleas to stay.

O'Month of varied changing weather
Of morning fog, and evening gale
When virgin snow that looks so pure
Is turned to slush within the hour

O cruel month with which to start
The New Year which we hope will be
A better one, for we have vowed
To turn new leaves, old ways to mend.

But cold that bites at finger tips
And cars that freeze up and won't start
Play havoc with our good resolve
To greet each day with kindly mien.

And 'flu that makes us cough and sneeze
And take to bed with drinks and pills
Does nothing for our warm desire
To spread peace, friendship and goodwill.

But yet a glimpse of hope I see
Ah! tell me you have seen it too
The day in brightness slowly grows
And makes us surely think of Spring.

For Spring is surely on her way
Though all around is desolate
And soon her beauty will display
To lift us from our Winter woe.

And we will once again behold
Earth's slow but certain waking
When woodland dale and garden smile
With primrose and with daffodil

COOK'S CORNER

In this issue we give you one everyday recipe and another more elaborate one. We hope you enjoy them.

MUSHROOM BEEF PIE

Cooking Time : 35-40 minutes.
Oven Temperature : 400°F.
Gas Mark 5-6. Serves 4.
1 onion. 3 oz. fat or butter.
12 oz. cooked stewing steak.
1 oz. flour.

pt. brown stock or water
and stock cube.

½ pint milk, 4 oz. mushrooms,
approximately 8 oz. cooked peas,
seasoning. 6 oz. short crust pastry.
To Glaze : milk or egg.

Chop the onion finely and toss in 2 oz. of hot fat or butter, add the diced meat and cook for several minutes. Stir in the flour, cook for several minutes, then gradually blend in the stock, or water and stock cube and the milk. Bring to the boil and cook until a smooth sauce. Meanwhile fry the sliced mushrooms in the remaining 1 oz.

fat or butter, (this prevents the mushrooms darkening the sauce). Stir the mushrooms and peas into the sauce, season and put into a 1½-2 pint pie dish. Cover with pastry, brush with a little milk or beaten egg and cook in a moderately hot oven until crisp and golden brown.

STEAK DIANE [Serves 4]

4 pieces of fillet steak, inch thick.
1 oz. butter.
2 tablespoons cooking oil.
2 tablespoons worcestershire sauce.
1 tablespoon lemon juice.
1 tablespoon grated onion.
2 teaspoons chopped parsley.
Little brandy, (optional)

METHOD :

1. Fry the steak in the butter and oil for 2-4 minutes on each side. (Frying time varies according to taste).
2. Remove them (keeping them hot) and add the worcestershire sauce, brandy and lemon juice to the juice in the pan.
3. Stir well and warm thoroughly.
4. Add the onion and parsley and cook gently for 1 minute.
5. Serve the sauce spooned over the steaks.

SOCCER SCENE



The league has now almost reached the half-way stage and we are nicely placed being two points behind the leaders with a game in hand. The league title is wide open and any one of four or five teams can win it. Our cup hopes were shattered when we were beaten by Broadford and Castlemahon on successive Sundays. Our results since the last issue are :-
Shannon Utd. 3. Pallaskenry 2.

Our good run continues and we just edged out Pallaskenry, in a good game, despite the atrocious weather. Pallaskenry were quick to settle down and were soon in front with a goal from a free by Sean O'Neill. Gradually we got into the game and goals by Coleman and Jones had us in front 2-1 at the interval. Pallaskenry equalised in the 2nd half, but we were not to be denied and a late goal by Johnny Jones gave us both points.
Man of the match - Johnny Jones.

Broadford 6. Shannon Utd. 2.

We went to Broadford with high hopes of winning this one and thus gaining a place in the area final of the F.A.I. Cup. Everything seemed to be going according to plan when Frank Lynch scored a great goal to put us in front. It was all Shannon Utd. at this stage and we were unlucky to be only one goal in front. Then a bad defensive error at the back left Broadford in for the equaliser. Now we had a different ball game and Broadford got completely on top. They scored two more in the first half to lead 3-1 at the interval. They scored another soon after the break and although we pulled one back through Johnny Jones, Broadford ran out easy winners. The final score being 6-2 in their favour.
Man of the match - Frank Lynch.

Castlemahon 2 Shannon Utd. 1.

Surely one of our worst displays of the season. We had hoped to win this one and thus advance to the semi-final of the area Munster Cup. A goal by P.J. Wall gave us an early lead, but Castlemahon hit back to level 1-1 at the interval. As the 2nd half wore on we were getting on top, but our forwards just could not take the created goal scoring chances. Then with ten minutes to go,

Castlemahon rocked us by taking the lead. We had all the play after that and missed two great chances, but could not put the ball in the net and that's what the game is all about.

Man of the match - Bill Chawke.

Shannon Utd. 3. Kildimo 4.

We were back to the league again today and although we lost this one, we collected both points due to the ineligibility of one of their players. This was a game of two halves. Kildimo played all the football in the first half and led 3-0 at the interval. They added another soon after the break and it looked all over at this stage. Suddenly we sprang to life and goals by Johnny Jones and Pat Lavin gave us new hope. Late in the game we scored another, again by Johnny Jones, but we left our effort just a bit too late.

Man of the match - Johnny Jones.

Kilcoleman 1 Shannon Utd. 1.

This was without doubt the best game I have seen this year. Both teams played great football and a draw was a fair result. There was no score in the first half, with both sets of forwards well held by the opposing backs. Kilcoleman opened the scoring due to very slack marking by our backs. But we were not to be denied and Bill Chawke levelled the match with a goal in the last minute.

Man of the match - Noel Harnett.

Watch it grow : Jones (6), Coleman (4), O'Grady (4), Chawke (3), Wall (2), Hayes, Gallagher, Harnett, Daly, White, Lynch and Lavin one each.

Michael Dunne



Noel Harnett, prominent defender with Shannon Utd. is employed in the Home Sales Department.

ABBEY PITCH & PUTT

The first Annual General Meeting of the Abbey Pitch & Putt was held at Geary's Hotel, Rathkeale, on Tuesday 11th January, 1977. The turn-out of club members was most disappointing. The following officers were elected :

Chairman Seamus Tierney.
Secretary Sean Harnett
Ass. Sec. Liam Woulfe.
Joint Treasurers ... Michael Dunne.
Anthony Woulfe.

The Chairman, Mr. Seamus Tierney, expressed his obvious disappointment at the number who attended. He stated, "It is a pity that our club members do not realise the effort needed to run and organize such a club." The committee in full, were a little dismayed, by the fact, that no help of any size was forthcoming from the vast majority of our members. Through this Magazine and on

behalf of my fellow committee members, I ask a little assistance from each member in helping to further develop the course. This further development will commence once the weather improves. Remember, the course is provided for YOU. It has been decided that the course will remain closed until March.

CLUB DRAW

- 1st Prize** -
£30 Geraldine Shinnors, c/o James-Carew William Street, Limerick.
2nd Prize -
£20 James Cusack, Adare.
3rd Prize -
£10 Victoria White, New Rd., Rathkeale.
4th Prize -
Bottle Whiskey, Marie White, St. Mary's Park, Rathkeale.

The Club are looking forward to the New Year, with hope and confidence. To each of our members, I extend my best wishes for a happy, peaceful and successful year. Keep on Putting.

G. A. A. CLUB NEWS

By Denis Noonan
(Secretary)

The Annual General Meeting of the Shannon Meat G.A.A. Club was held on the 14th January. The following officers were elected :

Chairman Michael O'Neill
Vice-Chairman Bill Lynch
Secretary Denis Noonan
Ass. Sec Denis Kenneally
Joint Treas William Sheehy
and Paddy Hennessey

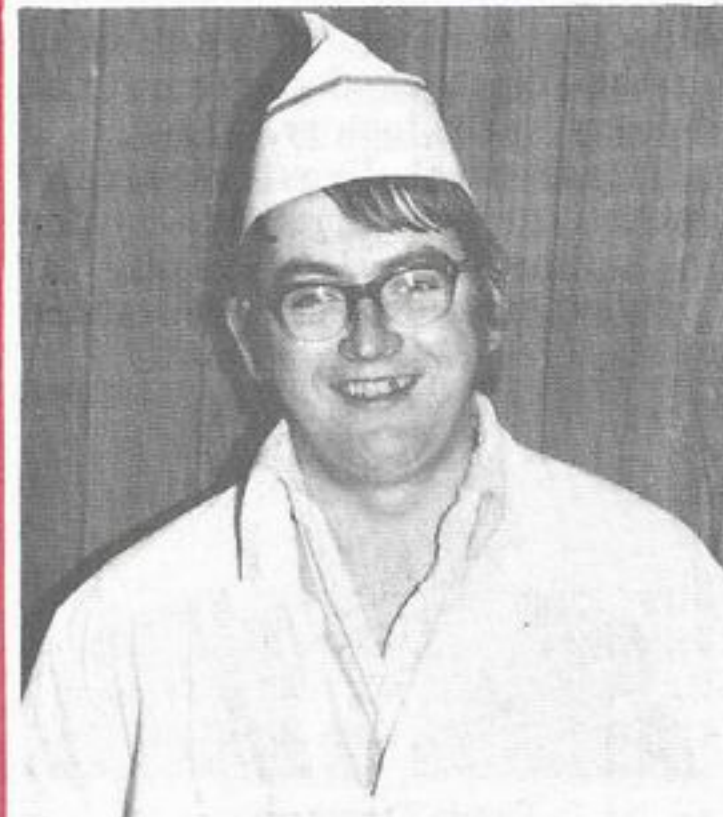
The following club members comprise the Committee :-

Tom Hannafin, Mattie Williams, Gerry Molyneux and Mike Keating. There are two noticeable changes from last year's committee, in that, both Mattie Williams and Tom Hannafin, have stepped down from office. They are replaced as Chairman and Treasurer by Michael O'Neill and Willie Sheehy respectively.

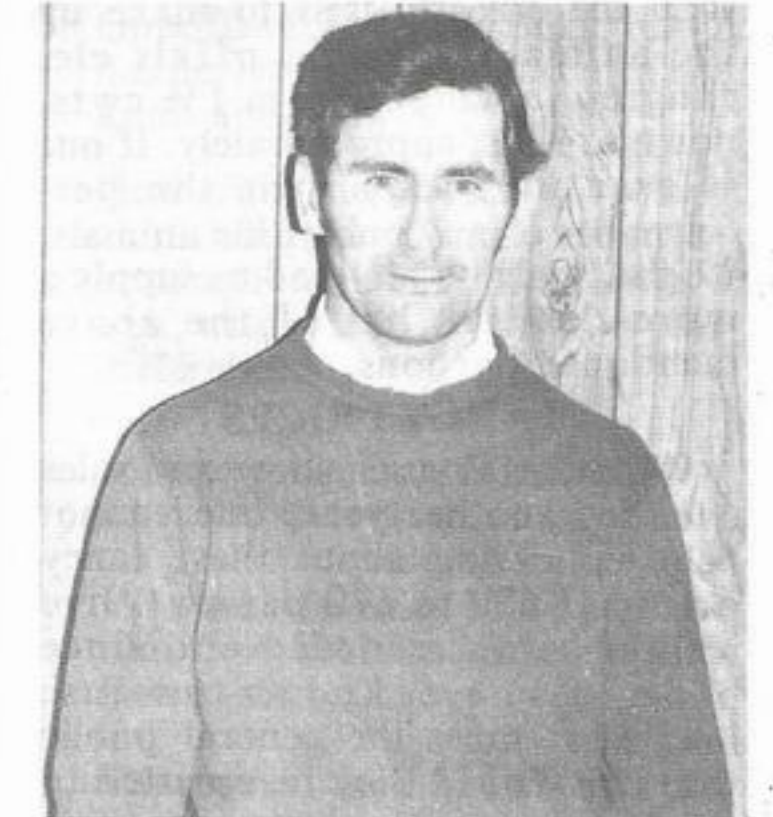
The various selectors and captains were elected for both codes. The hurling selectors nominated are Mike Keating, Mike O'Neill and P.J. Jones. This years hurling captain will again be Billy Lynch of the Freezers Department. The vice-captain is Johnny Jones. The footballing selectors for the year are : Mattie Williams, Christy Jones and Paddy Shaughnessy. Liam Woulfe will captain the team and his vice-captain will be Denis Kenneally.

LATE DICK WOODROOFE

At the commencement of the Annual General Meeting, two minutes silence were observed as a remark of respect for the co-founder of the club, the late Dick Woodroofe, whose death came as a frightening shock to all within the club and factory.



Name : JAMES KAVANAGH
Department : Red Offal
Age : 21
Height : 5' 8"
Married : Not Yet
Club : Adare
Position : Left Half Back
Favourite Sports : Hurling, Darts, Rugby.
Hobbies : Reading and Dancing.
Favourite Team : Limerick
Favourite Player : Denis Coughlan, Cork.
Most Difficult Opponent : Liam O'Donoghue (Mungret)
Most Memorable Match : Winning West Limerick Senior Title in 1975.
Honours : West Titles - 3 und. 14's, 2 und. 16's, 2 und. 18's, 1 und. 21's. 1 und. 16 Co. Medals.
Ambitions : To win County Senior Title with Adare.



Name : DENIS KENNEALLY
Department : Slaughter Line.
Age : 37.
Height : 5' 9"
Weight : 11 st. 7 lbs.
Married : Yes to Margaret.
Children : Theresa (6), Thomas (4), Denise (1 1/4)
Club : St. Mary's Rathkeale.
Position : Left-Half Back.
Favourite Sports : Football, Hurling, Soccer, Horse Racing and Handball.
Hobbies : Television.
Favourite Team : Limerick.
Favourite Player : Eamonn Cregan (Cloughaun)
Most Difficult Opponent : Christy Connors (St. Kierans)
Most Memorable Match : Winning West Junior Championship against Knockaderry, 1965.
Honours : West Titles - 3 Junior Hurling, 2 Junior Football.
Ambition: To win County Football Title with Rathkeale.

WITH THIS RING

Men, not women, were first to wear rings. A Roman slave, when freed wore a ring of iron. Gold rings were badges of citizenships. Gauls and Britons issued a code on ring wearing : Thumb -doctors, index finger -merchants, middle finger,-fools, Annular finger - students,-small finger - lovers. Pliny recommended the prevention of coughing and sneezing by shifting a ring from a finger on the left hand to the middle finger of the right hand.

INTERVIEW

The employment interviewer asked him "And where have you recently worked ?"
"I was a psychiatrist in a Porcelain factory.."
"I never heard of such a job" said the interviewer.
"What did you do ?"
The peculiar gleam in the man's eye was in time with his answer,
"I took care of the cracked pots."

BLIND

"What's the matter?" yelled the pedestrian at the driver. "Are you blind ?"
"Blind ? I hit you, didn't I ?"

MARRIAGE TERMS

- Bachelor :** A man who never Mrs anyone.
Wedding : A funeral where a woman can smell her own flowers.
Romance : When girls sit down to talk over man to man.
Marriage : The only life sentence. suspended by bad behaviour.
Husband : A sweetheart after the nerve has been killed.

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