



a medical perspective on the
**executive
management board**

The Executive Management Board (EMB) is one of those concepts I had heard of, but knew very little about. That changed very rapidly when I came back from a week's leave in mid-June to discover that my colleagues had chosen me as an EMB member. The new EMB has been actively functioning for six months now; and as a Medical member, I have found it much more rewarding than I had expected.

The EMB's main function is to 'provide strategic leadership.' Its focus is to review important strategic matters and to support the Chief Executive Officer in making informed and responsive decisions on the strategic management of the Hospital. For me, at any rate, the way the EMB has gone about its' business has been quite impressive. There is a wide process of consultation with nursing, para-medical, medical and administrative staff before decisions are made. In a complex organisation, like Mercy University Hospital, an individual may feel that they are ignored or not listened to, but staff can be assured that the EMB listens carefully to all advice and opinions given to it by the various strands within the Hospital. All information is carefully weighed before a decision is made.

The EMB's discussions have been very robust at times, but never personal. Members realise that everyone is working toward the same objective – the betterment of the Hospital for our patients and staff. Difficult decisions have to be made sometimes, due to a finite budget, but they are not made recklessly or without full consideration. Having to deal with the Department of Health and Children (DOHC) as an EMB member has been a culture shock for me; and I have been quite impressed with the careful preparations prior to any necessary trips to Dublin.

continued on page 2

a fond farewell to colleagues **Dr. Raymond Lovett & Sr. Concepta Twomey Celebrate their Retirements**

Ray Lovett has been a fantastic and very enthusiastic team player from the time he took up his appointment as Consultant Radiologist in late 1979, to his recent retirement from Mercy University Hospital after 25 years of service.



Dr. Raymond Lovett pictured with Sr. Concepta Twomey at the retirement celebration held in their honour.

As a Radiologist, Ray was accustomed to working as part of a team during his training in Dublin, London and Miami. He established an excellent reputation in his years as a Consultant in Tralee until such time that his friend, Michael Bennett, persuaded him to join the team at Mercy Hospital.

In conjunction with Michael Bennett and the Mercy Sisters, Ray Lovett introduced angiography, ultrasound and percutaneous biopsies to the Hospital. Ray and his Radiology Team went about expanding the Department from two to eight rooms; and together with another Team (including John Murphy, Noel Parkes and the late Sr. Fidelma), he set out with a vengeance to fundraise and commission a Nuclear Medicine Service for the Hospital and its patients. Some years later, together with John Murphy, Michael Bennett, the Sisters and the Consultants of the Hospital, he raised enough funds to set up a CT Service.

During all this time, Ray Lovett worked tirelessly to form the best possible team in the Radiology and Imaging Department. He set and maintained extremely high standards for himself and all who worked with him. He still astounds those of us who worked with him - with his ceaseless enthusiasm and search for knowledge. Despite his many responsibilities, he always put the patient first and at ease. Ray is no longer working full-time; however, all of us were delighted when he agreed to assist the Department in a locum capacity. We look forward to seeing his infectious smile and benefiting from his experience early in 2005.

In a previous article, Garry Lee summed up Michael Bennett in one word 'practical.' I will attempt to do the same for Ray Lovett, but will need to use a few words - 'enthusiastic team player.' These words attempt to sum up a special colleague and valued friend.

Dr. Eddie Fitzgerald, *Consultant Radiologist*

continued on page 2

welcome

Welcome to the fifth edition of the 'Mercy Times' – this newsletter is published on a quarterly basis.

We wish to express our thanks to everyone who submitted articles, information and/or photos for this edition. This newsletter is yours and it is important that we cover items of interest to you. We welcome your comments and ideas, and would be delighted to consider for publication any article, photograph or other item of interest that you may have. We encourage you to submit items to one of the Editorial Committee members or to the following address/e-mail:

Ms. Donna Peyton

c/o Sheares Street Office, Mercy University Hospital, Grenville Place, Cork.
Tel: (021) 4271971 Ext: 5009
Email: dpeyton@muh.ie

Please clearly label all submissions – "NEWSLETTER". The deadline for the next edition is **18th March 2005**. Unfortunately, we cannot guarantee to publish or to return submitted items, but will do our very best.

Thank you,
'Mercy Times' Editorial Committee

editorial committee

Therese Egan	Siobhán O'Mahony
Bernice Glavin	Tony O'Regan
Clare Horgan	Seán O'Bulmáin
Deirdre O'Connor	Donna Peyton (Editor)
	Mary Twohig

Our thanks to Liz O'Sullivan for her service to the Committee over the past year.

continued from page 1

a medical perspective on the executive management board

EMB and Mercy University Hospital decisions have always been made according to the Mercy ethos and in the best interest of our patients and staff; and will continue during this time of change with the establishment of the Health Service Executive (HSE) and the new National Hospitals Office (NHO).

The past six months have entailed much more work than I had expected, but have given me a better understanding of how the Irish Healthcare System works and how everyone in the Hospital contributes in their own way.

Dr. Eddie Fitzgerald
Consultant Radiologist

continued from page 1

a fond farewell to colleagues

Sr. Concepta Twomey retired on 28th October 2004. She worked in Mercy University Hospital since the 1950's and ministered for some years on various wards before her call to Cork and Ross Diocesan Missions. On her return from the Missions in the 1980's, she took responsibility for the School of Nursing as the Principal Tutor, until her recent retirement.

Sr. Concepta worked tirelessly and gave generously of her time and talent to patients, staff and students, while never counting the personal cost to herself. She will be remembered greatly by many students and staff.

Members of Sr. Concepta's family joined in a celebration, which was held in her honour. A presentation was made by both Management and the Department of Nursing in appreciation of Sr. Concepta's enormous contribution over the years.



Presentation to Sr. Concepta Twomey by Helen G. McCarthy.



X-Ray staff say farewell to Dr. Raymond Lovett.

children in hospital ireland play day

The play day was organised to increase awareness about a National Play and Recreation Policy aimed to ensure that all children have access to at least a minimum standard of play and recreation facilities. It was a great success and our special thanks to the Canteen Staff.



Hospital 'Baker Supreme' Vicky Curtis in the newly refurbished Bake House, handing over the 'NOVELTY CAKES' to nurses Eimear Russell and Roisin Walsh from St. Anne's Children's Ward.

development updates

Consultant Posts:

We are delighted to announce the approval of four new Consultant posts for Mercy University Hospital.

- Consultant Anaesthetist with a special interest in Pain Medicine
- Consultant Physician /Associate Professor in Therapeutics
- Consultant General Surgeon with a special interest in Upper GI
- Consultant Geriatrician

Service Developments:

NEW CORONARY CARE UNIT (CCU)

Work is due to commence on the above Unit on 4th January 2005. The 4-bedded CCU will be integrated into St Finbarr's Ward on the second floor of the Lee View Block, and will be a welcome addition to service provision at Mercy University Hospital.

This work is scheduled to be completed by the end of February.

the mercy of Mother Catherine McAuley

On entering the Hospital the word Mercy catches one's eye. This word should touch our hearts, as it was with mercy and compassion for the sick, poor and marginalised that Mercy University Hospital was established. The ethos, on which the Mercy was founded, stems from the first Sister of Mercy - Mother Catherine McAuley.



Born in 1778 to a prosperous family in Dublin, Catherine's childhood was disrupted with the death of her father - a man of deep faith, who as a doctor was sympathetic to Dublin's poor community. Catherine was deeply influenced by his humanity and faith.

In the years that followed she lived with various relatives, at a time when Catholics were being persecuted in Ireland and when there was little provision for the poor of the city. In her early twenties, Catherine was invited to live with an elderly Quaker couple so as to provide them with companionship and help. She remained with them for almost twenty years, until their deaths.

Through these experiences, Catherine always maintained her compassion for the poor. When the Quaker couple bequeathed their fortune to her, she immediately began to plan the establishment of a home and school for the poor children of Dublin. The building, House of Mercy, still stands in a prominent position in Dublin's Baggot Street. Catherine then set about recruiting the help of other young women in the

care of the poor. Her intention to set up a religious order was not immediate, but in 1831 along with Sister Doyle and Sister Hurley they founded the Sisters of Mercy. Their order met much opposition as nuns were cloistered according to established tradition. The Sisters of Mercy, however, worked within the community itself and visited the poor neighbourhoods in the city, providing a home nursing service and even delivering meals to the poor - pioneering social services in Ireland.

Catherine died in 1841, only ten years after the founding of the order of the Sisters of Mercy. Within one hundred years of its establishment, there were 23,000 Sisters of Mercy working in communities world wide - caring for the sick and poor, and running hospitals and schools. These institutions today, which Mercy University Hospital is proud to be a part of, maintain the ethical standard of compassion on which Catherine McAuley founded the order over 170 years ago.

Siobhán O'Mahony, Reception



L-R: Patrick Naughton and Mary Dunning

artist at work

Patrick Naughton, a staff member of the Haematology Department (currently on a career break) painted the Madonna and Child Painting after the birth of his nephew, Patrick. The painting is about the strong relationship and bond between mother and child and he hopes that it is a warm and happy painting, which will be exhibited at Mercy University Hospital.

(The painting was painted in an old outhouse at the end of the back garden of No.10 Mardyke Parade next to the Ogras Building, which served as Patrick's studio for the past three years.)

Vicky's fruit scones

Makes 8-10 large or 12 small scones.

- 1 + 1/4 lb. plain flour
- 1 teaspoon baking powder
- 5 oz. butter (or flora / margarine)
- 4 oz. caster sugar
- 4 oz. sultanas
- 1/2 pint milk with 3 beaten eggs added to it

Method:

Rub butter into flour until fine breadcrumb-like mix. Add baking powder, sugar and sultanas and give a quick mix. Add milk and eggs until mixture comes together in dough form. Knead and roll out onto floured surface (the less you handle the dough the better). Roll out to inch-thick and cut out rounds. Place on a greased tray or parchment and bake in a pre-heated oven at 160 degrees Celsius for 15-20 minutes.

Bon Appetit!

Vicky Curtis, Catering Assistant

you're a winner

Congratulations to Lynda O'Neill, Children's Leukaemia Unit, who was the winner of the Mercy Times Trivia Quiz, which was featured in the October 2004 issue.



fire recruits visit muh

Pictured above are Cork City Fire Department Recruits (Class 2004) during their visit to Mercy University Hospital as part of their Training Programme. Included with the recruits are Adrian Spillett, Course Director and Tom Croghan, Station Officer (pictured in the Boiler House in the Lee View Block).

the ideal world

If the ideal world was here to stay,
There would be no bed shortages day by day,
Life would be so easy it would wander by,
Without a care in the world our workday would fly.

The ICU would have bunk beds in place,
To double patient numbers and to make extra space,
The other wards would have hammocks up high,
Over the existing beds and looking to the sky.

The OPD would be open day and night,
and the other departments would say "yes this looks right,"

There would be four new lifts constantly on the go,
shuttling people to and fro.

Perhaps in the ideal world an escalator or two,
To transport weary workers like me and you.

The final thing would be the best,
The parking problem would no longer be a test,
Transport carriers would park outside,
With four upper decks and two cars wide,
A multi-story car park would be built on the river,
A park-n-ride would also deliver.

But alas dear friend this is only a dream,
If you dwell too much on this you may want to scream.

So for the moment aspire for the moon,
Who knows perhaps you may get your wish soon.

Bernice Glavin - CNM1, ICU

leg ulcer conference

The Outpatients Department, in conjunction with Nurse Practice Development at Mercy University Hospital, were delighted with the success of the recent Leg Ulcer Conference held in Jury's Hotel.

The Conference focused on the diagnosis, management and treatment of venous and arterial ulceration. It was attended predominantly by nurses working in the community and hospitals throughout Cork, Kerry and Limerick with a few General Practitioners also in attendance.

Carol Cregan - CNM2, Outpatients Department



Speakers and Organisers: Front Row L-R: Anne O'Reilly, Carmel O'Brien, Sheila Connolly-Sullivan, Carol Cregan, Mary Crowley and Sineád O'Shea. Back Row L-R: Nellie Bambury, Karen O'Leary, Ber Gleeson-Murray, Bridie O'Sullivan, Paula O'Donovan and Marie Byron.

ladies run for cork cancer research



Presentation of cheque to Prof. Gerry O'Sullivan for Cork Cancer Research. The well-deserved funds were raised by staff on the second floor of the Thomas Moore Block, who completed the Ladies Mini Marathon. L-R: Olivia Scott, Mary Quinn, Tracey Dinneen, Trudy Caffrey, Prof. Gerry O'Sullivan, Josephine Griffin, Mary Barry-Murphy, Lorraine O'Sullivan and Annette Martin.

a day in the life . . .

bacteriology laboratory

Typically, many departments at Mercy University Hospital provide their services 24 hours a day, 7 days a week, 52 weeks of the year - and the Bacteriology Laboratory is no different. Our 24-hour service is provided by a team of 15 staff.



L to R: Elizabeth Fitzpatrick, Stella Meyler-Bowles and Tony Fitzgerald.

Microbiology is the study of microorganisms (for example: bacteria, viruses and fungi). It is the job of the Microbiology / Bacteriology Laboratory to examine samples of urine, sputum, faeces, swabs, blood, cerebral spinal fluid (CSF) and any other body fluids we receive. Each specimen we receive is given a laboratory number and is registered in the computer system along with the corresponding patient details. Each specimen which needs bacteriological examination, is cultured onto specific media plates and incubated overnight. At this point, the plates are examined for bacteria. Once the organisms have been identified, they are tested against numerous antibiotics to determine which ones are effective in treating the infection. Once the tests have been completed, the data is entered into the computer system and results released in report form to the Ward or GP. Urgent results are phoned in to ensure that patients are treated as rapidly and effectively as possible. Department personnel work closely with our Infection Control Nurses, so if there is any evidence of an infection outbreak in the Hospital, action can be taken immediately to minimize its spread.

Viruses such as Hepatitis and HIV do not grow as readily as bacteria and so they are detected by testing for antibodies in blood samples. These antibody tests are carried out on an automated analyzer, which provides results within the hour.

Automated analysis is also used to test blood samples for tumour antigen levels, which is important for monitoring therapy in cancer patients.

Our Department particularly specializes in the area of *Helicobacter pylori* testing. We are one of only a few centres in the country testing both blood samples and breath testing for this infection. *Helicobacter pylori* is a bacteria which infects the stomach and can lead to peptic ulcers. We offer a blood test that indicates if the patient has been infected with the organism in the past and also a breath test. A positive result indicates a current infection.

Many infectious organisms are isolated here in the Department - several of them being responsible for causing serious disease. TB (along with AIDS and Malaria) ranks among the top infectious disease killers globally and it is very encouraging that Irish TB notification rates continue a general downward decline. The isolation rate at Mercy University Hospital and in the Cork-Kerry Region has reflected this trend with rates falling about one-third over the last decade. In 2002, 77 cases of TB were notified in this Region with a male-to-female ratio of 2.3:1. The majority of cases were Irish born (81%). Of the 19% non-indigenous cases, only four cases were from the refugee /asylum seeker population.

A prompt diagnosis is essential, as open cases pose a risk to contacts until satisfactorily responding to treatment. No case of multi-drug resistance was reported in this Region in 2002.

In addition to the decline in TB, there has also been a marked decrease in Bacterial Meningitis over the last decade. Meningitis due to *Haemophilus influenzae b* (Hib) was a major cause of Meningitis in infants, but now nears elimination following the introduction of Hib conjugate vaccine in 1992. The introduction of Meningococcal Group C vaccine introduced in Ireland in October 2000 also had a major impact in reducing Meningitis. However, Group B Meningococcal Meningitis (for which there is no vaccine) is still common in Ireland, with 10% of infants who get the disease dying as a result of it. These trends have been reflected in our laboratory reports over the last decade.

With the explosion of travel to an ever-increasing range of destinations, the role of Microbiology is becoming increasingly more complex. An increasing number of tests for Hepatitis A status are received, especially from GP's. Hepatitis A is the most common viral infection preventable through vaccination. The risk of Hepatitis A in the unprotected traveler is estimated to be 3 per 1,000 per month of travel. Hepatitis A prevention is especially important in the over 65-age category where there is a mortality rate of 3%.

So as you can see, we conduct many tests in the Microbiology / Bacteriology Department and we are expanding constantly. In 1993, the number of specimens analysed was 53,500. In 2003 - ten years later, we analysed 85,000 specimens. To date this year, we have reported 82 enteric pathogens and 6 parasitic infections - not to mention numerous cases of septicaemia and hundreds of respiratory, urinary tract and wound infections. In addition to our continued expansion, we are dedicated to the implementation of new developments and procedures to ensure the most up-to-date methods are available for the patients in the hospitals we serve - Mercy University Hospital and South Infirmar-y-Victoria Hospital.

Microbiologists were once described as somebody stuck between two stools - the one they sit on and the one they look at. Things have greatly improved since then.

Tony Fitzgerald
Chief Technologist



Ruth Fitzgerald, St. Anne's Ward nurse accompanying Niamh and Kate Clifford.

bubble gum club

Thirty-eight children were accompanied by St. Anne's Ward nurses and Mercy Social Work Department staff on their way to visit Santa.

A cavalcade of vintage cars escorted by Garda outriders and the Ambulance Service brought the children to Fota House where they were entertained by Santa, his Elves and Snowmen (ably assisted by DJs from Red FM). The outing was organised by the Bubble Gum Club in association with the Children's Fund in Cork University Hospital and the Kinsale Lions Club.

Many thanks to all in the Mercy who contributed to the festive air on the morning and to our colleagues in the Catering Department who provided refreshments for parents and carers on the day.

Colman Rutherford, Principal Social Worker

generous donation



Ms. Miriam Murphy presenting a cheque to St. Laurentia in aid of the Paediatric / Leukaemia Ward.

interview tips

Trust Your Own Ability..... Everyone approaches a job interview with some degree of apprehension. Nerves are perfectly natural; the trick is not to let them weigh you down. The main thing to remember is that you have been invited to the interview because the panel is interested in what your job entails and how capable you are regarding the post advertised. Their time is precious and they will be hoping, just as fervently as you, that you are the perfect solution to the vacancy.

At the interview, your main aim is to reinforce the excellent impression made by your Curriculum Vitae (CV). You do not want to be stuck for words; so it is important beforehand to think about what you are going to say, how you are going to say it and how you are going to act.

Here are a few proven strategies that will help you to ensure that the whole process goes smoothly.

DO YOUR HOMEWORK

Research the department where the vacant position will be. If the opportunity to use this knowledge arises, you'll be able to demonstrate an impressive level of interest in the department.

MAKING A GOOD FIRST IMPRESSION

- Look smart and professional.
- Allow enough time to get to the interview.
- Be courteous, smile and shake hands firmly.

BODY LANGUAGE

You may be superbly qualified for a job, but you must also look motivated and interested. The way you act, your posture, gestures and facial expressions, will reveal a lot about you.

Look the interviewer in the eye and don't be afraid to smile when it is appropriate.

As is customary at Mercy University Hospital, more than one person will interview you. In this situation it is always advisable to look at and address the person who posed the question, then glance at the others when you have finished your answer.

Adopt a good posture. Don't cross your arms, fidget, tap your feet, sprawl or lean forward anxiously.

SOUNDING POSITIVE

You must be ready to expand on, not simply regurgitate, the information presented on your CV and anticipate what route the interviewer might take. No one fits a job perfectly, so emphasise your most relevant skills and slant answers to reassure the interviewer that any shortfall is not a problem.

- Don't use tentative language. Phrases such as 'I feel I could' - 'I think I can' - 'Perhaps I would' dilute the strength of your case.
- Don't confine your answers to monosyllabic yes and no's, which make the interview more like an interrogation.
- Be enthusiastic but don't constantly interrupt.
- Don't be evasive.
- Be honest.

HANDLING TOUGH QUESTIONS WITH CONFIDENCE

At times you may be asked specific questions to highlight how you behave and react in certain situations. Giving a positive, fluent answer isn't as difficult as it might seem. With a little advance planning, it's perfectly possible to anticipate common general enquiries and prepare a coherent, effective response. In fact, you can turn these questions into an opportunity to take the initiative and 'sell' the exact message you want.

Never answer a question you don't understand with a knee-jerk response. Always seek clarification before answering and if you don't know an answer, it's much better to admit this than guess.

THE INTERVIEW IS A TWO-WAY PROCESS

At the end of the interview you will be asked if you have any questions about the job. This is a good chance to clarify any points of doubt - after all, you need to make sure that the job is exactly what you expected and what you want.

CLOSING ON A CONFIDENT NOTE

Leave the interview panel with a good final impression. Smile and thank the interview panel for their time.

Take Note: If the job is right for you and you are right for the job, then with adequate preparation this will shine through. If you are not successful at interview, it may not always mean that you have not done a good interview - it just might simply mean the position is not best suited to your skills and experience. Don't lose heart - the right job is out there for you! Good Luck!

Submitted by Niamh Glennon, Recruitment and Training Officer

human resources department news

welcome new appointments

We wish to welcome the following staff, who recently joined Mercy University Hospital.

August/September

Sandra Clancy	Staff Nurse
Maria Coffey	Staff Nurse
Anne Healy	Staff Nurse
Judy Hennessy	Staff Nurse
Teresa Marshall	Staff Nurse
Ann-Marie McCarthy	Staff Nurse
Sinead Moore	Staff Nurse
Eileen O'Driscoll	Staff Nurse
Mary O'Driscoll	Staff Nurse
Catherine O'Mahony	Staff Nurse

October

Alva Barry	Staff Nurse
Cathy Brady	Clerical Officer
Noelette Corrigan	Ward Attendant
Anna Feeney	Staff Nurse
Aileen Frawley	Staff Nurse
Jennifer Kirwan	Staff Nurse
Mary McSweeney	Staff Nurse
Sarah Murphy	Ward Attendant
Linda O'Connell	Clerical Officer
Maureen O'Connor	Ward Attendant
Caroline O'Regan	Radiographer
Michael O'Rourke	Staff Nurse
Aoife O'Shea	Staff Nurse
Conor O'Sullivan	Ward Attendant
Nicola Qualter	Ward Attendant
Cecily Ryan	Clerical Officer
Laoise Wallace	Ward Attendant

November/December

Carol Bradley	Clerical Officer
Edel Caples	Dietician
Majella Cotter	Staff Nurse
Louise Fearnside	Clerical Officer
Eleanor Horgan	Clerical Officer
Lorraine Kelly	Radiographer
Deirdre O'Donovan	Staff Nurse
Bernadette Wiseman	Catering Assistant

consultant appointment

Welcome to Dr. Terry O'Connor, Consultant Respiratory Physician, who recently joined Mercy University Hospital.

retirements

Mercy University Hospital would like to thank the following employees for their service over the years and wish them a long and happy retirement.

Dr. Raymond Lovett	Consultant Radiologist
Sr. Concepta Twomey	Principal Tutor

service recognition

Mercy University Hospital would like to take this opportunity to pay tribute to the following individual who has moved on from the Mercy, having given more than 10 years of service. We thank her for her dedication and wish her all the best in the future.

Anna O'Brien	Clinical Nurse Manager 2
--------------	--------------------------



staff news

Congratulations and very best wishes to the following staff members:

engagements

Carmel Carey – Emergency
Denise Harrington – Physiotherapy
Sara Mongan – Risk Management

weddings

Carol Bradley – Labs
Nicola Collins – St. Therese's Ward
Susan Hillard – St. Therese's Ward
Evelyn Keane – Emergency
Bernadette McSweeney – St. Mary's Ward
Finola Murphy – St. Anne's Ward
Mary O'Driscoll – St. Mary's Ward

it's a girl

Jackie Healy – Pharmacy
Catherine O'Connell – St. Anthony's Ward
Louise O'Donovan – Noonans

it's a boy

Caroline Byrne – Patient Accounts
Fiona Kevane – Radiology
Angela O'Riordan – St. Mary's Ward

In each issue of the Mercy Times, we would like to include the names of staff members who recently: became engaged, got married, or welcomed a new addition to their family. If you or one of your colleagues has staff news to share, would you please contact the Editor or any Editorial Committee member.

Despite our best efforts, there may be some omissions due to our inability to obtain timely approval.

donation to st. anne's ward

Little Niamh O'Connor holding a Cheque for €2,500 which was presented to St. Anne's Children's Ward from the Last Wishes Children Foundation.



Front Row : Evonne Low, Linda Kearney, Finola Murphy, Marie Tobin, Ceila O'Donoghue, Fionnuala Murphy.
Back Row : Gillian Prendergast, Marion O'Connell, Mary Ambrose, and Nick O'Keefe.



managing your money

Bills have a nasty habit of arriving when you don't want them to, even though at the back of your mind you knew that they were due to arrive. Unless you are a shrewd money manager, their arrival can cause a financial headache.

While many people can get by on a day-to-day or week-to-week basis, it only takes an unexpected bill or a family crisis to throw us off balance. No matter how much or how little money you have, you still have to make decisions about how to spend it - and like most other things, this requires a little planning.

First, you should consider your basic needs (for example food, clothing and shelter) -although some people might take the clothing need to the next level where it could be regarded as discretionary. Once these needs have been considered, it is time to look at personal or discretionary expenditures, such as entertainment and holidays.

By planning your spending, you can make your money work for you! The only way to balance what goes out with what comes in is to write it down. Try using the following very simple Budget Plan. For those of you with kids doing the Junior Cert., get them to do it for you - it is a popular question on the Junior Cert. Commerce Paper!

Income: Salary
Children's Allowance
Social Welfare
Lone Parents Allowance
Pension, etc.

Total Income: €

Expenditure: Food
Mortgage / Rent
Clothing
Light and Heat
Loan
Insurance
Car Expenses (tax, insurance, petrol, etc.)
Savings, etc.

Total Expenditure: €

**Total Income less Total Expenditure =
Surplus / (Deficit) Income**

Happy Budgeting!

Submitted by Geraldine O'Leary

benefit match

The inaugural match of the MUH Perpetual Trophy Challenge Benefit Match kicked off at the UCC Mardyke all-weather soccer pitch on the 27th November 2004. Many departments provided players for both teams: Catering, Laundry, Maintenance, Medical, Physiotherapy, Portering, Purchasing, Radiology and Campbell's.

The two teams were: Keano's Army (captained by Michael Keane) and Lee Rovers (captained by Lee Murray). The team managers were Liam Moroney and Hugo O'Connor, and Dave Walsh refereed the game which resulted in 4-3 to Keano's Army.

A great evening of festivities was enjoyed by all in Barbucha, Mardyke and our thanks go out to them and to everyone who supported this Benefit Match. Special credit is due to all players and organisers of the event.

The spirit of caring and sharing is alive and well at the Mercy!



Dedicated spectators included Tony O'Regan and John Murphy.



Keano's Army



Lee Rovers

thought for the day

The Four Agreements

Be impeccable with your word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't make assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always do your best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

Written by: Don Miguel Ruiz "The Four Agreements – a practical guide to personal freedom"
Submitted by Sr. Catherine Quane, Pastoral Care